



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 2024

Eating Smart & Being Active in Spanish

Bilingual FoodWise Educator Lily Izquierdo will be teaching an *Eating Smart & Being Active* series of classes for Spanish-speaking parents at the Waukesha Public Library kitchen on Thursdays from 5:30 to 7 pm beginning August 22.

For more information and a QR code registration link, visit

<https://www.waukeshacounty.gov/UWEX/Foodwise/ESBA/>.



Free Activities at the 4-H Kids Zone During the Waukesha County Fair

Extension Waukesha County is partnering with a variety of organizations to provide educational opportunities for youth at the 4-H Kids Zone during the Waukesha County Fair July 17-21, 2024.

The 4-H Kids Zone will have a steady flow of free activities each day from noon to 4 pm and 4-H Bingo at 6 pm. (See page 2 for detailed schedule.)

For info about opportunities for youth in Waukesha County, contact James, Extension Youth & Family Educator at james.boling@wisc.edu.



Gravel Beds for Holding Bare Root Tree Stock at Fall Urban Forestry Workshop

The 2024 Urban Forestry Workshop for green industry professionals will focus on the use of bare root plants for large plantings and the utility of gravel beds for holding bare root tree stock. An online class will be held on September 20, followed by an interactive gravel bed visit at locations around the state the following week.

The workshop is offered in cooperation with the Wisconsin Department of Natural Resources. To be notified when registration opens, email lboyer@waukeshacounty.gov.



Thanks to 4-H Kids Zone Sponsors

The 4-H Kids Zone activities are made possible in part by generous donations from our sponsors. A special thank you to this year's Gold and Silver sponsors for the Extension 4-H Kids Zone activities: Woodman's Market (Gold) and Blain's Farm & Fleet (Silver).



Extension Partners with Menomonee Falls for FIT in the Parks

Extension's Health and Well-Being Educator Jillian Smith is leading two free *Intro to StrongBodies* strength training classes this summer at *FIT in the Parks* on July 10 and August 7. *FIT in the Parks* is a health and wellness initiative by the Village of Menomonee Falls and community partners. Register at <https://bit.ly/FIT2024MF>. For information about StrongBodies classes available in Waukesha County, email Jillian at jillian.smith@wisc.edu.



Waukesha Local Government Academy Now Accepting Applications



Extension and the City of Waukesha are accepting applications for the 3rd Annual Waukesha Local Government Academy. This program is for City of Waukesha residents who are interested in learning more about their city government and civic engagement opportunities. In this program, participants 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. Applications are due by Friday, July 5. Space is limited.

For more details and the 2024 application, visit www.waukeshacounty.gov/UWEX/CRD/wlga.

2024 Extension 4-H Kids Zone Fair Schedule

Wednesday, July 17

- 12-2 pm—HAWS of Waukesha: Recycled Pet Toy Craft
- 12-4 pm—Waukesha County Historical Society: Museum Discovery Boxes
- 12-4 pm—Waukesha County Extension 4-H: Paper Plate Birdfeeders
- 12-4 pm—Waukesha County Extension 4-H: Marshmallow Geometry
- 12-4 pm—Jennifer Ruditys: Nebula Necklaces
- 1-4 pm—Waukesha County Green Team: UV Bracelets and Recycling Education
- 6-9 pm—Waukesha County Extension 4-H: Family Fun 4-H Bingo

Thursday, July 18

- 12-2 pm—HAWS of Waukesha: Recycled Pet Toy Craft
- 12-2 pm—Waukesha County Extension FoodWise: Nutrition Games
- 12-4 pm—Waukesha County Extension 4-H: Mini Catapults / Sand Art Necklaces
- 1-4 pm—Waukesha Public Library: Arts and Crafts
- 2-4 pm—West Vernon 4-H Club: Arts and Crafts
- 6-8 pm—Waukesha County Extension 4-H: Family Fun 4-H Bingo

Friday, July 19

- 12-2 pm—Waukesha County Extension 4-H: Smoothie Bike
- 12-3 pm—Milwaukee County Extension 4-H: Chemical Reaction Art
- 12-4 pm—Donna Lexa Art Center: Farm Animal Art
- 12-4 pm—Waukesha County Historical Society: Museum Discovery Boxes
- 12-4 pm—Waukesha County Extension 4-H: Bubble Science
- 6-9 pm—Waukesha County Extension 4-H: Family Fun 4-H Bingo

Saturday, July 20

- 12-2 pm—Jennifer Ruditys: Paper Gliders
- 12-3 pm—Tatiana's Tiny Zoo: Wisconsin Reptiles
- 12-4 pm—Waukesha County Extension 4-H: Make and Take
- 12-4 pm—Waukesha County Extension 4-H: Building with Legos
- 1-4 pm—Waukesha County Green Team: UV Bracelets and Recycling Education
- 1-4 pm—Otto's Art Academy: Arts and Crafts
- 6-9 pm—Waukesha County Extension 4-H: Family Fun 4-H Bingo

Sunday, July 21

- 12-2 pm—Habitat for Humanity: Draw a Home Activity
- 12-3 pm—Tatiana's Tiny Zoo: Wisconsin Reptiles
- 12-4 pm—Waukesha County Extension 4-H: DIY
Keychains / Bee Motels / Building with Legos
- 2-4 pm—Pewaukee Police Department: Fingerprint Activity



Moms Practice Prepping Healthy Recipes with FoodWise Educator

FoodWise Educator Sarah Garcia engaged moms in cooking and nutrition lessons at a Waukesha childcare agency. Parents practiced a variety of kid-friendly, affordable recipes including mini pizzas, salmon patties, and banana "sushi." At the end of each lesson, kids tried the foods along with their moms.

Surveys showed that all participants improved in nutrition, budgeting, and food safety practices, specifically: eating more/greater variety of vegetables, planning meals before shopping, and cooking dinner at home more often. One participant commented: *"It has changed how I prepare, cook, and shop. From knowing how to safely thaw meat, to having a well-balanced meal, while still getting all of the nutrients me and my family need."*

For more information about nutrition education, contact

FoodWise Administrator, Jill Herz at jill.herz@wisc.edu.



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