

EXTENSION FOND DU LAC COUNTY JANUARY 2024 HIGHLIGHTS



Extension
UNIVERSITY OF WISCONSIN-MADISON
FOND DU LAC COUNTY

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

- A six-week virtual course (Building Belonging in Organizations) for nonprofit leaders where they learn about the relationship between organizational culture and individual belonging, the tools and processes for building belonging within their organizations, and strategies for overcoming resistance to change. The purpose of this effort is twofold: to increase the capacity of nonprofits to successfully meet the needs of communities and to increase organizational belonging that leads to greater civic participation.

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

- A Money Smart Wisconsin meeting for financial institutions, community agencies, and libraries, convened to plan financial activities and events for the 2024 financial awareness campaign. The goal is to improve the financial capability of community members.
- A training for divorced/separated parents, where participants learned common reactions to divorce by children at different ages, strategies to improve communication with their co-parent, and ways to keep children out of the middle. The goal of this session is to teach co-parents strategies that will help their children with the adjustment.
- 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.

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

- Partnered with the Boys and Girls Club Teens, an after school program for middle and high school students in which *FoodWise* is taught a 5-part cooking class series from the Around the Table curriculum. The cooking series taught teenagers the important skills needed to cook on their own in the future.
- Facilitation and leadership in the Food Providers Group, including planning the 2023 meeting schedule. This group addressed food/nutrition security by providing technical support and networking to independently run food pantries and hot meal programs in Fond du Lac County.
- Providing leadership for the Living Well FDL's nutrition and food security workgroup. This group brings together community partners to work on health and nutrition interventions/projects, including most recently the planning of a fruit and vegetable prescription program for the local farmers market.
- New partnership with Broken Bread Food Pantry and the Fond du Lac Cathedral to assist in the planning of a local food summit. The goal of the food summit will be to bring service providers and community members together to network and support each other on the issues of poverty, food insecurity and hunger.
- Providing technical support for the development of the upcoming community health assessment questionnaire/survey. The purpose of this survey tool is to distribute widely in the community to gather feedback on key health issues.

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 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.
- Planning for an annual project discovery day for youth and adults, where they learn and practice new skills by attending hands-on learning workshops. The goal of this effort is to provide hands-on learning opportunities to youth in different project areas.
- Ongoing support and leadership for 4-H Teen Leaders and Youth where they wrote messages and made cards for local nursing homes. The purpose of this effort is to provide a way for youth to connect with each other and complete a service-learning project.

Community Youth Development

Kelly Dione, Community Youth Development Educator

- Youth 4th-6th grade in the Fond du Lac County can participate in an entrepreneurial program which offers lessons, workbook and App for youth to learn how to create and implement a business plan for their own business. A Lemonade Stand. On the first weekend in May, all 'teams' that have been formed in the community (schools, churches, youth-serving agencies) open their Lemonade Stand on May 4th, 2024, aka 'Lemonade Day'. This is a nationally branded program supported locally through a community planning committee, local banks, youth service agencies and schools. Youth teams utilize a workbook and Extension events such as Fun Financial Night, Lemon Loan Interviews (with local banks) to team-build, create a marketing plan, learn cost/profit margins, create a task list for their event and make a 'pitch' to a local bank for a startup loan of \$50 (which needs to be paid back). Youth also plan how to 'save some', 'spend some' and 'give some' of their profits to local non-profits after May 4.

Youth and their adults complete an evaluation at the end of their Lemonade Day which focuses on Entrepreneurial aspiration; Self-confidence; Reasoning and problem-solving skills; Commitment to starting and completing a project; Positive self-image; as well as financial literacy, knowledge of their local community (ie non-profits to donate to, etc.);

Youth also receive feedback from the community about their Lemonade business as customers on May 4th are asked by the youth to utilize a QR Code which judges their 'Customer Service'; Taste of their Lemonade Recipe; if the youth shared which Non-Profit they are committed to donate to.

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 bi-weekly radio interview for farmers, agricultural industry persons, youth livestock, and youth dairy where they learned about extension agriculture related resources, information, and timely webinars to help them to be connected and supported, and make better informed decisions regarding their farm business operations or youth large animal project to improve farm business viability, environmental sustainability, and food safety.
- An in-person quality assurance meeting for dairy exhibitors, where they learned the importance and components of a herd health plan; veterinarian-client-patient-relationship; preventing diseases; willful acts of abuse and animal welfare; unethical behavior to improve farm business viability, food safety, and animal welfare.

Crops

Liz Gartman, Regional Crops Educator

- Planning for a Regional Ag Day program for farmers, agronomists, nutritionists and other agriculture professionals in collaboration with the Cedar Creek Farmers in Washington county. The goal is to provide timely livestock, dairy and crop production and marketing updates to producers so they can make informed animal and crop management decisions in 2024. (Liz Gartman)

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