



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

Spring 2024

Extension Welcomes New Associate 4-H Educator



Extension Waukesha County welcomed Nicole Loeffler on March 11 as an Associate 4-H Educator. Nicole will be providing educational project support to 4-H clubs and groups throughout Waukesha County.

StrongBodies Class Now Offered in Waukesha

Health & Well-Being is launching a new Strong Bodies series in the city of Waukesha this spring. StrongBodies is a strength-training program that helps older adults remain strong, healthy, and independent in the community.

It also serves an important role in keeping participants socially connected.

The StrongBodies sessions will be held at St. Marks Church in Waukesha from April

23 through June 27 on Tuesdays and Thursdays from 1:00 p.m. to 2:15 p.m. To register, use the QR code or email Health & Well-Being Educator Jillian Smith at jillian.smith@wisc.edu.



Youth Attend STEM Conference

Over 35 middle school youth participated in a one-day STEM Post Secondary Leadership Conference at UW Milwaukee-Waukesha on Saturday, March 9th.

The one-day leadership conference focused on college/career workshops, and youth participated in hands-on activities in Robotics, Science and Engineering. The evaluations reflected that 100% of the youth will continue to participate in Wisconsin 4-H programming. For more information about 4-H and Youth Development, email James Boling at james.boling@wisc.edu.



Students Explore Healthy Foods

FoodWise engages in nutrition lessons with youth at local schools where the majority of students receive free or reduced-price school lunches. Recently, educators worked with 5th grades at



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Banting and Hadfield Elementary and 6th-7th grades at La Casa de Esperanza, where students learned about smart shopping, reducing sugary drinks, creating healthy snacks, and physical activity. Students participated in food activities such as taste-testing “name brand” vs “store brand” foods and trying fruits such as dried apricots, grapefruit, dates, and frozen mango. A total of 150 kids in eight classrooms participated in the series of 6-8 lessons.

For more information about nutrition education, contact FoodWise Administrator, Jill Herz at jill.herz@wisc.edu.

Educator Retires After More Than 25 Years with Extension

Congratulations to Ann Wied on her retirement after more than 25 years with Extension in Waukesha County.

Ann brought value to the Extension office as both a Horticulture Educator and Community Development Educator.

Her ability to listen to the people she served, seek out new ideas and enthusiastically develop new partnerships along with her passion for engaging with the community was key to the quality education and services she provided.

On behalf of our Extension team, we wish Ann all the best in her new phase of life!



Seniors Eating Well Series Begins

FoodWise will be starting up a series of six *Seniors Eating Well* lessons at Eras Senior Network this spring. Seniors will practice healthy habits through games, activities, and healthy food samples. The series will feature topics such as healthy snacking, healthy meals for one or two, herbs and spices, whole grains, and food safety.

For more information about nutrition education, contact FoodWise Administrator, Jill Herz at jill.herz@wisc.edu.

Gardening Presentations Held at Seven Local Libraries in March and April

Consumer Horticulture Outreach Specialist Ann Wied visited seven Waukesha County Libraries in March and April to present a gardening program titled *What's the Deal with No Mow May*. Attendees learned about the impacts of an unmowed lawn on pollinators, how lawns can be more pollinator friendly, and other ways to help pollinators all year long. She also shared research-based resources.

Learn more at <https://hort.extension.wisc.edu/pollinators/>.



Farmers Keep Produce Safe

A produce safety workshop was held on March 8th to teach farmers how to prevent foodborne illness in their crops. This workshop was held for 23 vegetable growers at the Hunger Task Force Farm to allow for farm-based hands-on activities.

Extension educators from Purdue and Michigan State University taught in collaboration with Kristin Krokowski, Waukesha Extension Commercial Horticulture Educator. A Food and Drug Administration representative was on hand to answer regulatory questions. Evaluations of this program indicated that all attendees were satisfied to extremely satisfied with the class content, the knowledge of the instructors and the overall quality of the workshop.

Support Extension Programming

Extension Waukesha County can accept tax deductible donations to support programming. Go to <https://supportuw.org/giveto/Waukesha>.

Extension Provides Economic Analysis Used for Community Revitalization Efforts

The Waukesha County Community Development Block Grant Program requested Extension's assistance to develop a Consolidated Annual Performance and Evaluation Report that includes community and economic data and trends in four targeted areas of Waukesha County. Information included in this report is used to help prioritize projects and decision-making for grantees and Community Development Financial Institutions that focus on lending and business development efforts for revitalization. This report is required by the U.S. Department of Housing and Urban Development.

Contact Steve Chmielewski, Extension Community Development Educator, at steven.chmielewski@wisc.edu.

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