











**Jackson and Trempealeau Counties Extension Education Committee
FoodWise Report for 9/1/2022 – 9/30/2022**

FoodWise Projects, Events & Professional Development - April Duval, Coordinator:

- FY23 Partner Agreement forms and emails to key contacts about FoodWise Nutrition Education plans in the 2022/23 fiscal year, including calendar planning and cluster scheduling of events with five schools:
 - November/December = Six lessons with 2nd Grade
 - January/February = Six lessons with Kindergarten
 - February/March = Six lessons 5th Grade
 - April/May = Four lessons with 4K (Schools and Head Start Centers)

Nutrition Education in Schools:

 = we have a program agreement to provide Nutrition Education

2021-22	Jackson	 Lincoln Elementary	59.38
2021-22	Jackson	Lincoln Jr/Sr High School	61.18
2021-22	Jackson	Black River Falls High	52.74
2021-22	Jackson	Black River Falls Middle	58.7
2021-22	Jackson	 Forrest Street Early Learning Center	64.49
2021-22	Jackson	 Red Creek Elementary	68.6
2021-22	Jackson	Melrose-Mindoro Elementary	41.1
2021-22	Jackson	Melrose-Mindoro Junior/Senior High	33.05
2021-22	Trempealeau	 Arcadia Elementary	76.89
2021-22	Trempealeau	Arcadia High	53.72
2021-22	Trempealeau	 Arcadia Middle	68.37
2021-22	Trempealeau	Blair-Taylor Elementary	50
2021-22	Trempealeau	Blair-Taylor Middle/High	43.89
2021-22	Trempealeau	Eleva-Strum Elementary	38.9
2021-22	Trempealeau	Eleva-Strum High	26.11
2021-22	Trempealeau	Eleva-Strum Middle	7.24
2021-22	Trempealeau	Ettrick Elementary	31.09
2021-22	Trempealeau	Galesville Elementary	40.93
2021-22	Trempealeau	Galesville-Ettrick-Trempealeau High	28.37
2021-22	Trempealeau	Galesville-Ettrick-Trempealeau Middle	26.9
2021-22	Trempealeau	Trempealeau Elementary	22.98
2021-22	Trempealeau	 Independence Elementary	75.13
2021-22	Trempealeau	Independence High	58.06
2021-22	Trempealeau	 Independence Middle	55.06
2021-22	Trempealeau	Osseo-Fairchild Elementary	27.88
2021-22	Trempealeau	Osseo-Fairchild High	36.06
2021-22	Trempealeau	Osseo-Fairchild Middle	36.65
2021-22	Trempealeau	 Whitehall Memorial Elementary	52.91
2021-22	Trempealeau	Whitehall Memorial Junior/Senior High	47.29

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Other direct education partners for FY23 (October 1, 2022 to September 30, 2023):

- River Grove Housing (BRF), Partridge Run Housing (BRF), Parkview Housing (Independence)
- Western Dairyland Head Start Centers: Black River Falls, Independence, Blair Taylor, Arcadia

FoodWise Projects, Events & Professional Development - April Duval, Coordinator cont'd:

- Preparations for onboarding new Nutrition Educator: lesson plan updates and prep packets of lesson materials for 4K, 2nd and 5th Grade, computer file organization, office organization, calendar set up, etc.
- Onboarding new Bilingual Nutrition Educator Monica Kamrowski-Lopez, office in Trempealeau County. Start date: September 26th, 80% position!!!
- FoodWise Coordinators Meeting (webinar), South Regional FoodWise meeting (webinar) and All FoodWise Staff Meeting (webinar)
- Finalized PEARS evaluation data for yearend (our fiscal year ends September 30th).

September FoodWise Direct Education by April Duval, Nutrition Education Coordinator:

Lessons with tenants at Partridge Run Apartments, Black River Falls and Parkview Apartments, Independence.

- Make Life Simpler with Meal Planning
- Smart Shopping for Fruits and Vegetables
- Smart Shopping: Tips and Strategies to Save Money at the Grocery Store

Upcoming FoodWise Direct Education by April Duval, Nutrition Education Coordinator:

- Western Dairyland Head Start Parent event at Black River Falls Center: Sugars Lesson
- Lessons with River Grove Housing and Partridge Run Housing in Black River Falls and Parkview Housing in Independence. Lesson Topic: Shopping Strategies to Save Money



FoodWise Projects, Events & Professional Development – Monica Kamrowski-Lopez, Nutrition Educator:

- Orientation to Extension and FoodWise
- South Regional FoodWise meeting (webinar) and All FoodWise Staff Meeting (webinar)
- Worked on new staff checklist of webinars, trainings, certifications, etc.



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September 2022 Report

4-H

Andrea Rippley-Schlais

Pietrek Park Celebration-

- *Used a promotional event*
- Reached 15 youths and adults through a slime activity.

Arts Camp –

- In collaboration with Barron, Clark, Chippewa, Eau Claire, Dunn, Pierce, Jackson, and Trempealeau Counties.
- One Jackson County youth attended.
- 38 youth attended.
- Programing focus was on arts and performing arts.

National 4-H Week-

- Contacted 20+ Families for radio interviews with WHTL.
- 16 Youth were interviewed and featured on the radio throughout the week.
- I did a 30-minute radio interview to promote both programs

Annual Financial reports-

- How clubs do their taxes.
- Currently working on getting clubs and groups to submit their reports so I can file for their 990-E Post Cards through the IRS.
- I use this time of year to update meeting times and locations and connect with leaders about financials.

4-H New Year (re-enrollment)-

- The new 4-H year started September 1st.
- Currently, members who plan to stay in the program are re-enrolling.
- This is how I get current member contact information and ensure everything is up to date.

VIP Training-

- This is required in-person training for adult members who wish to be certified volunteers.
- I have held two pieces of training this month and have trained 7 people.



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Health and Well-Being

Karla Gearing

Formed partnership with the Black River Fall Middle School FACE (family and consumer education) teacher to provide programming to area 6th graders. Horticulture educator, Jacob Kluza, and I will be programming once or twice a week for the next few months to provide supplemental education regarding healthy eating habits, how area foods are grown and prepared, and the benefits of a well balanced and physically active daily routine. So far in this month we have taken trips to the community garden and the Farmer's Market. We prepared homemade bruschetta, salsa, and lemonade. We have covered vegetable "families" and meal planning along with identifying different varieties of apples and potatoes.



Presented Question Persuade Refer (QPR) to the entire junior high staff at the Alma Center Humbird-Merrillan School district. There were approximately 28 attendees present to participate in the presentation. Participants learned about the warning signs associated with suicide risk, how to intervene and communicate with a person who is suicidal, and where to refer for further help or support in the community.

Facilitated community conversation with the Community Engagement Committee at the American Legion. This effort was in collaboration with the Children's Wisconsin worker Micaela Conlen-Bue. This community conversation began with a guided moment of awareness and composure, facilitated by myself, and then the attendees were given guidance about the structure of the evening. There were 6 different posters on the wall with various points of information and statistics. Groups of 4-5 people spent 5 minutes at each poster discussing various aspects of the data. The group then came together to discuss this data and provide next step suggestions. There were about 30 people in attendance. Presented the Veteran's Experience to the Jackson County Criminal Justice Coordinating Council (JCC2) and highlighted the work that the Veteran's Special Project group has accomplished the last year as it pertains to best practice for the justice community's involvement with veterans in the community. This a 2-part presentation that shares what veterans have reported in surveys administered seeking information about experience with law enforcement, transition to civilian life, and both positive and negative life experiences that impact the quality of life for our veterans in our rural communities.



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Agriculture

Steve Okonek

I collaborated with Kaitlyn Davis, La Crosse County Agriculture Educator, to conduct a farm management educational meeting for farmers and landowners. I presented information about including conservation clauses in crop land leases. This session is part of a monthly series of farm management meetings.

Jacob Kluza, Kaitlyn Davis, and I are planning winter meetings for farmers about value added agriculture and direct marketing. Fruits, vegetables, meat, and other agricultural products will be discussed. Direct marketing meetings are in the planning stages at this time.

I am working with a team of educators and Francisco Arriaga, state soil scientist, to evaluate the yield of corn following cover crops of rye, wheat, and triticale. There will be a zero cover crop check strip to determine if there is a yield difference between species of winter cereals or no cover crop at all. One of the barriers to cover crops that farmers cite is a potential yield drag in corn following a cover crop. There will be eight sites around the Driftless Area.

Horticulture

Jacob Kluza

Statewide

- Participating in the weekly Statewide Wisconsin Horticulture Update (WHU) with the Horticulture Team.
- Participating in UW-Madison cohort 11 onboarding training.
- Continued participation in the “Ask a garden question” forum where diagnostics and outreach services are provided.

Jackson County

- Continued maintenance of demonstration garden which facilitates programing and increases the visibility and representation of extension in the community.
- Presenting interactive lesson weekly to the Farmer’s Market in Black River Falls, designed to engage youth with seasonal art and crafts that include horticultural foundations.
- Participation in a collaborative teaching effort with Health and Well-Being and Youth Educator at Black River Falls middle school, programing focus on core farm to table topics that include horticulture and nutrition.



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