



Key Programs and Projects

Hemp Educational & Networking Program

This event was aimed towards new growers and was attended by 37 individuals. Dr. Shelby Ellison, UW-Madison hemp specialist, provided information on CBD hemp production. Carl Duley, Buffalo County Ag educator, discussed production for grain and fiber as well as a review of Extension's 2019 research results. Melody Walker from DATCP outlined production regulations for the upcoming growing season. Attendees reported the meeting as being very relevant and are interested in having follow-up programs providing more detailed information on harvest and processing.

Resilient Farms Satellite Location (CANCELLED)

Western WI Ag Program In-Service

This professional development and program planning event focused on cash flow projection tools and government Agriculture Risk Coverage (ARC) and Price Loss Coverage (PLC) program updates. FSA relies on Extension to assist farmers during program sign-up to select which coverage best fits their operation. Paul Mitchell, Extension Ag Economist, shared insight and decision making tools to help educators determine their county specific recommendations. This information will be used at an upcoming January program being held in partnership with the Farm Service Agency.

Other Programs, Projects and Meetings

Quarterly Reporting
HRM Factsheet Construction
WI Agriculturist Column Coordination 12/2
HRM Workgroup Zoom 12/9
Ag Impact Statement 12/11
Ag Institute Zoom 12/11
FARM Team Zoom 12/13
Spring Thaw Planning Meeting 12/15
Qualtrics Training Zoom 12/16
Zoom Pro Webinar Training 12/18
Dairy Team Zoom 12/20
Succession Program Planning 12/20, 12/30
Crops & Soils Zoom 12/27

Farm Visits/Consults

Thill-Rental Rates 12/4
Woof-Soil Temps 12/9
Heuer-Hemp Test/Processing 12/11
Cavadini-Feed Pricing 12/20



Healthy Choices, Healthy Lives



FoodWise is federally funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). We advance healthy eating habits, active lifestyles and healthy community environments for Wisconsin residents with limited incomes through nutrition education at the individual, community and systems levels.

Who We Serve



338

Total Male Learners

26

Hispanic



331

Total Female Learners

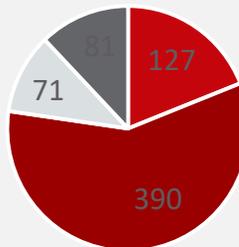
643

Not Hispanic/Latino



669

Direct Unduplicated Educational Contacts



Age

- Less than 5 years old
- 5-17 years old
- 18-59 years old
- 60+ years old

Program HIGHLIGHTS



- 2984 duplicate contacts participated in 186 Nutrition Education lessons.
- Met with Black River Falls and Alma Center Merrilan Humbird School Food Service Directors to start to implement the Smarter Lunchroom Project efforts to make the healthy choice the easy choice.
- FoodWise is an active participant in the Jackson in Action Community Coalition. Major efforts include promoting the Harvest of the Month and the 5210 initiative:
- Increased parent programming lessons
- Increased 4K lessons from a series of 2 to 6



5210

Every Day!

- 5** or more servings of fruits & vegetables
- 2** hours or less recreational screen time
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

ACHIEVING MORE TOGETHER



UW-Madison Division of Extension works alongside the people of Wisconsin to deliver practical educational programs where people live and work – on the farm, in schools and throughout urban and rural communities. In Jackson County, FoodWise partners with Forrest Street, Red Creek and Lincoln Elementary schools, Jackson County Head Start, and the Jackson County Food Pantry to help make the healthy choice the easy choice in our communities.

Vegetable Consumption Increases Among Jackson County Youth After a Series of Nutrition Lessons

In an effort to increase vegetable intake among Jackson County Youth, Nutrition Education lessons were held with 4K, Kindergarten, 2nd grade and 5th grade students at Forrest Street, Red Creek and Lincoln Elementary Schools.



Parent surveys indicated that 57% of students are eating more vegetables

Key concepts during Nutrition Education lessons included understanding the importance of eating vegetables each day and included an opportunity to taste a variety of vegetables. The guiding principles of mindful eating were used to help students be open and willing to trying new foods. Mindful eating includes: students describing the look of the food, smelling it, touching it to their tongue, taking a little bite and then a bigger bite.

After a series of Nutrition Education lessons 54% of parents surveyed, noted that their children asked them to buy a fruit or vegetable that they usually don't buy.

Comments from one parent: "My son made me go to the store and buy him sugar snap peas, sweet potatoes, plums, and bell peppers, it was crazy!" These were all fruits and vegetables we sampled during our 4K Nutrition Education lessons!



Willingness to Try New Foods Increases in Jackson County Youth After a Series of Nutrition Lessons

One parent noted "My son loved trying new foods during Nutrition lessons. He will also tell his friends and siblings to try new thing because they might like it".

Another parent stated "It's been great to have my child more willing to try veggies and find she likes them."

Parent surveys indicated that 66% of students are more willing to try new foods.



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Health and Well-Being

Karla Gearing

December 2019 Highlights Report

Outreach: Building New Connections and Enhancing Current Community Partnerships –

To establish relationships within the context of the newly defined position of a Health and Well-Being Educator, open discussion meetings were held to connect with a number of stakeholders in the community.

- Continued participation in the Servant Led Community Group led by Tom Thibodeau
- Forward progress being made in the Resilient Trauma Informed Community (RTIC) group

Program Updates

- **QPR** – All sessions with 9th graders are completed in area schools are completed and we are now exploring options for programming with the adult population in the community for the late winter early spring months. This will be planned with Together for Jackson County Kids.
- **Strengthening Families – MSFP** (Mindfulness enhanced Strengthening Families Program) sessions are complete from the Fall of 2019 and data has been entered in the Recording Portal with UW Madison. MSFP will be advertised to offer programming starting February of 2020.
- **Completed Strengthening Families Ages 4-10 on December 3rd** – we graduated 5 families from the program and received positive feedback. Surveys will go out to the facilitation team to inquire about availability for next programming dates. Some participant feedback included:

“This program was helpful in communication skills and understanding rewards and follow through”

“It helped me with parenting struggles with my daughter and with communication skills”

Other/Orientation/Training

- **Tobacco Free Coalition** – attended meeting on 12/18/19 to discuss vaping prevention
- **Onboarding** – attended meeting with Lori Zierl and have outreached to other extension employees in similar roles to enhance understanding of programs. Will be starting formal onboarding through Madison in December and at that time I will be developing a Plan of Work.
- **Servant Led Community** – will be attending a once a month meeting with other community members for the next 2 months
- **YRBS DATA** – extensive dissection of the data has occurred with JCDHHS - Public Health. Presentations are being developed to hold discussion sessions with the county's 3 school districts. Invitations will be drafted to principals, super-intendent, and representatives from the Ho-Chunk Nation.
- **Plan Of Work** – I am creating a map of the next 18 months of educational programming in the community which will be accessible to all extension employees in the state. The Health and Well-Being Institute's framework is considered when developing this 18 month plan.