



UW-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.

# UW-Extension Connections

## Waukesha County UW-Extension Newsletter

September 2018

### Highlight: Nutrition Education at Local Food Pantries

In Waukesha County, an estimated 7.5% or 29,242 residents are food insecure. People dealing with food insecurity run out of food, cut back the size of meals, reduce the quality of their food, or skip meals due to lack of money for food. Food insecurity increases the risk of health problems such as diabetes and other chronic diseases.

To combat the effects of food insecurity, the Waukesha UW-Extension FoodWise program teaches nutrition education sessions in partnership with a variety of school and agencies who serve individuals with low-income in Waukesha County. Educators teach hands-on, engaging lessons with a variety of audiences, including youth in schools; adults at food pantries, resource centers, shelters and clinics; and seniors meal sites.



This year, nutrition educators reached over 1,400 adults at three food pantries in Waukesha County (Food Pantry of Waukesha County, Menomonee Falls Area Food Pantry, and Sussex Food Pantry). During food pantry service hours, educators teach mini lessons on topics such as incorporating low-cost fruits and vegetables into meals, ways to using fresh donated produce in recipes, stretching your food dollar, and limiting sugar-sweetened beverages.

For more information about this or any of the Waukesha County UW-Extension FoodWise programs, visit our website at [www.waukeshacounty.gov/UWEX/Foodwise/](http://www.waukeshacounty.gov/UWEX/Foodwise/) or contact Jill Herz, FoodWise Program Administrator, at 262-548-7877.

### Color Me Healthy Classes Coming to Waukesha County

The *Color Me Healthy* curriculum will be taught in 21 Waukesha County Head Start classrooms beginning this fall. *Color Me Healthy* is a four-lesson, hands-on program for kids that includes basic nutrition, food tasting and songs.

For more information, contact our Jill Herz, FoodWise Program Administrator, at 262-548-7877.



### Communication Questions

We are in the midst of reviewing our external communication methods and would appreciate your input. Please take a moment to let us know how you prefer to hear from us by filling out a short google survey at <https://goo.gl/forms/JnowYzGeXqWeH8Zq2>.



### Connections Newsletter Published in January, May, and September

The Connections Newsletter is published three times a year. If you want to read a Newsletter you missed, visit our website at [www.waukeshacounty.gov/UWEX/AboutUs](http://www.waukeshacounty.gov/UWEX/AboutUs).

## Neighborhood Empowerment Program Begins September 26

Waukesha County UW-Extension Community Development educators will be facilitating an interactive Neighborhood Empowerment Program this fall for residents living in the neighborhoods surrounding downtown Waukesha.

This four-week program will teach strategies for resident engagement, strengthening neighborhood connections, effective communication with local government, and for developing a more formally organized and recognized association of neighborhoods.



This no cost program is made possible thanks in part to grants from the Greater Milwaukee Foundation and ProHealth Care.

For more information, please contact Steve Chmielewski, Community Educator, at 262-548-7781 or by email at [steve.chmielewski@ces.uwex.edu](mailto:steve.chmielewski@ces.uwex.edu).

## Urban Forestry Tree Planting Workshop to be Held in Waukesha on October 31

This year's fall Urban Forestry Workshop will focus on providing basic instruction and training on how to plant trees successfully. The workshop will include classroom instruction on proper planting techniques and specification fundamentals, and an outdoor demonstration of selecting planting sites, inspecting nursery stock, planting, and post care techniques.

This one-day workshop is also being offered in five other locations in the state. For details about the workshop and the locations, view the brochure at <http://bit.ly/2018UrbanForestry>.



## Taking Care of You Facilitator Training, October 9

The Waukesha and Winnebago County Health & Well-Being UW-Extension Educators will join together in Racine County on October 9 to train service providers, community members, and UW-Extension colleagues who wish to become certified to offer the *Taking Care of You* program.

*Taking Care of You* is a four-session research-based stress management program for adults that provides participants with tools to better manage life's stressors. For more information, please contact Jen Whitty, Health and Well-being Educator, at 262-548-7789.



## Plan Commission Workshop

A workshop to provide training for plan commission members, planners, zoning administrators and elected officials will be held in late October.

Details are being finalized. Check the website for updates and registration information at [www.waukeshacounty.gov/UWEX/CRD/PLANCOMM/](http://www.waukeshacounty.gov/UWEX/CRD/PLANCOMM/).

## UW-Extension Waukesha County 4-H

### Open House to be Held September 25

Community members and youth are invited to visit the Waukesha County 4-H Open House on Tuesday, September 25 from 5:30 pm to 8:00 pm at the Waukesha County Expo Center. Attendees will learn about the clubs and projects in Waukesha County.

There will be hands-on demonstrations, informational booths, games, prizes, activities for youth, and the opportunity to enroll youth in a Waukesha County 4-H club. Parents and other adults can find information on how they can volunteer and share their skills, interests, and talents with the youth in Waukesha County.



### Open Enrollment Going on Now

In 4-H, youth from 5-year-old kindergarten to one year past high school learn important life skills such as leadership, teamwork, critical thinking, and communication to help prepare them for successful futures. They do this while engaging in fun, hands-on 4-H activities and participating in one of the 20 4-H community clubs in Waukesha County!

For more information about joining Waukesha County 4-H or the Open House, call James Boling, Youth and Family Educator, at 262-548-7784 or visit the Waukesha County 4-H website at [www.waukeshacounty.gov/UWEX/4H](http://www.waukeshacounty.gov/UWEX/4H).

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