



Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY



UW-Madison Division of Extension works with residents, businesses, local government and community-based organizations in Waukesha County and beyond to identify and address immediate and long-term educational needs.

Extension Connections

Extension Waukesha County Newsletter

Summer 2023

FoodWise Educators Use *Around the Table: Nourishing Families, a Trauma-informed Curriculum*

This fall, FoodWise educators will utilize mindful strategies to help groups of parents at local agencies such as Parents Place and the Women’s Center build and sustain healthy connections to food.

The *Around the Table: Nourishing Families* curriculum incorporates trauma-informed activities like mindful tasting and food experiences. Participants will enjoy hands-on cooking and conversations, and share techniques for limiting stress while enhancing healthy eating and nutrition.

For more information about nutrition education, contact FoodWise Administrator, Jill Herz at jill.herz@wisc.edu.



Blain’s Farm & Fleet and Woodman’s Sponsor Extension 4-H Kids Zone

A special thank you to Blain’s Farm & Fleet (Gold sponsor) and Woodman’s (Silver sponsor) for sponsoring the Extension Waukesha County 4-H activities at the 4-H Kids Zone during the 2023 Waukesha County Fair, July 19 to July 23.



Activities to be Offered During Waukesha County Fair in the 4-H Kids Zone

Extension Waukesha County is hosting and partnering with a variety of organizations to provide educational opportunities for youth in the 4-H Kids Zone at the Waukesha County Fair. The 4-H Kids Zone will have a steady flow of free activities each day of the Fair which is July 19-23, beginning at noon. Below is a list of activities available each day. For specific times, go to <https://bit.ly/2023EXTENSIONKIDZONE>.

Wednesday—UW-Madison BioTech: Explore DNA; Waukesha County Airport: STEM activities; Extension Waukesha County FoodWise: Nutrition Game; Extension Waukesha County 4-H: Make & Take Activities; 4-H Bingo

Thursday—Waukesha Library: Reading & Literacy Program; UW-Milwaukee at Waukesha CE: Recycle Art & Greek Vase Art; Hawthorne Elementary School: Art Project; Extension Waukesha County 4-H: Make & Take Activities; 4-H Bingo

Friday—West Vernon 4-H Club: Arts & Crafts; Extension Waukesha County 4-H: STEM Workshop, Smoothie Making with the Blender Bike, Make & Take Activities; 4-H Bingo

Saturday—Southeast Wisconsin Master Gardeners: Monarch Exhibit; Extension Waukesha County 4-H: Science of Flight, Make & Take Activities; 4-H Bingo

Sunday—Extension Waukesha County 4-H: Floatation Experiment, Make & Take Activities, Personalized Bag Coloring

For more information about Extension Waukesha County youth opportunities, visit our website at www.waukeshacounty.gov/UWEX/4H.



Structural Pruning of Trees is Topic of Fall 2023 Urban Forest Health Workshop

The 2023 Urban Forestry Workshop on the structural pruning of trees will be held this fall in Waukesha County and other locations around the state. This full day workshop for green industry professionals will be held from 8:30 am – 3:00 pm.

The workshop is offered in cooperation with the Wisconsin Department of Natural Resources.



Registration is limited.

To be notified when registration opens, email Lisa at lboyer@waukeshacounty.gov.

Plan Commission Workshop Planned for September 12

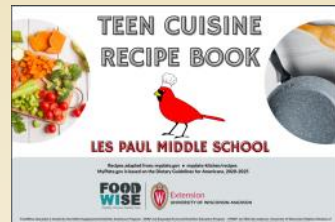
A Plan Commission Workshop on the topic of Waukesha County Housing will be held September 12. Plan commission members, planners, elected officials and anyone else who has interest in housing should consider attending. There will be presentations followed by a panel discussion. This workshop can help bridge the knowledge/experience gap and increase confidence for those who will make decisions affecting their community. More details and registration information will be available soon.

For more information, please contact Ann Wied at ann.wied@wisc.edu.

Teen Cuisine at Les Paul with Emerging Leaders and FoodWise

In April and May, Extension's Emerging Leaders and FoodWise programs collaborated to provide a *Teen Cuisine* nutrition & cooking series to students at Les Paul Middle School. Lessons covered the basics of healthy meals, food safety, reading labels, sugary drinks, and healthy snacks as the students engaged in hands-on food prep and tasting. Students prepared smoothies, energy bars, breakfast burritos, veggie wraps, oven fries, and flavored popcorn.

Surveys measuring youth behaviors before/ after the series showed that 86% of students improved in diet quality behaviors, most frequently by drinking fewer sweetened beverages, washing their hands more often, and eating vegetables more frequently. Since just 30% of Waukesha residents meet vegetable intake recommendations according to the Community Health Improvement Plan survey, Extension works to address this gap, supporting greater community health. For more information about nutrition education, contact FoodWise Administrator, Jill Herz at jill.herz@wisc.edu.



Waukesha Educator to Teach Horticulture Labs

Ann Wied, Extension Waukesha County Horticulture Outreach Specialist, will teach several labs as part of the statewide Foundations in Gardening course beginning in October. This course teaches researched-based methods to grow plants and manage pests. The labs provide participants an opportunity to dig deeper into important gardening concepts by applying the knowledge gained from the course materials to real-life situations. Examples include interpreting a soil test report, identifying and troubleshooting pest problems, locating science-based materials, and pruning trees and shrubs.

Enrollment in the Foundations in Gardening course (<https://hort.extension.wisc.edu/foundations-in-gardening/>) is required to enroll in the labs.



Extension Partners with City of Waukesha to offer Local Government Academy



The City of Waukesha, in partnership with Extension Waukesha County, is offering the Waukesha Local Government Academy. Through this seven-session program residents will learn more about city government operations and services; widen their network of relationships with city staff, departments, boards, and decision makers; and discover opportunities to become more civically involved.

For more information visit the webpage at <https://www.waukeshacounty.gov/UWEX/CRD/WLGA>.

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