



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

Spring 2023

Extension Welcomes New FoodWise Educators

Extension Waukesha County has welcomed three new nutrition educators: Emily Green joined Extension on August 1, 2022 as FoodWise Educator; Sarah Garcia joined Extension on December 12, 2022 as FoodWise Educator; Lillian Izquierdo joined Extension on February 27, 2023 as a Bilingual (Spanish) FoodWise Educator.

FoodWise educators teach FoodShare eligible adults and youth at a variety of community sites. Learn more about our team at <https://www.waukeshacounty.gov/UWEX/Foodwise/Educators/>.



Emily Green



Sarah Garcia



Lily Izquierdo

Local Government Academy Information Session to be Held April 28 from Noon to 1 p.m.

Extension is hosting an online Local Government Academy informational session for municipal administrators and managers in response to inquiries about the recent Waukesha Local Government Academy.

In 2022, Extension partnered with the City of Waukesha to offer the Waukesha Local Government Academy where participants learned about community services and challenges, gained an understanding of city operations, learned how to become more civically involved, and strengthened their network of relationships with city staff and other city decision makers.

The April 28 free online informational session will include a short presentation about Extension's Local Government Academy program and discussion of how Extension can partner and plan to offer this program in your municipality. If you are interested or would like more information, please contact Ann Wied at ann.wied@wisc.edu.



Farmers Market Workshops Attract Managers Statewide

Three full day in-person workshops were offered around the state for farmers market managers. The day focused on developing participants' management skills and providing regulatory updates. More than 90 managers attended the workshops which included opportunities for market managers to network and share their expertise with each other. Attendee evaluations showed attendees increased their knowledge in all of the topics featured at the workshop. Comments from the day include "I found this a excellent value for the cost, and a great use of my time", and "Worthwhile networking and knowledge gained".

For more information, contact Kristin Krokowski at krokowski@wisc.edu.



4-H Clubs Key to Thriving Youth

Waukesha County 4-H supports 14 clubs that foster the passions and aspirations of over 400 youth. Trained volunteers and youth leaders work in concert, creating opportunities for youth to grow their character, serve the community, and build relationships.

Recently, Ottawa 4-H Club hosted K9 Tesla the therapy dog, Meadowbrook/

Saylesville Sparks 4-H Clubs made sugar-free treats for Meals on Wheels, and Minooka 4-H Club donated the proceeds of their annual baked goods auction to 4-H Camp!

To give your child an opportunity to find their spark by finding a club near you; visit <https://www.waukeshacounty.gov/UWEX/4H/Join/>.



Container Gardening Presentation to be Held at Six Local Libraries

Consumer Horticulture Outreach Specialist, Ann Wied, will be visiting six Waukesha County Libraries in April and May to give a gardening presentation titled "Tips for Container Gardening Success".

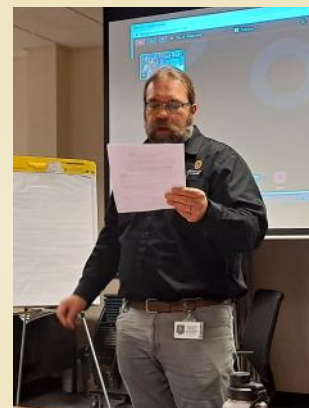
The libraries in Mukwonago, Big Bend, Hartland, Muskego, New Berlin and North Lake are offering the presentations, which are free and open to the public.

Contact the specific library for details including date and time of the presentation.



Extension Provides Community Economic Analysis

At the request of the Waukesha County Community Development Block Grant (CDBG) program, Extension educators provided an updated report on community and economic data and trends in four targeted areas of Waukesha County. This information will help inform priority projects and decision-making for CDBG grantees and Community Development Financial Institutions that focus on lending and business development efforts for community revitalization. In addition, this Consolidated Annual Performance and Evaluation Report is required by the U.S. Department of Housing and Urban Development. For more information contact Steve Chmielewski, Extension Community Development Educator, at steven.chmielewski@wisc.edu.



Hawthorne Students Make Healthy Recipes with 4-H and FoodWise Nutrition Educator

This March and April, Extension FoodWise teamed up with 4-H's afterschool program at Hawthorne Elementary. Students participated in a series of five nutrition lessons which included interactive and hands-on cooking experiences exploring various healthy recipes.

The curriculum, *Choose Health: Food, Fun, and Fitness*, included lessons about fruits and vegetables, whole grains, sugar-sweetened beverages, fast foods, and the importance of eating breakfast. Throughout the series, students made smoothies, energy bites, black bean quesadillas, homemade hummus, and oatmeal pancakes.

The 4-H scholars have enjoyed creating these healthy recipes, often saying they



wanted to share the recipe with their families.

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

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