

EXTENSION FOND DU LAC COUNTY APRIL 2024 HIGHLIGHTS



Extension
UNIVERSITY OF WISCONSIN-MADISON
FOND DU LAC COUNTY

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

A bi-weekly radio interview for farmers and agricultural industry persons 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 to improve farm business viability, environmental sustainability, and food safety.

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.

- A field study in collaboration with other Extension crops educators as part of the Nitrogen Optimization Pilot Program that is designed to identify optimum Nitrogen rates in a corn cropping system that utilizes dairy manure. Results from this trial will help improve commercial nitrogen management and farm profitability.

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.
- A project workshop day for 4-H youth where participants learn different project skills throughout various workshops to provide hands-on learning opportunities. The goal of this effort is for youth to explore various topics and find what interests them.
- Planning for 4-H Summer Day Camps in collaboration with adult volunteers and teen leaders. The goal of this effort is to provide a hands-on learning experience for youth grades 3-10.

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.

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

A youth gardening program for children aged 8-12 years old that introduces hands-on activities in the kitchen and garden. The goal of this summer-long program is to bring together the FoodWise Program and Master Gardeners to encourage healthy eating and gardening at a young age.

Countless research has shown that gardening with children has numerous benefits, including social, emotional, physical, and mental. Gardening has shown to improve nutrition, reduce obesity rates, increase physical activity, impact mental health, and even improve academic scores.

The Junior Master Gardener (JMG) Program kicked off the new series on April 11th with a newly renovated raised garden bed, called the Garden of Eatin'. JMG is a youth gardening and nutrition program designed for kids aged 8-12 years old. FoodWise Nutrition Educators partner with the Fond du Lac County Master Gardener Association volunteers to offer the program. From "seed to plate", the youth are directly involved in the entire process, including planting the seeds in the greenhouse, planning out the garden plots, pulling weeds, composting, and harvesting. Following harvest, the youth either prepare the produce in the kitchen in healthy recipes or they donate to a local food pantry. The "Eating from the Garden" curriculum is used to provide education on MyPlate, the 5 food groups, label reading, food safety. Master Gardeners highlight topics on composting, bees and pollinators, and lasagna and raised bed gardening. The program also includes field trips, community volunteer service, and guest speakers.

- Taught a class on food waste for members of Pilgrim United Church of Christ. The class provided a basic introduction about food loss and waste, their impact on the economy and environment, the causes of food waste, and ways that individual households can reduce their food waste.
- Planning a community-wide food summit for September 2024 with Bread Food Pantry, the Fond du Lac Cathedral, United Way, SSM Agnesian, Feeding Wisconsin, and the Boy Scouts. The goal of the food summit is to bring service providers and community members together to network and support each other on the issues of poverty, food insecurity and hunger.

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.*

Carol Bralich, Human Development and Relationships Educator

Welcome Carol!

Carol Bralich, Associate Professor, has been an educator in the Human Development & Relationships Institute for UW-Madison, Division of Extension for over 14 years. Carol's teaching, research and outreach have included a focus on building financial capability skills with various audiences and strengthening relationships within family serving organizations in the community. Carol has been coordinating, coaching and teaching virtual, in-person, and online financial capability programs in Washington County for the past 11 years (and 3 years prior in Ozaukee County) for families, individuals, and professionals. Carol has developed curriculum and facilitated Encouraging Financial Conversations trainings for social work professionals across the state, Planning AHEAD end-of-life programs for individuals, Rent Smart for high school youth, as well as coordinating childcare professional development for childcare providers and directors.



In addition, Carol provided leadership in fund development and facilitation of the Money Smart Week Financial Literacy Campaign with area financial institution representatives, other financial agencies and community libraries. Carol is also a trained Real Colors® facilitator with over 8 years of experience using this strengths assessment program for community agencies. Carol has a Master of Science degree in Family & Consumer Sciences from the University of Wisconsin-Stout.

Carol is looking forward to connecting with Fond du Lac community organizations, families and individuals over the next few months. Her focus is financial education, co-parenting and conducting a needs assessment regarding families in the county. Feel free to reach out to Carol. She can be reached via email at carol.bralich@wisc.edu or by phone at 920-929-3170 at the Fond du Lac Extension Office.

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

- Developing curriculum for upcoming statewide course for Wisconsin nonprofit leaders. The goal of the curriculum is to provide Wisconsin nonprofits with the skills and tools needed to assess, refine, and create fund development strategies necessary to fulfill their organization’s mission.
- 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.

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Regional Crops Educator

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