

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 Hmong Mutual Assistance Association (HMAA) to support their newly developed community meal site by both providing resources on how HMAA volunteers can serve healthier meals and by providing nutrition education classes to meal site recipients. The goal is to address food insecurity among the Hmong community in Sheboygan County.
- Partnering with the Sheboygan County Aging and Disability Resource Center (ADRC) to distribute placemats at their restaurant-style senior meal site as an indirect educational resource. These monthly placemats include healthy messages and nutrition resources for older-aged adults.
- 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.
- Facilitating a conversation with 4-5 community agencies to discuss the senior farmers market voucher program in Sheboygan County. The purpose of this meeting is to explore ways to expand the reach and impact of the state food benefits program.

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

The agriculture marketplace is constantly changing, requiring producers to identify farming practices that allow them to remain profitable and environmentally sustainable. Partnering with the Cedar Creek Farmers Producer Led Group and Washington Co. Land & Water, we planned a Regional Ag update meeting that provided insight on topics related to disability resources for farmers, manure and nutrient management, feed efficiency and quality for livestock and marketing considerations to recognize as we plan the 2024 crop year. I invited speakers that are experts in their field and were able to provide up to date, practical management applications for attendees. Attempts were made to include speakers with a wide range of expertise to provide a well-rounded program to best suit the needs of attendees.

92% of attendees rated the program as “Excellent” or “Good” overall. A majority (over 50%) of attendees indicated they would use information “a great deal” related to Feeding Cover Crops (54%); Manure Management (65%), Local Nitrogen Rates (52%) and Marketing Ideas for 2024 (53.6%). Attendees indicated they saw value in manure sampling and management, implementing cover crops as part of soil health programs, and practical ways to feed cover crops to livestock. These management practices can better equip producers and supporting agribusinesses and agency staff to increase resiliency in crop systems and farm businesses.

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

- An educational program for 4-H members to identify project areas of interest, participate in learning about that project area, and complete at least one hands-on project to take home. Youth who engage in pursuing their sparks/interest experience, growth, contribution, connection, protective factors, positive adjustment ultimately thriving orientation, leading to highly positive 4-H and individual outcomes.
- Youth participants in the 4-H program at Change Academy struggle with expressing positive emotionality. This lesson, like many, was designed to provide the opportunity to provoke a variety of emotions among the group of participants so that the caring adults could role model and coach participants through these situations using a pause, breath, respond strategy. Educators observed and reported youth used these skills throughout the day and referred to them throughout the week. Youth who demonstrate a thriving trajectory including positive emotionality also demonstrate high levels of academic or vocational success.
- Expanding access to 4-H through the development of high quality club opportunities is a priority for Sheboygan County 4-H. As the components of program quality increase, youth report an excitement and interest in joining 4-H. As a result of this Parliamentary Procedure Workshop 100% of participants indicated they increased their ability to participate effectively in debate when making group decisions. Participants cited their increased ability to apply what was learned to committee, club, and other group decision making opportunities. When youth and adult leaders have the tools to engage effectively in civic discussions, they increase their likelihood for a youth thriving trajectory.
- Increased tension and conflict among adult volunteers prompted my increased presence and coaching through conflictual situations. I have attended project committee meetings, project member and family events, and facilitated a mediation and agreement between adult leaders. As a result of my presence, coaching, and mediation, the Horse and Pony project has experienced stronger engagement at the subcommittee level, increased communication between adult leaders, and stronger engagement of youth leadership within the project as reported by youth participants, the Area Extension Director, and adult project leaders. As program quality increases through spark exploration, increased belonging and positive developmental relationships; youth engagement in the 4-H program increases leading to an increase in the thriving trajectory of youth.



Extension

UNIVERSITY OF WISCONSIN-MADISON
SHEBOYGAN COUNTY

MARCH 2024 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 proposed high voltage transmission line through part of a local town has residents along the corridor understandably concerned. Town officials asked Kevin for help in understanding their role and the authority of the town's zoning ordinance (no conditions, unless agreed to by the developer!) so they can properly respond to their residents and guide them toward options that might influence the final route of the transmission line, such as submitting an alternate route to Wisconsin's Public Service Commission. Kevin also used GIS to quickly provide a mailing list of landowners along the proposed transmission line routes, which will aid those with concerns as they try to organize their neighbors into a unified group.
- Three towns in Sheboygan County recently asked Kevin for assistance in determining what steps needed to be taken to continue their farmland preservation zoning certification with DATCP. Their soon-to-expire certification, which comes up for renewal every 10 years, enables eligible landowners to obtain an annual tax credit for preserving farmland, protecting soil and water resources, and minimizing land use conflicts. Kevin used an artificial intelligence GPT he created to "read" old and new versions of one of the town's zoning ordinances to determine which parts of the ordinance had been revised since it was last certified; he needed this information to complete the DATCP application. He also used GIS to create the necessary zoning maps and convert them into the Wisconsin Transverse Mercator projection that DATCP requires.

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

- An in-person work session with the Aging and Disability Resource Center to plan and promote an upcoming in-person six module program for caregivers. During the meeting we finalized program details, developed a marketing plan, and reviewed program materials. Through the preparation of this caregiver program we will have significant opportunity to engage with caregivers directly, equip individuals with strategies for selfcare and disseminate valuable information to improve the wellbeing of participants.
- 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.
- A 7-session course, Planning AHEAD that helps adults of all ages to make end-of-life financial, healthcare, and final wishes decisions in order to reduce the stress experienced by survivors and to ensure that their wishes are honored.

Sarah Tarjeson
4-H Youth Development Educator

Liz Gartman
Regional Crops Educator

Jayna Hintz
Area Extension Director

Kevin Struck
Community Development Educator

Amanda Miller
FoodWise Coordinator

Tammy Zorn
Support Staff

Alicia Utke-Becher
*Human Development & Relationships
Educator*

Janeth Orozco
FoodWise Educator

Emily Jensen
Support Staff

Cassi Worster
Area Marketing Specialist