

EXTENSION FOND DU LAC COUNTY FEBRUARY 2024 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

- Planning National Nutrition Month activities with ADVOCAP Head Start, including parent-child cooking classes and in-classroom nutrition education. The goal is to spread awareness of National Nutrition Month and to encourage healthy eating for parents and young children.
- Partnership with Portland Square Apartments to provide strength training classes for older adults using the StrongBodies curriculum. StrongBodies is an evidence-based training aimed at strengthening muscles and improving balance and coordination.
- Leadership and advisory for the Fond du Lac County Board of Health. The purpose of this board is to provide oversight of the Fond du Lac County Public Health Department's policies, programs, and activities to improve the community's overall health.
- Hosted the annual Wisconsin Chili Lunch at the Fond du Lac County Extension office, promoting the use of farm-to-table, locally sourced produce in nutritious recipes.
- Provided technical assistance and advisory for ADVOCAP Head Start as a member of the Health Advisory Committee. The purpose of this committee is to provide oversight and guidance on Head Start's health and nutrition policies.

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.
- An annual project day for 4-H youth where participants learn different project skills throughout various workshops to provide hands-on learning opportunities.

Community Youth Development

Kelly Dione, Community Youth Development Educator

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.

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.

Crops

Liz Gartman, Regional Crops Educator

Ag producers use a variety of means to get information, including radio. Each Tuesday and Thursday morning, I provide a UW Extension update that plays along with the Farm Report. This update focuses on upcoming events, webinars, timely crop production topics, farm management information and dairy production information. Providing this information in a public media metric allows people who may be underserved or unaware of Extension agriculture programs to learn more about the types of programs offered and allows them to engage in the programs that meet their needs. This improved outreach allows Extension to serve clients that are outside of our normal means of contact. Further, it provides ag producers an additional insight into the work that is being done with Extension, and opportunities to engage in programs that meet their farm management needs.

Dairy producers rely on many different resources to obtain information that is important to their success and profitability. It is necessary to provide regular updates related to Extension programming and resources, and including timely, relevant research and upcoming events via this newsletter increases awareness of topics that impact their business, allowing them to make more informed management decisions. This newsletter is mailed to 300+ dairy producers that are part of a milk testing program, and manure handling, alfalfa persistence and dairy ration management are key topics that can improve their farms.

Other Program Highlights

- A dairy production newsletter for farmers, managers, employees and agribusiness professionals that provides the reader an introduction to upcoming UW Madison Division of Extension Programming including the Manure Handling training opportunities, Badger Dairy Insight and Focus on Forage webinar series, along with information about evaluating alfalfa stands. This newsletter provides timely updates on Extension recommendations, events and industry news.
- 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.

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 series of 1:1 meetings with a local community leader providing support and education as they reinstate their nonprofit status. Their nonprofit aims to relaunch a youth mentorship program for underserved communities in the county.
- Planning and evaluation support (e.g. creation of community-focused evaluation questions and a county demographic report) for a community event on the importance of purposeful promotion led by a coalition that includes local area foundations, multiple nonprofits, and other stakeholders. The purpose of this effort is to build trust, mutual understanding, and knowledge among the coalition that in turn will facilitate increased community capacity to create positive change.
- 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.

"Your technique, your work, your perspective breaks ground where there was cement – you deliver what is needed, and make it seem like WE did it."

- Community Nonprofit Leader

Cindy Sarkady <i>Area Extension Director</i>	Tracy Keifenheim <i>4-H Program Educator</i>	Amanda Miller <i>FoodWise Coordinator Health & Well-Being Educator</i>	Patty Percy <i>Community Garden Coordinator</i>
Liz Gartman <i>Regional Crops Educator</i>	Kelly Dione <i>Community Youth Development Educator</i>	Melanie Phillips <i>FoodWise Educator</i>	Tina Engelhardt Sherry Auchue <i>Support Staff</i>
Kelsey Beine <i>Bilingual 4-H Associate Educator</i>	Diana Hammer <i>Community Development Educator</i>	Grace Gallagher <i>FoodWise Educator</i>	Cassi Worster <i>Marketing Specialist</i>
	Noah Reif <i>Community Development Educator</i>		