



2023 **spotlight**

Extension Waukesha County Impact Highlights of 2023

Our annual Spotlight highlights a few of our educational programs to provide a snapshot of our outreach efforts. Thank you for your continued participation in and support of our programs. The ongoing development of partnerships in communities is vital to our work. I encourage you to share this with your network. Please reach out to us to learn more.

Jerry Braatz, Area Extension Director

“My child has trouble trying new foods. They came home after the [FoodWise] visits excited about the new food and grains and having the family try their recipes. I highly recommend this program again!!!”

Parent of 2nd grade student receiving FoodWise nutrition lessons in school classroom

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Positive Youth Development

The 4-H program continued to grow in 2023. Ninety youth participated in an expanded afterschool program which focused on STEM, coding, Lego, woodworking, public speaking, and leadership. The 4-H Senior Poultry Team won the Wisconsin state competition and competed in the National Avian Quiz Bowl at the National Poultry Conference against 15 teams from across the country.



Participants in Extension’s StrongBodies series at an apartment complex in Butler increased their strength and flexibility with biweekly strength-training and nutrition sessions.

Extension staff build strong communities by engaging adults & youth in life-long learning, developing economic opportunity, and extending leadership capacity through educational programs and Extension-trained volunteers.

Horticulture — Commercial

UW-Madison Extension Horticulture educators partnered again this year with the Department of Natural Resources Urban Foresters to host a workshop on tree pruning. This day long workshop was held at Retzer Nature Center for 48 green industry professionals. They learned about the science of trees, pruning for the long-term health of the tree and participated in hands-on pruning demonstrations. Certified Arborist continuing education units were awarded for this class.

“This is VERY IMPORTANT information, staying current is the BEST way we practitioners can be fluid in adapting to change AND modifying our practices with science!!”

Landscape & Grounds Maintenance
Short Course Participant

Nutrition — FoodWise

FoodWise educators engaged Head Start preschoolers and their parents with educational opportunities. Preschoolers tasted colorful fruits and vegetables during Color Me Healthy lessons in 14 classrooms in Waukesha and Oconomowoc. Parents and caregivers attended a Cooking Matters Parent Night where parents made budget-friendly snacks together with their kids and took the recipes home. Afterward, a family texted a FoodWise educator, “Thank you so much for the healthy snacks class. The whole grain bread that you gifted us made delicious tuna melt sandwiches. [Child] had a great time making sunbutter/banana for a healthy snack.”



The 4-H Emerging Leaders summer program engaged in a tour at the EEA Youth event. Members learned about careers in aviation and the history of aviation.

“Our CDBG office has contracted with Extension for many years because we know the quality of the work product is exceptional. Extension staff have helped us produce reports for HUD that require an in depth knowledge of communities and neighborhoods, in addition to deep dives into data and research. We rely on them for planning purposes and for annual reporting.”

Kristin Silva, Community Development Manager, Waukesha County

"I had so much fun and learned a lot about college and careers this summer, and this was the best program that I have ever been a part of in my life."

Positive Youth Development Pre-College
Summer Program Participant



Extension Waukesha County Horticulture faculty taught a Vegetable Weed Control Field Day for Hmoob growers in cooperation with Fondy Farm.



Extension Waukesha County Horticulture staff taught a hands-on pruning workshop to Waukesha County Parks and Land Use Department employees.

"The expert guidance from the online gardening programs enriched my experience and extended my effectiveness as a gardening partner as I volunteered in the Waukesha County community. I love that the information is available 'on demand' with many additional resources via web links."

Betty, Master Gardener

Community Development

In partnership with the City of Waukesha, Extension offered the 2023 Waukesha Local Government Academy. Twenty-one adult Waukesha residents participated representing 14 of the 15 aldermanic districts. During the seven sessions, participants learned about city operations/services and widened their community relationships. After participating, 96% stated that they feel they are more prepared to talk with other residents about factual issues and operations the City Government is facing/addressing and 82% stated that the Academy was very helpful in increasing their awareness of opportunities to serve on boards, commissions or run for an elected position.

Horticulture — Consumer

In partnership with the Adolescent and Family Division of Waukesha County Health and Human Services, Extension provided the Waukesha County Community Youth Garden program which included hands-on horticulture and nutrition education. Youth attended weekly in the summer to plant and maintain the garden and give back to the community by donating the harvested vegetables. Waukesha County Health and Human Services Social Workers have observed positive outcomes in the youth who participated. These included improvement in mental and physical health and school attendance, positive social skills, and healthy nutrition choices. Since the program began in 2016, 4,531 pounds of produce has been donated to the food pantry.



Twenty-six participants at the October Plan Commission Workshop learned about Waukesha County's housing landscape through presentations and a panel discussion. Shown above is UW Madison State Extension Community and Economic Development Specialist and Professor Steve Deller as a keynote presenter.

“ProHealth Care is proud to support and partner with UW-Madison Extension Waukesha County in their commitment to providing education that transforms communities. Their work to promote community safety and engagement has had an impact right in our own neighborhood.”

Sarah Butz, Community Benefit Director, ProHealth Care

Health & Well-Being

StrongBodies continued to be a focus in 2023 with classes held regularly at Holy Cross Church in Menomonee Falls. An additional series of 16 classes each were held at both the Hampton Regency Apartments in Butler and the High Ridge Manor in New Berlin.

Extension Programs:

- 4-H & Youth Development
- Community Development
- Health & Well-Being
- Horticulture
- Nutrition Education



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