

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).

Amanda Miller, FoodWise Coordinator

Small Steps Fruit and Vegetable Rx Program

According to the 2020 Sheboygan County health assessment, 60% of survey respondents consumed at least two servings of fruit in an average day, while only 28% of survey respondents consumed at least three servings of vegetables in an average day. The goal is to increase the fruit and vegetable intake of Sheboygan County residents, which can contribute to prevention of overweight/obesity and chronic disease.

The Small Steps Fruit and Vegetable Prescription Program, sponsored by United HealthCare, is a way to get fresh produce on the plates of underserved community members. United HealthCare provides \$2,000 in \$5 vouchers to be used at the local farmers market. Vouchers can be distributed in a variety of ways, including at the physician's office, during community programs, or at the local food pantry.

It has been a few years since this valuable program has been in Sheboygan County. As a part of leading the Sheboygan County Activity and Nutrition Coalition (SCAN), Amanda Miller has initiated new conversations and rebuilt relationships with the local United HealthCare representative. A meeting is scheduled to plan the program for next summer's farmers market. Amanda also helps administer this program in Fond du Lac County.

- Planning a local focus group in partnership with UW-Madison Population Health. This conversation will bring together local community agency partners to discuss the health and nutrition needs of Hmong residents in Sheboygan County.
- Completed CPR/First Aid training through the American Heart Association. The purpose of this training is to stay up to date on safety measures as a local Educator of youth and adults.



Extension

UNIVERSITY OF WISCONSIN-MADISON
SHEBOYGAN COUNTY

SEPTEMBER 2022 REPORT

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 & Livestock

Tina Kohlman, Regional Dairy Agent

- Planning for a bilingual dairy workers newsletter for on-farm dairy employees in collaboration with Language Access and Office of Access, Inclusion, and Compliance. The goal of this effort is provide a dairy resource to an underserved audience in order for them to gain new knowledge and best management practices to incorporate on the farm to help maintain and grow economic viability.
- Planning for bi-annual Midwest Manure Summit for farmers, managers, agronomists, engineers, nutrient management consultants, manure haulers, consultants, and other agri-business professionals. The goal of this effort is to teach individuals the latest, unbiased, university-based research on manure handling technologies, so that they can improve environmental sustainability and increase farm business viability.

Crops and Soils

Mike Ballweg, Regional Crops and Soils Agent

- A Soil Health Field Day where farmers, industry agronomists and agency personnel learned about: planting green into rye, the benefits of low disturbance manure applications, and water mold root disease management of soybean. The goal is to help farmers and the industry agronomists explore and implement cropping strategies that improve soil and crop health.
- One-on-one consultations with farmers from Sheboygan, Fond Du Lac, Washington and Ozaukee Counties where farmers learned about: weed control in soybeans and winter wheat, prairie establishment, organic farming and certification, rye cover crop establishment and termination, land rental prices within the region, seed germination testing and soil carbon crediting. Better understanding of these agronomic topics result in greater farm profits and enhanced environmental stewardship.
- Participated in a soybean phytophthora root rot population survey across the region to help assess for the occurrences of new races of the water mold diseases in soybean. Significant rainfall events in recent years may have resulted in soybean varieties that are no longer resistant to root diseases, and results from this study will help plant breeders develop improved soybean varieties with greater resistance to soybean root disease.

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.*

Jane Jensen, Human Development & Relationship Educator

Along with the other co-authors & project leads for the Planning AHEAD curriculum and workbook, Jane prerecorded all seven module presentations and met every other week virtually with a group of eight Hmong Nursing students and their program director from UW-Madison. The intent was to gather feedback in order to make the series on end-of-life planning more culturally relevant for Hmong audiences. The long term objective is increased end-of-life planning and fewer crises for families of individuals from the Hmong community at the end-of-life.

Over several months, Jane and the other curriculum authors met virtually with the students after they viewed the prerecorded modules and responded to several questions. Those questions were: What content is important to highlight and present? What content should be changed or taken out? What questions do you have about the module? The students translated relevant pieces and shared them with Hmong Community members for further feedback.

The team is conducting data jams with the state evaluation specialist to organize/code the feedback in order to revise the materials for the Hmong Community. An immediate outcome of this work is the submission of a large Baldwin grant. The objectives for the grant include the creation of a video series to integrate into the Planning AHEAD curriculum (general & Hmong) based on feedback during the pilot phase & the Hmong project to meet the needs of adult learners; package & create a facilitator manual & develop a training workshop with a process for requested trainings.

- A monthly program for family caregivers where participants develop sustainable self-care behaviors in order to maintain their personal physical and emotional well-being through practicing self-care techniques and accessing local resources.



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.

Positive Youth Development

Lisa Sanderson, Positive Youth Development Educator

Positive Youth Development Educator Lisa Sanderson is building a new partnership to gain youth input regarding career, health and belonging concerns on which to base programming. “Swag Bags for Surveys”, inspired by Public Safety Specialist Santino Laster’s outreach to youth at Mead Library, offers a bag of nutritious shelf-stable snacks and toiletries in a meal tote provided by the Kohler Arts Center in exchange for their completion of a short survey. Mead Library, who is hosting the next Sheboygan United resource fair in September, has offered to implement surveys and host resulting programming. Boys and Girls Club and Kohler Arts Center are also interested in collaborating on creating and hosting youth programming. Lisa has reached out to other organizations including diverse student groups in area high schools for survey and programming participation after the start of the school year. Additional sponsorship was provided by Sheboygan Food Bank, Department of Workforce Development, and the Department of Health, with whom Lisa will share health-oriented youth input. Surveys began on August 15 at the Boys and Girls Club, with mental health issues, feelings of loneliness, and a desire for cultural acceptance shared by participating youth.

4-H

Sarah Tarjeson, 4-H Youth Development Educator

- The Sheboygan County Fair brings thousands of people and hundreds of 4-H members and families together to showcase their project work and 4-H learning to the community and beyond. It is the premiere event where belonging, mastery, independence, and generosity of our youth come together. This year Sheboygan County fair was by far a high point of the year for existing members and was also a key highlight in reaching out to prospective members. Over 43 new young people and 6 adult volunteers expressed an interest in joining the Sheboygan County 4-H Program throughout the course of the fair by completing an interest card. By doing so they earned themselves a free Spark T-shirt promoting the idea of Spark: A passion that brings purpose and joy.
- The 4-H Open House is coming up on Tuesday, September 27, 2022 and will take place at the 4-H Youth Building at the Sheboygan County Fairgrounds. This is a purposeful event designed to promote our clubs and projects to the public. Youth from throughout the county are encouraged to attend through school promotions, newspaper and radio ads, community calendars, and other outreach efforts. Each year we anticipate reaching over 100 new families and typically enroll approximately 75% of these into our 4-H Community Club Program.



**34TH ANNUAL
SHEBOYGAN COUNTY
4-H OPEN HOUSE**



TUESDAY, SEPTEMBER 27, 2022
at the Sheboygan County Fairgrounds, Plymouth, WI
6:30 - 7:30 p.m.

Meet with local clubs, get answers to your 4-H questions, hands-on activities and fun, meet with project leaders, and find out what makes a good 4-H fit for you and your family!

**CALL 459-5903 FOR MORE
INFORMATION OR TO ENROLL!**



COMMUNITY DEVELOPMENT



Community Development provides educational programming to assist leaders, communities, and organizations realize their full 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.

Kevin Struck, Community Development Educator

- Kevin conducted research to assist a local town in determining why the town’s Zoning Map was now showing an unexpected zoning designation for eight properties that would make some of them nonconforming. His research findings indicated that no official amendment of the Zoning Map for these properties had taken place during the 2009 to 2015 period in question, and consequently the designation shown on the Map was a technical error. The residential uses on the properties were therefore not nonconforming, which is an important clarification, because it means the owners are able to legally expand or even replace their structures without penalty.
- A local town asked Kevin for input on adding more flexibility to the way they administer their farmland preservation zoning. Kevin explained the concept of “conditional zoning” and how to implement it for certain requests to rezone out of farmland preservation. The town chairman liked the concept and anticipates it will provide both the town and landowners with another option for preserving farmland while also allowing for limited development if appropriate.

Sarah Tarjeson <i>4-H Youth Development Educator</i>	Mike Ballweg <i>Regional Crops and Soils Agent</i>	Cindy Sarkady <i>Area Extension Director</i>
Lisa Sanderson <i>Positive Youth Development Educator</i>	Tina Kohlman <i>Regional Dairy Agent</i>	Tammy Zorn <i>Support Staff</i>
Kevin Struck <i>Community Development Educator</i>	Amanda Miller <i>FoodWise Coordinator</i>	Emily Jensen <i>Support Staff</i>
Jane Jensen <i>Human Development & Relationships Educator</i>	Janeth Orozco <i>FoodWise Educator</i>	Cassi Worster <i>Area Marketing Specialist</i>