

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 Feider, 4-H Program Educator

Local artist, Danielle Hansmann, came to the UWGB - Sheboygan Campus to do three different art sessions to youth and parents.



Testimonials:

"It was nice to be able to paint whatever I wanted instead of what my art teacher makes me do."

"I love painting". "Thanks, this was a lot of fun."

Basecamp is coming up in July. 24 youth have committed to being youth staff for this event offered to 4-H members from grades 3-7. Youth staff have had three training sessions so far to get them ready for keeping campers safe, active and enjoying camp this year.



Project Days was offered to all 4-H members in March. This was an opportunity for youth to come together to work on up to 3 projects to potentially bring these to the fair or just learn a new skill. There were 26 different offerings to youth with just under 100 in attendance.



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

Offered a nutrition education class on MyPlate and healthy eating in Hmong and English at the Hmong Mutual Assistance Association (HMAA). The goal of this event is to encourage healthy eating among Hmong community members in Sheboygan County.



Planning a cooking class with Lakeshore CAP (Community Action Program). The goal is to build important life skills, such as cooking and food preparation, and to encourage healthier eating habits.

FoodWise and Lakeshore CAP are partnering to offer a cooking class program to clients using the Healthy Cents curriculum. Clients participating in Lakeshore CAP's Continuum of Care Permanent Housing Program generally meet with case managers weekly. Case managers have identified cooking and food preparation as an important life skill to offer their clients. Healthy Cents is a curriculum designed to help adults save money on food while making healthy food choices. It focused on practical skills like planning, budgeting, and shopping for affordable, healthy food. It teaches topics on meal planning, gardening, budgeting, along with easy-to-make recipes and food samples. FoodWise is planning a hands-on cooking class which will include a recipe using commodity/Temporary Emergency Food Assistance Program (TEFAP)/food bank items. Following the event, Lakeshore CAP is providing each client with a bag of grocery items needed to recreate the recipe at home. Teaching cooking skills is an important life skill that empowers individuals to make healthier food choices and to better manage their food budgets.

Supported the Sheboygan County Healthy Aging Alliance and the development of a Heart Health Learning Initiative. The goal of this work is to bring together partners to align community resources, decrease barriers to health, and improve understanding of heart health in Sheboygan County.

Supported the Sheboygan County Activity and Nutrition (SCAN) Coalition to apply for funding to focus on community health. The purpose of this project is to improve healthy eating, physical activity, and access to healthy foods, particularly among Hmong and LatinX communities.

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

Planning for a hybrid foundational crop scout training program for entry-level crop scouts. The goal is to provide the key skills necessary to scout row crop and forage fields for common pests, identify crop nutrient deficiencies, perform basic specimen sampling and communicate results to managers and farmers so that we can better identify and address economically important crop challenges in season.

Crop scouts are an important piece of the crop management puzzle, and many of the crop scouts employed by farms, ag cooperatives and consultants need foundational skills to improve their work in the field. Typically they require training at a time their employers and mentors are busy with in season crop production work. After completing an internal training program for Extension Crops educators, we determine we could offer the program to an external audience.

We are currently planning and will be executing a series of “Lunch & Learn” webinars that will be offered live and recorded. Each webinar will address a different basic skill related to crop scouting. After the webinar series is complete, a series of in person, in field training sessions will be hosted at the Arlington, Lancaster and Marshfield Research stations. The goal is to offer hands-on application of the skills taught.

Dairy

Manuel Peña, Regional Dairy Educator

Bovi-noticias is a collaboration between Educators on the Dairy team and Farm Management team. This bilingual (English & Spanish) newsletter was designed to support dairy farms and their employees. This publication delivers accessible, research-based information in both English and Spanish, aiming to; provide relevant, practical insights for workers, managers, and owners; Increase awareness of the “why” behind practices to encourage employee understanding and enhance engagement of dairy teams; Serving as a resource for team meetings, facilitating discussions between management and workers, and fostering problem-solving.

To address the identified need for accessible, research-based information for the diverse dairy workforce in Wisconsin, the Bovi-noticias e-newsletter has been developed. This bilingual (English and Spanish) publication directly responds to the challenge of ensuring all individuals involved in

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Extension

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AGRICULTURE CONTINUED

daily dairy operations have access to relevant and practical insights. By providing content in both languages, Bovi-noticias aims to overcome language barriers and promote a shared understanding of best practices across farm teams. Furthermore, the newsletter goes beyond simply providing information by explaining the “why” behind recommended practices. This approach fosters deeper comprehension and encourages greater engagement among employees, empowering them to contribute more effectively to farm goals. By serving as a resource for team discussions and problem-solving, Bovi-noticias facilitates better communication and collaboration between management and workers. Ultimately, this initiative directly responds to the need for a more informed, skilled, and engaged dairy workforce, which is crucial for improving animal health, optimizing resource utilization, enhancing farm efficiency, and increasing profitability within the Wisconsin dairy industry.

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.

Planning for a community survey to be distributed to low-income families. The goal is to learn more about what their needs are and how the organization can respond through programming, research, and education.

I was approached by the Executive Director of a non-profit organization to assist their Community Needs Assessment process. In this meeting, we discussed how to gather information, survey creation, and distribution. I met with the group, helped them clarify their questions, provided education about best survey practices, and discussed ways to market the survey. Still in process. Have created surveys and will distribute February, March, April and beginning of May.

Planning for a survey for 85+ volunteers of a local non-profit in collaboration with their non-profit leadership. The goal is to better understand succession planning and volunteer opportunities in order to develop a strategic plan to present to the board so that the organization can be sustainable long into the future.

I was approached by leadership of a non-profit about assistance with their strategic plan process. They want to create a plan for succession planning for volunteers. I helped them create a survey and develop a timeline of gathering information so that they can present to their board in mid-August. I will help them with listening sessions, analyzing survey data, and developing an action plan. Still in process

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.

Truong Tran, Human Development & Relationship Educator

In April, Sheboygan County concluded its collaboration with Oconto and Waupaca Counties in delivering Powerful Tools for Caregivers, a six-week virtual program designed to support individuals caring for adults with chronic health conditions. Participants engaged in weekly 1.5-hour sessions focused on developing skills to reduce personal stress, reframe negative self-talk, improve communication, set healthy boundaries, manage emotions, and navigate difficult caregiving decisions. The program aimed to enhance caregivers' overall wellness, strengthen their resilience, and provide practical tools to support both themselves and the individuals in their care.

- The series was a resounding success, with all participants (n=10) reporting the following outcomes:
- They found positive ways to cope with the stress of caregiving.
- They now know where to find caregiving resources in their area.
- They feel confident asking for help with caregiving tasks such as shopping, cooking, cleaning, and transportation.
- They are better able to communicate assertively with others to get their needs met.

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