

EXTENSION FOND DU LAC COUNTY SEPTEMBER 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

- New partnership with Fond du Lac County Juvenile Courts PACE program (Promoting Alternatives to Correction through Education) for FoodWise to both help support PACE instructors in developing the nutrition component of their program, but also for FoodWise staff to teach nutrition education classes for PACE participants. The goal is to teach basic kitchen skills to young teens that are regaining their independence.
- New partnership with a Community Works after school respite program for middle school students in which FoodWise will teach a 5-part cooking class series from the Around the Table curriculum. The cooking series will teach teenagers the important skills needed to cook on their own in the future.
- New partnership with Solutions Center, a local homeless and domestic violence shelter, for FoodWise to teach an Around the Table cooking class series to the organization's support group. The goal of Around the Table is to encourage healthy eating in a trauma-informed manner.
- Partnership with the Boys and Girls Club of Fond du Lac Teen Center to develop and implement the Around the Table cooking series during the school year. The cooking series will teach teenagers the important skills needed to cook on their own in the future.

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

- Mentoring for 4-H club leaders where we discuss updates and policies that affect the role of the main club organizational leader. Through training and shared resources, 4-H volunteers gain knowledge to help them be successful in their role.
- Planning for a 4-H Fall Kick-Off meeting for 4-H Club officers in collaboration with adult volunteers. The goal of this effort is for the club officers to plan out the year and learn new facilitation skills so they can lead these activities at club meetings.
- 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.

Community Youth Development

Kelly Dione, Community Youth Development Educator

- A series of interviews using a community needs assessment tool where a collection of data from one-on-one meetings with local youth serving organizations and youth focus groups will be conducted, data organized, and analyzed.
- Developing a needs assessment where a collection of data from one on one meetings with local youth serving organizations and youth focus groups will be conducted, data organized, and analyzed. This effort is designed as the foundation of the programming needs of the communities.
- Coordination and planning with schools and youth-serving agencies for the Fond du Lac County-wide 2024 Lemonade Day program that aims at empowering FDL's youth (4-6 grade) to become business-minded. The program/ curriculum focuses on youth becoming entrepreneurs and teaches business planning, budgeting, marketing, which increases the capacity of local organizations by working with young people as future entrepreneurs and philanthropists. Youth will implement their business plan by opening their Lemonade Stand on May 4, 2023.

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 fresh cow management and wellbeing factsheet for dairy owners/operators, managers, employees, and agribusiness professionals where they learned what is ketosis and the risks, symptoms, diagnosis, treatment, prevention, and impact associated with the metabolic disorder to improve farm business viability and food safety through animal welfare and wellbeing.
- A live radio interview for the agriculture and general radio audiences, where listeners learned five on-farm safety focus areas in conjunction with National Farm Safety and Health Week. This effort is designed to bring awareness of farm equipment and rural roadway safety, farmer health and wellness, confined spaces, and mental health best management practices to improve farm business viability and food safety.
- A field survey project in collaboration with Fond du Lac County Forage Council and area nutritionists to better understand the growth and maturity corn silage. Results from this project will help dairy farmers, crop managers, nutritionists, agronomists, and other agribusiness professionals determine the optimal time to harvest corn silage based on whole-plant moisture to ensure high quality, digestible feed for the dairy herd, thus reducing purchased feed costs and improving farm business viability, and animal welfare and wellbeing.

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Crops

Liz Gartman, Regional Crops Educator

- A dairy production newsletter for farmers, managers, employees and agribusiness professionals that provides the reader direction on utilizing the Extension sponsored Farmer to Farmer listing to source or sell feed and included a discussion related to harvesting corn silage at the appropriate moisture and processing score to ensure proper fermentation and maximize feed value. This newsletter provides timely updates on Extension recommendations and industry news.

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

- Designed sample agenda, group accountability processes, and template community action plan for shared leadership team working on a community solution to the absence of the local warming shelter. This programming aims to empower community stakeholders to take action based on community recommendations to care for those experiencing homelessness during the winter months.
- Designed agenda and facilitated community meeting convened by the Fond du Lac Historical Society for community members regarding a shift in strategic priorities. The goal of the meeting is to practice transparency in the organization's decision-making process, outline objectives, and ask community members to take joint action to shape change.

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

- An online 6-session course for renters 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, homeless populations and those who have negative rental records are able to increase their ability to find and keep safe affordable housing, thereby increasing their stability and decreasing their reliance on public supports.
- A monthly e-newsletter (Just in Time Parenting) for parents/caregivers of 0-5 year olds provided age-paced developmental and parenting information. Our goal was to improve parents' knowledge, increase positive parent-child interaction, and support children's well-being.
- Planning and developing an in-person financial course for young people ages 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.

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