



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 2022

### Waukesha County Community Youth Garden Begins Sixth Year

The Waukesha County Community Youth Garden, held in partnership with Waukesha County Health and Human Services Division's Positive Youth Initiatives Program, began its sixth season in June. This program provides an opportunity for youth to develop higher levels of achievement/self-confidence and encourages physical activity.

Fifteen youth will receive hands-on education by Extension horticulture and nutrition educators during weekly sessions which include planting and maintaining the garden and harvesting vegetables. All produce is donated to a local food pantry.

For more information, contact Ann Wied at [ann.wied@wisc.edu](mailto:ann.wied@wisc.edu).



### Waukesha County Fifth Graders Participate in FoodWise's Show Me Nutrition Series

This year, Waukesha FoodWise Nutrition Educators taught *Show Me Nutrition* lessons to over 250 fifth graders in Waukesha elementary schools and Lakewood School.

Educators made learning interactive through activities such as the "food safety bag," the Bone Bank Millionaire game, creating "butterfly snacks," and trying other healthy food samples. Lessons encouraged increasing fruits and vegetables, whole grains, and calcium-rich foods, and knowing how to keep food safe. Students and teachers noted changes as a result of the lessons. One student shared, "I started to try a lot more foods since nutrition started," and a teacher commented, "The students have a positive view of fruits and veggies."

For additional information about nutrition programs, contact FoodWise Administrator Jill Herz at [jill.herz@wisc.edu](mailto:jill.herz@wisc.edu).



### Urban Forest Health Workshop Returns to In Person Full Day Format

The 2022 Urban Forest Health Workshop will be held in person on September 29. The workshop will be a full day educational event with classroom instruction in the morning and a hands-on field event in the afternoon. The workshop will be taught by UW-Madison Extension Specialists and offered in cooperation with the Wisconsin Department of Natural Resources.

Registration opens August 29 and is limited to the first 50 people. Contact Lisa at [lboyer@waukeshaextension.org](mailto:lboyer@waukeshaextension.org) to be notified when registration opens.



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

The Extension Waukesha County has once again partnered with a variety of organizations to provide educational opportunities for youth July 20 through 24 at the Waukesha County Fair in the 4-H Kids Zone.

The 4-H Kids Zone will have a steady flow of activities each day of the Fair beginning at noon. Below are a few of our partners and the day(s) you will find them joining us.



- HAWS (Humane Animal Welfare Society) - Wednesday, Thursday and Friday with animal interaction and animal trivia
- The Coop (restaurant) - Wednesday making pancakes and a food safety bean bag challenge
- Hawthorne Elementary School - Wednesday with an educational Ring Toss
- Waukesha County Parks and Land Use - Thursday with recycling and water activity
- Habitat for Humanity - Saturday with arts and crafts
- The Waukesha County Green Team - Saturday making UV bracelets, pollinator art and trivia
- The Village of Pewaukee Police Department - Saturday with fingerprint kit activity

For a full list of activities and the specific times, go to <https://bit.ly/2022EXTENSIONKIDSZONE>. For more information about Extension Waukesha County youth opportunities, visit [www.waukeshacounty.gov/UWEX/4H](http://www.waukeshacounty.gov/UWEX/4H).

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

A special thank you to Blain's Farm & Fleet and Woodman's for sponsoring the Extension activities at the 4-H Kids Zone during the 2022 Waukesha County Fair, July 20 to July 24.

## April Plan Commission Workshop Shared Conditional Uses Best Practices

Fifty-nine plan commission members, planners, elected officials, and staff attended an online plan commission workshop in April on Conditional Uses: Implementation and Best Practices presented by a UW-Madison State Specialist. Following the presentation was a panel discussion by two local planning staff members on the topic of making sound decisions by balancing constituent response with good planning.

Of those completing the evaluation, 98% shared that the workshop provided knowledge they will use. One participant shared "the workshop provided excellent material and examples for all types of communities to follow."

For more information about plan commission workshops, contact Community Development Educator Ann Wied at [ann.wied@wisc.edu](mailto:ann.wied@wisc.edu).

## StrongBodies Classes Expand

The evidence-based Strong Bodies Program supports aging adults to remain strong, healthy, independent, and socially connected in their communities.



The class size has been expanded at the St. James, Menomonee Falls location to accommodate additional participants. A virtual session will also continue to be offered for participants who prefer to participate remotely.

For more information, contact Jen via email at [jennifer.whitty@wisc.edu](mailto:jennifer.whitty@wisc.edu).

## FoodWise Education at Senior Dining Programs

With some senior dining sites opening back up and serving congregate meals, FoodWise educators are looking forward to teaching in-person nutrition lessons. Four ADRC sites (Menomonee Falls, Brookfield, Sussex, and Oconomowoc) will participate in the Seniors Eating Well series, which includes topics such as choosing whole grains over refined grains, benefits of seasoning with herbs and spices, and tips on ways to stay active.



For more information about nutrition education, contact FoodWise Administrator, Jill Herz at [jill.herz@wisc.edu](mailto:jill.herz@wisc.edu).

515 W Moreland Boulevard, AC G22 ♦ Waukesha, WI 53188 ♦ 262-548-7770

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON  
WAUKESHA COUNTY