

## STRENGTHENING FAMILIES



### 4-H Clubs Unite to Kick-Off National 4-H Week – Marie Stafford, 4-H Youth Development Assistant

200 4-H members, leaders, and volunteers throughout Fond du Lac County united to celebrate National 4-H Week and kick-off the new 4-H year. The celebration was held on Saturday, October 4, where 4-H members carried the 4-H flag throughout the county. The flag was relayed from one club to the next in order to complete its 100+ mile journey in one day. Starting out at 9 a.m. in Campbellsport, the flag traveled north, west, south, and east before reaching its final destination at 6 p.m. in Lomira. Throughout the day various transportation methods were incorporated into the event to demonstrate the diversity of 4-H projects and interests. Members rode bikes, took hayrides, drove automobiles, jogged and walked with the flag during multiple stretches along the route. In conjunction with the flag marathon were community events held at the flag exchange points. There were approximately 10 flag exchange points throughout the county where fun activities attracted the general public and increased community awareness about 4-H programs. Some of these activities included pumpkin carving, face painting, petting zoos, making caramel apples, and playing outside games. Overall, the event was very successful in uniting 4-H members throughout Fond du Lac County and increasing awareness about 4-H programs in local communities.



*Taft 23 – Andrew Hopp, Lindsey Hopp, and Aaron Warner are all siblings and belong to the Taft 23 4-H Club. These youth engaged in a roadside clean-up with fellow 4-H friends after discovering garbage scattered throughout the ditches.*

## HUMAN HEALTH & NUTRITION



### Wisconsin Nutrition Education Program's Overview of Nutrition Education Efforts for the 2008 Year-End – Shelley Tidemann

The Fond du Lac County Wisconsin Nutrition Education Program (WNEP) is a UW-Extension Family Living nutrition education program that helps limited resource families and individuals choose healthful diets, purchase and prepare healthful food and handle it safely, and become more food secure by spending their food dollars wisely. WNEP is funded by federal dollars. The program housed out of Fond du Lac County also serves Green Lake County. In fiscal year 2008, 2,457 learners attended one or more WNEP educational events. Almost half (48%) of the participants represented were youth ages 4-17, (34%) were parents of infants/children, and 17% were adults without children. The audience focus for this year continued showing more contacts with youth reached than families with children. The majority of the participants were female (59%), male participation in the program again was at 41%. Participants were 76% white, 7% African American, 3% Asian American, and 15% Hispanic or Latino. The program saw an increase in Black/African American and Asian/Asian American program participants in 2008.

Forty-nine percent (1,196) of the learners attended a multi-session group, 29% (716) attended one-time group sessions and 22% (535) attended a learn-while-you-wait session. Learn-while-you-wait sessions saw a change from 6% to 22% in 2008. Fifty-five percent (1,346) of learners attended a teaching event that addressed a dietary quality outcome, 27% (675) of the learners attended a teaching event addressing a food resource management outcome, and 436 (18%) received information on food safety.

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## AGRICULTURAL PROFITABILITY



### Pizza at the Ranch with Paul and Bob – Paul Dyk

As personal lives have gotten more busy, it has become more difficult for dairy producers to take time for professional development. Daylong learning opportunities have become less successful educational forums due to busy and conflicting schedules. Paul Dyk, Dairy and Livestock UWEX Agent for Fond du Lac County, has begun a series for the fall and winter of 2008/9 called **Pizza at the Ranch with Paul and Bob**. The program is being held locally in a Waupun business (Pizza Ranch) to improve accessibility to the western side of the county and producers in Dodge County. The format of a quick lunch and one hour meeting is designed to meet the producers' busy schedules. Being held the first Friday of every month allows producers to see each other regularly in an informal educational setting. The speakers will address pressing production issues including volatile feed prices, taking care of replacement animals, animal health (hoof, calf and transition cows), and agronomy issues.

Wisconsin Nutrition Education Program's Overview - continued

The WNEP program for Fond du Lac in 2008 continued to emphasize more contacts with potential WNEP learners. In Fond du Lac County, the following was added into the existing educational schedule for 2008:

- \* Family Resource Center Sisters in Health Group was made to be year long
- \* Additional PAT family events held at the Family Resource Center
- \* Addition of a second class each month at Friendship Corner--transitional learning center for individuals associated with Berry House
- \* Added dual sessions at Boys and Girls Club
- \* Continued the second food resource management monthly class at the Fond du Lac Job Center
- \* The addition of a twice weekly walk by at Salvation Army commodities

In addition, 16,891 families with children were reached through newsletters. The Fond du Lac/Green Lake program strengthened the collaboration with the Salvation Army by partnering through an Aurora Health Grant to emphasize the use of locally grown vegetables. The twice weekly walk by featuring the vegetable of the week found WNEP seeing 14 – 19 new individuals each week and strengthened the partnership which will spill over into the 2009 year.

More information on the Wisconsin Nutrition Education Program can be found at: <http://fonddulac.uwex.edu/wnep/>.

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