

**Jackson and Trempealeau Counties Extension Education Committee
FoodWise Report for 10/1/2022 – 10/31/2022**

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

- Finalized PEARS evaluation data for year-end (our fiscal year ended September 30th).
- Prepared for 2nd Grade lessons: lesson plans for virtual and in person events, parent handouts, lesson materials, teacher packet materials, etc.
- Onboarding/Training new Bilingual Nutrition Educator Monica Kamrowski-Lopez, office in Trempealeau County.
- Harvest of the Month workgroup meeting.
- Poverty and Food Insecurity presentation to the Jackson Extension Education Committee.
- FoodWise Coordinators Meeting (webinar) and All FoodWise Staff Meeting (webinar)

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

- Western Dairyland Head Start Parent event at Black River Falls Center: Sugars Lesson
- Lessons with tenants at River Grove, Black River Falls, Partridge Run Apartments, Black River Falls and Parkview Apartments, Independence. Sugars lesson.

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

- Orientation to Extension and FoodWise
- All FoodWise Staff Meeting (webinar)
- Worked on new staff checklist of webinars, trainings, certifications, etc.
- 2nd grade lesson preparation with April. Translation of materials.
- Observe April teach lessons, transition to co-teaching and when ready teaching the events.



Upcoming FoodWise Direct Education Events:

- 2nd Grade Lessons, 20 classrooms total at:
 - Arcadia Elementary (5 classrooms, virtual)
 - Independence Elementary (2 classrooms, in person)
 - Whitehall Elementary (3 classrooms, in person)
 - Red Creek Elementary (7 classrooms, in person)
 - Lincoln Elementary (3 classrooms, in person)



Extension

UNIVERSITY OF WISCONSIN-MADISON
JACKSON COUNTY

November/December 2022 Report

4-H

Andrea Rippley-Schlais

- Collaborated with a team of 4-H Program Educators to develop our annual virtual cookie baking class. In addition to learning four delicious cookie recipes, 4-H members learn the basics of cooking and food safety. The cookies selected are from around the world, so this is also an opportunity to increase their awareness and understanding of different cultures and traditions. It is our third year with this program, and we now have participants from across the state.
- Continuing to conduct volunteer and club leadership training to ensure that we meet our risk management requirements.
- Finishing up the final work on charters and financial paperwork. This is important so we can ensure that we meet IRS requirements and are wise stewards of our resources.
- Completing the final preparations for my upcoming family leave. This is to ensure that the 4-H program continues to operate smoothly during my absence. Tammi, Jennifer Swenson, and Pat Malone will be keeping the program going while I am on leave. I expect the leave to start in early January depending on Baby Schlais determination to enter the world.

Health and Well-Being

Karla Gearing

Major educational and research activities

- Continued programming at the Black River Fall Middle School FACE (family and consumer education) teacher to provide programming to area 6th graders with Jacob Kluza. October's lessons consisted of juicing apples and various fruits to make home-made juice with very little sugar. We discussed different varieties of apples and potatoes and the characteristics of each variety.
- Presented Question Persuade Refer (QPR) to the entire high school staff at the Black River Falls School district. There were approximately 34 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.
- Presented to the Rotary club about the Community Engagement Committee. Promoted positive relationships between community members and the school district. Encouraged the Rotary group to become involved in supporting the staff within the BRF School district and educated the group about the topics discussed at the first community conversation and encouraged their attendance at the second community conversation.
- Began programming at the Boys and Girls Club on Wednesdays after school. This is



Extension

UNIVERSITY OF WISCONSIN-MADISON
JACKSON COUNTY

supplemental programming to topics covered during the summer months with the participants. Topics covered in October included vaping prevention, setting good examples for youth, and impulse control.

- Presented the Veteran's Experience to the entire Dunn Co. DHHS staff. Presented information to staff that increases awareness of CVSO's, how to interact with a veteran who is in crisis, and discussed the experiences in the community that are unique to veteran populations.
- Presented a virtual Supporting Youth in Mental Health statewide training to 4-H adult volunteers on November 8th to 8 participants. This presentation is a required training for those volunteers to chaperone overnight, Extension sponsored, 4-H events. Participants learn how to identify common mental health symptoms present in youth and how to effectively respond to a mental health crisis
- Presented Question Persuade and Refer to all Black River Falls High School Freshmen the first week of November. We then presented to the ACHM High School freshmen in the middle of November. In total, 164 community youth learned how to identify if a friend or someone they know is in a suicidal crisis, identified the supports and resources around them to access to get help, and educated participants on how to ask a friend if they are considering suicide.
- Conducted the Continued Community Conversation at the American Legion with the Community Engagement Committee on the evening of November 2nd. This conversation centered around "action items" that community members can do to show support for the school district and greater community. Break-out groups were utilized to focus on areas of communication, staff support, parental involvement and mental well-being.
- Participated in a training that focused on the foundations of ethical approaches in rural communities as it pertains to behavioral health.
- Wrapped up programming with the 6th grade FACE students at BRF Middle School. Our last few presentations focused on how to read food nutrition labels, picking healthy snacks, and exploring exotic fruit. The students were able taste test dragon fruit, pomegranate, mango, and several other fruit picked out by our local expert, Jacob!
- Continued programming at the Boys and Girls club and focused on goals, identifying strengths, and what we want to be when we grow up.
- Started programming at the Red Creek Elementary school's after school program BLAST. Every Monday evening Andrea Rippley and I educate students about healthy eating. In November, we taught the first grade students about healthy snacks and kitchen safety, second graders learned about the different food groups and using fruits and vegetables as snacks, and the third graders learned about food groups and nutrition labels.



Extension

UNIVERSITY OF WISCONSIN-MADISON
JACKSON COUNTY

Agriculture

Steve Okonek

- Filmed the TV show Farmers Corner in Trempealeau County for public access TV and YouTube. The YouTube can be seen here https://www.youtube.com/watch?v=ujJydp_dMAY. Subscribers to Tri County Communications have access on the TCC channel. Road safety around harvest equipment was the topic.
- Final data was gathered and submitted for the corn and alfalfa test plots. Hopefully, data will be available for winter meetings. Staff turnover in Madison may impact the rate of data analysis. Photo is corn shelling for the corn nitrogen response trial.
- A series of grain marketing meetings will be held in Melrose, starting December 13 and running through March. This series was run by Trisha and Jaimie and was well received by farmers. I am excited to restart this effort.
- Driftless Region Direct Market Information Series will start January 18 in Centerville and run through March. This is a combined effort with Jacob Kluza and Kaitlyn Davis of Lacrosse County. Fruits and vegetables will be the first topic, meat products will be the second, and an on-farm distillery will be the final topic in March. All meetings will be at the Centerville Curling Club.
- Agronomy focused meetings are being planned around the area. Western Technical College will be collaborated with.



Horticulture

Jacob Kluza

Statewide/ regional

- Participating in Statewide Horticulture program meetings, discussing plan of work and direction for next year.
- Participating in UW-Madison cohort 11 onboarding training in Madison. Continued progress on plan of work.
- Continued participation in the “Ask a garden question” forum where diagnostics and outreach services are provided.
- Collaborating with Ag and Hort agents to present a direct marketing series in Jan.

Jackson County

- Wrapped up the season by presenting interactive lesson to Farmer’s Market in Black River Falls,



Extension

UNIVERSITY OF WISCONSIN-MADISON
JACKSON COUNTY

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, programming focus on core farm to table topics that include horticulture and nutrition.
- Participated In DHS Trunk or Treat program; Handed out candy and health snacks to the children while promoting extension and horticulture to the parents.



Your Extension Staff

Pat Malone,
Area Extension Director
patricia.malone@wisc.edu

Andrea Rippley,
4-H Program Coordinator
andrea.ripple@wisc.edu

Karla Gearing,
Health and Well-Being and Youth Educator
karla.gearing@wisc.edu

Steve Okonek,
Agricultural Agent
steven.okonek@wisc.edu

Jacob Kluza,
Horticulture Educator
kluza@wisc.edu

April Duval,
FoodWise Coordinator and Educator
april.duval@wisc.edu

Julie Peterson
Support Staff
Julie.Peterson@co.jackson.wi.us