

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

- Shared findings from two focus groups with Hmong community members and local community agencies that serve Hmong community members in Sheboygan County. These focus groups provided valuable information and lived experiences related to healthy eating, access to healthy foods, food security/hunger, culturally relevant foods, and physical activity. Findings will be used to inform future programming opportunities. (Amanda Miller)
- Providing resources and support for the Hmong Mutual Assistance Association to develop a community meal site at their organization. The purpose of this meal site will be to address food and nutrition inequities among the Hmong population in Sheboygan County. (Amanda Miller)
- Providing technical assistance for the state FoodWise office to develop a plan and apply for a federal nutrition incentive program. The goal is to offer nutrition incentive programs at farmers markets across Wisconsin and to support local farmers markets, which helps bring fresh fruits and vegetables to families in need. (Amanda Miller)



Extension

UNIVERSITY OF WISCONSIN-MADISON
SHEBOYGAN COUNTY

JULY 2023 REPORT

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

- A town clerk and plan commission, as well as the attorney representing a landowner, asked for Kevin's interpretation of local land division and zoning regulations, and also guidance on how to best regulate a communications tower to ensure it was in the correct zoning district and could meet minimum lot size and setback standards. The back-and-forth discussion included numerous emails, a phone call, and a face-to-face meeting.
- Sheboygan County and Bay-Lake Regional Planning Commission asked Kevin to distribute and tabulate an opinion survey to gauge the transportation needs of the approximately 34,000 rural households outside the City of Sheboygan's transit service area. Kevin designed a random sampling process that ultimately ensured a margin of error of +/- 6% without having to contact all 34,000 households. The survey findings will help guide recommendations from Bay-Lake for the best types of transit service to areas outside the City of Sheboygan, as well as potential fare structures, hours of operation, and frequency of service.
- Kevin worked with a town plan commission to draft three zoning ordinance revisions: 1) a method for calculating the width of irregularly shaped lots, 2) a clarification on how conditional use permits are approved, and 3) a more reasonable size limit for new structures in the town's agritourism district.



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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 Agent

- Developing and planning a four-part Spanish dairy webinar series for Spanish-speaking dairy managers, herd managers, herds persons, and employees. The goal of this effort is to teach unbiased, university-based research in the areas of reproduction, nutrition, dairy management, and milk quality so they can improve farm viability and food safety, while maintaining animal wellbeing and welfare.
- A dairy production and management newsletter for farmers, managers, employees, and agribusiness professionals where they learned about recording drought conditions, taking and managing forage inventory, understanding impact of fatty acids on milk production, and utilizing fecal starch as a tool to determine starch digestability. The goal is to improve farm business vitality, environmental sustainability, and food safety.

Crops

Liz Gartman, Regional Crops Educator

- An interview with WBAY TV in Green Bay where the focus was the effect of drought/dry conditions and how it impacts the crop growth and effect on feed inventories for area crop and livestock producers. The goal is to provide viewers insight into the effects of dry weather on the local farm economy.
- A series of in person and virtual meetings with UW Madison - Extension colleagues, producer led conservation groups, USDA and Farm Service Agency partners, agriculture industry contacts and crop producers where we discussed opportunities for partnerships, ag community needs and programming gaps. The goal of this activity is to generate an informal needs assessment of the regional ag community in order to plan programming that will provide support to the community.



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

Sarah Tarjeson, 4-H Youth Development Educator

- Advised volunteer leadership group where volunteers discussed educational opportunities for youth in Sheboygan County to develop life skills and citizenship. (Sarah Tarjeson)
- A volunteer Dog Project Board Meeting where leaders planned for the upcoming training and class sessions; reviewed veterinary paperwork and discussed potential safety issues to provide a physically and emotionally safe learning environment for youth members throughout the summer.
- Distributed a monthly newsletter starting in January throughout the year geared for New or 1st Year 4-H Families to introduce various components of the 4-H Youth Development Program, develop a sense of belonging to our organization and build confidence in parents and members as they participate in club and project opportunities.

Positive Youth Development

Lisa Sanderson, Positive Youth Development Educator

- UW Madison reached out to UW Extension Sheboygan office to request we participate in presenting a stop for their statewide tour celebrating their 175th anniversary. With the direction of our new AED Jayna Hintz, and with input from UW Madison, my colleagues Amanda Miller, Janeth Orozco and I collaborated to create a Farmers' Market-centered event supporting bilingual families at the Farmers' Market. I organized a family resource fair for that day through my community partnership, Sheboygan Outreach Collective. Janeth and Amanda planned for two farmers' market tours in English and Spanish to acquaint families to the market. Community participation numbers are not available at this time. Fifteen community partner organizations offered to participate in the resource fair. The event is intended to help families better access the market as an economical and healthy food source; to better access community resources available in Sheboygan; and to bring visibility to Extension's positive impact in Sheboygan.
- Youth are reporting concerns about their mental health at epidemic and unprecedented levels. Lisa Sanderson conducted a youth health and belonging survey of approximately 133 Sheboygan area youth in Fall 2022. Mental health concerns led the students' reported worries at around 30%. Schools and communities are stretched in their capacity to respond to youth needs in this area. Lisa sought area partners in mental health to support in their efforts to build youth and adult



YOUTH DEVELOPMENT (CONTINUED)

capacity to respond to this crisis and identified Mental Health America as a partner. Increasing positive culture in school communities and helping youth to destigmatize and normalize informed discussions of mental health topics are goals of the Mental Health America Student Mental Health Ambassadors program. Mental Health America staff are engaged in establishing this group at area high schools. Lisa Sanderson will partner with those staff and school counseling staff to build youth capacity to be Youth Mental Health Ambassadors. This program focuses on supporting youth-facilitated discussions of youth mental health topics and youth ideas for mental health advocacy. A group of South High youth and the school social worker met with us to discuss establishing this program. Youth will take training at the end of the summer. Other Sheboygan area schools have been identified as potential partners by Mental Health America.

Sarah Tarjeson
4-H Youth Development Educator

Tina Kohlman
Regional Dairy Educator

Jayna Hintz
Area Extension Director

Lisa Sanderson
Positive Youth Development Educator

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