

## 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*

- New partnership with the Grant Elementary afterschool program to provide nutrition education classes to the Kindergarten through 2nd grade groups and the 3rd through 5th grade groups using the Read for Health curriculum. The goal of the classes is to introduce healthy foods and to encourage trying new foods through taste tests.
- Promoted the Great Lakes Apple Crunch in the local Extension office by hosting an event and sharing information on social media. The purpose of this annual day is to increase awareness of local food in schools and promote healthy eating.
- Providing expertise and consultation on the most recent community health assessment and community health improvement process, including planning the call to action meetings and disseminating the results. This process aims to help the local health department identify the most pressing health needs in Sheboygan County.
- Participated in South High School's Fiesta Hispana, a community event to connect Hispanic/Latinx students and their families with community resources. This event helped FoodWise share basic nutrition resources and information in Spanish to families that may not be aware of Extension programs.
- Partnered with Sheboygan County Interfaith Organization to hold a focus group for farmers market customers using EBT (FoodShare). The goal was to collect feedback on customers' understanding and use of farmers market incentive programs, which help address food insecurity in Sheboygan County.

## 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*

- Since 2011, Kevin has conducted 15 voluntary well water testing events in Sheboygan County towns, including the most recent in the Town of Rhine. Over 130 of the Town's households picked up test kits on September 29th and returned them on October 2nd. Kevin then transported the samples to the lab at UW-Stevens Point the next morning. Many of the participants had either never had their water tested or couldn't remember the last time they had. Reaching this need was made possible in part by a subsidy from Sheboygan County that allowed most of the tests to be offered at a discount.
- As part of a team assisting the Village of Cascade, Kevin was asked to locate existing ponds in the Sheboygan County area that meet specific criteria: 3-4 acres in size; no surface inlet such as a stream; buffered with native vegetation to prevent run-off from farm fields, roads, and lawns. After using the County's GIS to search across 500 square miles of orthophotography and measure the approximate size of dozens of possible candidates, he was able to find three ponds that could serve as models for how the deteriorating Cascade mill pond might be reconstructed in the future if Nichols Creek were to be disconnected from the pond to once again become a free-flowing trout stream.





**Extension**

UNIVERSITY OF WISCONSIN-MADISON  
SHEBOYGAN COUNTY

**OCTOBER 2023 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**

*Tina Kohlman, Regional Dairy Educator*

- A farm consultation for two dairy farm operators where families discussed options regarding farm transition. This effort is designed to explore options that meet personal and business goals for one family to retire and the second family to continue farming thus improving farm business viability, environmental sustainability, food safety.
- A digital/print media interview conducted by national agriculture magazine for dairy farmers, herdspersons, calf managers and employees, and other agribusiness professionals, where they learned nutritional and environmental management practices to mitigate cold stress in pre-weaned calves to improve farm business viability and food safety while maintaining animal welfare and wellbeing.
- A county agriculture business assessment for county government officials, where they learned about the county's current agricultural supply chain patterns. This effort is designed to assist staff in identifying gaps and disconnects within the supply chain to retain and develop county agriculture and horticulture businesses, thus improving business viability and food safety.

### **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.
- A radio segment for crops and livestock producers that outlined the Waterhemp Herbicide Resistance screening project where producers learned about the opportunity to have waterhemp weed seeds tested for resistance to multiple herbicide modes of action. The goal is to identify areas where waterhemp is developing resistance and provide growers management tools to deal with this problem.



## 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 Tarjesson, 4-H Youth Development Educator

- A lesson for alternative high school students where students learned strategies to manage stress and anxiety to reduce negative behaviors and reactions in school and at home in order to apply these strategies to successful interactions in their everyday life.

I facilitate this program to reach an audience of young people who do not typically experience many developmental contexts that positive youth programming can offer. It is also a school where 100% of the students are enrolled in free and reduced lunch, and 80% of the students are on Individualized Education Plans. I facilitated social-emotional skill-building activities throughout the months of May and June. Although participation alone is not an indicator of success, these were the first lessons in which all students engaged in the planned activities. Of the 10 students enrolled at Change Academy, 9 students participated in this activity. As engagement in the program increases, the indicators of thriving youth development are more likely to be experienced.

#### PARTICIPANT QUOTES:

“A great way to bring the whole group together.”

“Sarah is so knowledgeable and is very enthusiastic.”

“An enthusiastic time of learning.”



## 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.

*Alicia Utke-Becher, Human Development & Relationship Educator*

- A policy, systems and environmental meeting for stakeholders and community service agencies. The goal was to develop and support a coordinated system to address the diverse needs of Sheboygan County’s children, their families, and caregivers.
- A Money Smart Wisconsin meeting for financial institutions and community agencies convened to plan financial activities and events for the 2024 financial awareness campaign. The goal is to improve the financial capability of community members.
- Met with community partners at Sheboygan County United Way, Sheboygan County Head Start, and Sheboygan County Consumer Credit Counseling Service, to build relationships, identify community needs and identify alignment with Extension’s Life Span and Financial Security Program efforts.

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*4-H Youth Development Educator*

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*Regional Dairy Educator*

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