

EXTENSION FOND DU LAC COUNTY APRIL 2023 HIGHLIGHTS



Extension
UNIVERSITY OF WISCONSIN-MADISON
FOND DU LAC COUNTY

FOOD SECURITY, HEALTHY EATING, AND HEALTHY LIVING



FoodWise advances healthy eating habits, active lifestyles and healthy community environments for families with limited incomes through nutrition education at the individual, community and systems levels. FoodWise reaches individuals and families through local community partners by providing nutrition classes in-person and virtually, indirect education (newsletters, etc.), and social media/marketing. FoodWise is an obesity prevention program that addresses policy, system and environmental changes through local and state public health efforts.

FoodWise is federally funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP).

Health & Well-Being works to catalyze positive change in Wisconsin families through evidence-based programs focused on nutrition, food security and safety, chronic disease prevention, mental health promotion, prevention of substance abuse and health insurance literacy. Local health coalitions efforts are supported by coalition capacity building tools and health equity frameworks. Rooted in both urban and rural communities, we're working together to help solve the state's most pressing well-being needs and to ensure that all Wisconsinites live stronger, healthier lives.

Amanda Miller, FoodWise Coordinator, Health & Well-Being Educator

- Partnering with Fond du Lac County WIC (Women, Infants, and Children) to plan a parent/child cooking class for FitFamilies participants. The class will incorporate the three goals of FitFamilies, which is bite (eat more fruits and vegetables), sip (drink more water and less sugary beverages), and move (be more physically active and use less screen time.)
- Began a new partnership with the Boys and Girls Club of Fond du Lac Teen Center to teach a summer cooking program called Teen Cuisine. This program will encourage healthy eating and teach teenagers how to be independent in the kitchen.
- Began the Junior Master Gardener Program, which is an interactive, summer-long youth gardening and nutrition program for youth aged 8-12 years old. The goal of this program is to highlight the benefits of youth gardening, which includes healthy eating, physical activity, mental health, and social connectedness.

AGRICULTURE



If it happens on a farm or in a field, the Extension Institute of Agriculture works with you to achieve better results. Our innovative dairy management programs range from genetics to farm and business management. Extension researchers work hand-in-hand with row crop, forage and fresh produce growers to provide best practices for every aspect of the growing phase. We also advise communities on using sustainable practices to create inviting spaces free from invasive species.

Dairy

Tina Kohlman, Regional Dairy Educator

- A Fond du Lac regional Confined Animal Feeding Operations (CAFO) Update Meeting, in collaboration with WI Department of Natural Resources (DNR), for WPDES (WI Pollutant Discharge Elimination System) permitted farms, farmers owner/operators, crop and dairy managers, agriculture engineers, crop consultants, agronomists, professional and on-farm nutrient applicators, government agency personnel, and other interested individuals. This effort is designed to discuss and teach individuals the latest research and regulatory update to improve environmental sustainability and farm business viability by protecting ground and surface water through dairy management and feeding efficiency; manure storing and handling; and nutrient management.
- A webinar for dairy owners/managers, employees, and agribusiness professionals where they learned about providing an enriching environment for all management groups within the dairy herd to improve animal welfare and business viability.
- A presentation for dairy owners/managers, employees, and agribusiness professionals where they learned the impact of transport and best management practices to reduce stress from animal transport (hauling) which can improve animal care and welfare and business viability.
- A conference for dairy owners/managers, engineers, agribusiness professionals where they learned about innovative manure handling processes to recycle nutrients, produce biomass (renewable) energy, and to reduce manure gas greenhouse emissions to improve business viability, environmental sustainability, and food safety through animal husbandry and welfare.

COMMUNITY DEVELOPMENT



Community Development provides educational programming to assist leaders, communities, and organizations realize their fullest potential. We work with communities to build the vitality that enhances their quality of life and enriches the lives of their residents. We educate in leadership development, organizational development, food systems, community economic development, local government education and much more. In short, the Community Development Institute plants and cultivates the seeds for thriving communities and organizations.

Noah Reif, Community Development Educator

- Resources for a Fond du Lac School district employee to better support HMOOB students experiencing a change in life events. The goal of this exchange is to provide culturally responsive and timely support for our community.
- An article for a free, Spanish-language magazine educating readers on the experiences and history of LGBTQIA+ Latinx people. The goal of this article is to provide culturally responsive education to our Latinx community and create space to build belonging for LGBTQIA+ Latinx people.

YOUTH DEVELOPMENT



Positive Youth Development prepares the youth of today to become the effective, empathetic adults of tomorrow. Our research-based youth enrichment programs like teens in governance build youth and adult capacity and partnerships that help both sides grow. 4-H clubs, camps and after-school programs give young people the hands-on experiences they need to develop an understanding of themselves and the world.

4-H

Tracy Keifenheim, 4-H Program Educator

- A training for adults who are interested in becoming 4-H volunteers, where adults learned what Extension is, how volunteers contribute to Extension programs, volunteer roles, and responsibilities, what makes a quality youth development program, and what resources are available to 4-H volunteers. This effort is intended to prepare all future 4-H volunteers.
- A radio interview for Fond du Lac County listeners, where they learned about upcoming 4-H events/activities. This effort is designed to educate the listeners as well as expand access.
- A meeting for youth where they learned about LEGO building skills and participated in a LEGO Build Challenge. This effort is designed to encourage engineering, use of technology, and increase knowledge of LEGO building skills.

HUMAN DEVELOPMENT AND RELATIONSHIPS



The Extension Institute of **Human Development & Relationships** provides the tools Wisconsinites need to thrive as well-rounded, capable individuals and families. We support families in caring for each other in ways that promote growth and understanding. Our programs promote aging-friendly communities, coach effective parents and help families put technology, mindfulness and financial awareness to use.

Kimberly Clark, Human Development and Relationships Educator

- Planning an in-person and virtual 6-hour course, for people living in Fond du Lac county, where participants learn how to find and apply for rental housing, understand their responsibilities as a renter, how to communicate effectively with their landlords, and manage housing expenses. Through this, the participants will be able to increase their ability to find and keep safe affordable housing in the future, thereby increasing their stability and decreasing their reliance on public supports.
- Planning and developing an in-person financial course, for young people 15-26 who are currently living or have lived under the foster care system, with essential financial knowledge and skill building opportunities. The goal is for participants to learn how to gain control of their financial future, assess assets and build economic security long term.
- Planning a marketing strategy for an online financial self-study program, for participants who would like to increase their financial capability through a virtual setting, where participants learned about their financial strengths, spending plans, credit, and paying bills on time. This effort is designed to improve participants’ financial capability and confidence.
- A monthly e-newsletter (Just in Time Parenting) for parents/caregivers of 0-5 year olds that provides age-paced developmental and parenting information. The goal is to improve parents’ knowledge, increase positive parent-child interaction, and support children’s well-being.

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