
FOND DU LAC/GREEN LAKE COUNTIES

Program Background

Since its beginning in 1991, Fond du Lac County WNEP has created and implemented practical interactive education experiences for limited income families in the areas of nutrition, food security, food safety, and food preparation. The focus continues to be families with children. In April 1997, the Fond du Lac WNEP expanded to include adjacent Green Lake County. The major provider of in-kind support is Fond du Lac County. The county board of supervisors is informed of activities and impacts through periodic and annual written reports.

Assessment of Nutrition Education Needs

The Fond du Lac County population of 96,496 people is 96.2% white; the next largest ethnic group is Hispanic or Latino (of any race). Population, employment and human services are concentrated in the city of Fond du Lac. The median age is 36.9 years. The average household size is 2.52. Of the 36,931 housing units, 73% are owner occupied. Thirty-four percent of the households include someone under 18 years of age. The median household income of Fond du Lac county is \$45,578. The county unemployment rate in 2001 was 4.3% in Fond du Lac county. The poverty rate for the county is 5.8%. Neighboring Green Lake County is more rural with a population of 18,990. Ethnic makeup is 99.4% white and 2.1% Hispanic or Latino (of any race). The largest city is Berlin with a population of 5,305. The median age is 40.9 years. The average household size is 2.43. Of the 7,703 households in the county, 77.2% are owner occupied. Thirty-one percent of the households include someone under 18 years of age. The median household income in Green Lake County is \$39,462. The county unemployment rate in 2001 was 5.6%. Almost four percent (3.96%) of the Fond du Lac County population receives food stamps. The percentage of the population receiving food stamps increased to 5.4% in Green Lake County. For both counties the percentage of children receiving food stamps is higher than for the general populations. In Fond du Lac county 8.0% of children receive food stamps and in Green Lake the percentage is 10.3. These figures are slightly higher than those of comparable counties, but below the state average of 6.8% for adults and 13.8% for children. Of the School lunch sites in Fond du Lac County 15.4% also serve breakfast. Twenty percent of the school lunch sites are categorized as high poverty sites. No lunch sites in Green Lake County serve breakfast and no lunch sites are categorized as a high poverty lunch site. Fond du Lac serves an average of 85 free summer lunches, this is 3.2% of the FRP school lunches served in the County. Green Lake County serves an average 39 free summer lunches, is represents 6.6% of the FRP lunches served during at schools in the county. Healthy community assessments conducted in the county during 1999, confirmed that the population in general does not consume the recommended numbers of servings of fruits and vegetables; responses in the survey also indicate adults are concerned about getting adequate physical activity and maintaining a healthy weight. Eleven percent of families surveyed as part of the Family Preservation and Support assessment stated that they did not have enough money for basic needs including food. The average starting salary for W2 clients is \$7.17/hour; the Self-Sufficiency Standard for Wisconsin reported that an average hourly wage of \$10.44 is needed by an adult with one child to meet basic needs in Fond du Lac County.

Planned Collaborative Efforts

WNEP in Fond du Lac participates in the county Food Provider Network. The goal of this collaboration is identify needs and coordinate resources through communication. WNEP is a member a sub committee of the Healthy communities county-wide Task Force. The goal of this sub-committee is to increase consumption of fruits and vegetables. WNEP plans to participate in a new Food du Lac School district community effort addressing Children and Obesity. WNEP works with community partners to increase the likelihood of delivering consistent nutrition education messages to the food stamp eligible population. In the area of dietary quality, county staff will collaborate with Head Start WIC, public health and local grocery stores to implement the Jump n Jive campaign to increase fruit consumption. In the area of food resource management county staff will collaborate with WIC on the topics of Learn While You Wait for WIC clients, and on Food preparation classes with a number of agencies.

Planned Food Security Programming Efforts

- Planned efforts to raise community awareness of food insecurity
WNEP in Fond du Lac participates in the county Food Provider Network. The goal of this collaboration is identify needs and coordinate resources through communication. In the area of food security staff will work with partners on Community Gardens targeted to youth involved with Salvation Army and Boys & Girls Club. Partner agency staff and volunteers.

Evaluation Plans

- Local evaluation projects planned

Find out from participants at various food preparation classes, “What ingredients do you usually have in your kitchen?” and “What ingredients would you be willing to purchase?” The data compiled from these questions will be used to improve class content. Report on number of participants that can describe serving a food prepared in class to their family.

- Statewide Evaluation Project participation:
Dietary Quality
Food Safety
Money for Food

Audiences to be Reached

- Youth, age 5 to 11 years
- Adults, ages 18 to 64, without children
- Families with children

Youth, age 5 to 11 years

Youth need lessons to build their skills in choosing and preparing foods that are healthy to eat and balancing food eaten with physical activity.

Teaching Topics for this Audience

- Dietary quality topics that will be taught to this audience include: Choosing a healthful diet, Eating plenty of fruits and vegetables, Choosing and preparing foods with less fat and sugar, Balancing the food eaten with physical activity, Healthful choices from the milk group
- Food safety topics that will be taught to this audience include: Handling food safely (buy/prep/serve), Keeping hands and surfaces clean, Cooking to proper temperatures, Refrigerating promptly

Types of Educational Programs for this Audience

One-Time Group, Multi-Session Group

Adults, ages 18 to 64, without children

Adults need education about the use of personal and community resources to have enough money for food.

Teaching Topics for this Audience

- Dietary quality topics that will be taught to this audience include: Choosing a healthful diet, Healthful food when eating away from home
- Food Resource Management topics that will be taught to this audience include: Determining resources for food, Tracking money and making a spending plan, Living within a spending plan, Planning meals and snacks, Shopping for food, Eating away from home

Types of Educational Programs for this Audience

One-Time Group, Individual Learner (one-on-one)

Families with children

This audience needs lessons about planning use of money to have food to eat, and choosing and preparing healthful food.

Teaching Topics for this Audience

- Dietary quality topics that will be taught to this audience include: Choosing a healthful diet, Eating plenty of fruits and vegetables, Eating plenty of breads and other grain products, Choosing and preparing foods with less fat and sugar, Feeding toddlers or preschoolers, Feeding school age children, Healthful choices from the milk group, Healthful food when eating away from home
- Food safety topics that will be taught to this audience include: Handling food safely (buy/prep/serve), Storing food safely, Keeping hands and surfaces clean, Avoiding cross contamination, Cooking to proper temperatures, Refrigerating promptly
- Food Resource Management topics that will be taught to this audience include: Determining resources for food, Tracking money and making a spending plan, Living within a spending plan, Shopping for food, Preparing food

Types of Educational Programs for this Audience

One-Time Group, Individual Learner (one-on-one), Learn-while-you-wait education, Multi-Session Group