

2015 Annual Report



Agriculture



**Community, Natural Resources,
& Economic Development**



Family Living & Nutrition



4-H Youth Development

**Extending the resources and knowledge of the
University of Wisconsin to the people of Green County**

“The University in your Community...”

Meet the Green County UW-Extension Staff

Green County UW-Extension staff are faculty members of the University of Wisconsin, employed by a cooperative arrangement between the University and the county. County faculty are responsible for conducting applied research and delivering researched based information to county residents.



Mark Mayer – *Professor* – Department of Agriculture & Life Sciences, Agricultural Agent and Department Head

Major responsibilities: Develop and teach programs using research based information to strengthen the profitability and productivity of Green County farms and agri-business.



Victoria Solomon – *Instructor* -Department of Community, Natural Resource & Economic Development, Community Resource Development Educator

Major responsibilities: Building capacity for economic development and natural resource protection. Supporting community leadership, organizational development, and civic engagement.



Ellen Andrews – *Associate Professor* - Department of 4-H Youth Development, 4-H Youth Development Educator

Major responsibilities: Creating opportunities for youth to develop life skills and become engaged citizens, training and supporting volunteers and community partnerships that provide positive youth development experiences.



Bridget Mouchon-Humphrey – *Associate Professor* – Department of Family Development, Family Living Educator

Major responsibilities: Develop and teach programs which build parent support and community partnerships for families.



Lisa Messer – *Associate Lecturer* – Wisconsin Nutrition Education Program, Nutrition Educator Coordinator

Major responsibilities: Provide free “Eating Smart, Being Active” lessons to families to help them make healthier food choices, save money, and be more physically active.

Jayne Butts and Amy Krass – *Extension Activity Assistants*

Major responsibilities: Assist in the promotion and coordination of UW-Extension programs.

Erin Gellings and Karly Ready - *Student Assistants*

Major responsibilities: Assist with clerical functions of office.

The staff serves under the supervision of the Agriculture and Extension Education Committee. Those members are:

Ken Hodgson, Chair
Oscar Olson, Vice-Chair
Betty Grotophorst, Secretary
Arthur Carter
Kristi Leonard





UW-Extension Green County
2841 6th Street
Monroe, WI 53566



Green County Extension

March 8, 2016

Dear Green County Board of Supervisors:

Attached is the 2015 Annual Report for the University of Wisconsin Extension Office. Green County UW-Extension Agents are jointly employed by UW-Extension and Green County. This joint employment assures responsiveness to local needs, reduces county costs, and provides an important link to University of Wisconsin resources. UW-Extension faculty serve under the supervision of the Green County Agriculture and Extension Education Committee.

Cooperative Extension in Green County brings the resources of the University of Wisconsin directly to Green County residents. Staffed by UW faculty, we offer Green County residents research-based education designed to meet local needs in the areas of Agriculture and Natural Resources, Family Living, Nutrition, 4-H/Youth Development and Community, Natural Resource, & Economic Development.

This report highlights some of the major educational programs that were conducted by the UW-Extension faculty in Green County during 2015. To give you an idea of the scope of our outreach we've also listed the state and county organizations that we worked with this past year on the inside back cover of this document.

We hope this report provides you with a better understanding of UW-Extension programs being conducted in Green County. If you have any questions about this report or our mission, please feel free to contact us at any time.

Respectfully submitted,

Mark Mayer, Department Head
Agriculture Agent

Ellen Andrews
4-H Youth Development Educator

Lisa Messer
Nutrition Education Coordinator

Victoria Solomon
Community Resource Development Educator

Bridget Mouchon-Humphrey
Family Living Educator

2015 UW-Extension Program Summary Report



Mark W. Mayer
UW-Extension Agriculture Agent



Agriculture Educational Programs: *Number of Participants in Parenthesis*

- 27th Annual Green County Dairy Management Seminar (63)
- UW-Extension Farm Bill Informational Meeting on ARC/PLC (123)
- Nutrient Management Planning Classes with Land and Water Conservation (14)
- Dairy and Livestock Facility Design Consultations in Southern WI (23)
- Taught Two Pesticide Applicator Certification Training Sessions (28 Certified)
- Ag Plastic Recycling Collections in April and November collected 60.5 tons (90)
- Green County Agriculture and Household Clean Sweep Collection (254)
- Green County Dairy Modernization Farm Tours (221)
- Ag Plastic Pilot Program offering free dumpsters and on-farm pick up (85 farms)
- Presentations to Optimist Groups and Green County Leaders on Green County Agriculture (82)
- UW-Extension Master Gardener Gardening Seminar (71)
- Wisconsin Farm Technology Days Farm Tours (10,000+)
- Regional Informational Meeting on New IOH Regulations for Roads (163)
- Dairy Margin Protection Program Informational Meeting (21)
- Dairy and Livestock Housing Presentations to UW Short Course and BTC Classes (48)
- WI Dairy and Beef Animal Well Being Conference (289)
- Dairy Modernization Presentation at WI Association of Agriculture Educators Conference (42)

Youth and Other Programs:

- Advisor/Coordinator for Dairy Youth Recognition and Livestock Auctions (217)
- Lamb/Steer Weigh-ins and Swine DNA ID and Judged District/Regional FFA Speaking Contests
- Green County Fair and Dairy Day (300+)
- Youth Tractor Safety Certification Class (16)
- Agriculture and Household Clean Sweep Collection State Grants Received (\$21,990)
- Advisor to Green County Master Gardeners, Milk Quality Council, Beef & Pork Producers

County/UW Extension Administration:

- Develop Budgets and Oversight and Management of Green County UWEX Office
- Evaluation of UW-Extension County Faculty and Support Staff
- UW-Extension Ag and Natural Resources Program Area Futures Work Group
- Mentor Agent for Southern District Agriculture Agents in Rock, Dane (2), Lafayette/Grant
- Professor Committee, UW-Extension Department of Ag and Life Sciences
- Blackhawk Technical College Agriculture Advisory Board and College Board Trustee
- UW-Extension Search Committees for Dodge, Lafayette and Grant— Dairy and Livestock Positions

Media Educational Outreach

- Green County Agri-News Newsletters sent to 831 clients, and Monthly DHI Newsletter sent to 206
- Weekly Radio Programs on Big Radio AM, Monthly "Farm Talk" Programs on Big Radio FM
- Articles published in WI Agriculturist, Agri-View, Country Today and Green County Newspapers
- UW-Extension Green County Agriculture Web Site: <http://green.uwex.edu/agriculture/>

2015 Total Direct Contacts: 8,264

Direct Contacts: Office (92) Farm Visits (31) Phone (857) Email (3,875) Group (3,499)

2015 Program Impact Statements

Agriculture Plastic Recycling Programs: Two Agriculture Plastic Recycling collections were conducted with over 60 tons of Ag plastic film being collected from Green County area farms. The recycling program provided a free alternative to illegally burning used plastic, and saved 8,700 cubic feet of landfill space in 2015. A vendor paid the county a fee for baling and handling the used plastic which was manufactured into EPA Certified trash can liners. A pilot program was also established in 2015 in which the recycling vendor provided free dumpsters and on-farm pick up of used Ag plastic to 85 area farms. This free service will save these 85 farms approximately \$120,000 per year in disposal fees, reduce the amount of plastic being burned, save landfill space, and provide increased revenue for the County Landfill from baling fees. Due to the success of past collections the County Landfill started accepting Ag plastic every Wednesday in 2016 making it easier for area farmers to dispose of their plastic. The Green County program is looked at as a model for Wisconsin and this agent is working with the recycling vendor to provide additional dumpsters on smaller farms with free on-farm pick up to a larger geographical area in southern WI in 2016.

Dairy Management and Modernization: Sixty-three area dairy farmers attended the Green County Dairy Management Seminar organized by this agent. Topics included Dairy Nutrition, Economics and Design of Robotic Milking Systems, and Dairy Modernization. Sixty-four percent of the participating farmers indicated that the program motivated them to make changes in their operation. UW-Extension assisted 23 area dairy farms in developing plans to modernize their housing and milking facilities in 2015. Two hundred and twenty-one dairy farmers and other agriculture professional's from 13 different counties participated in the 2015 Green County Dairy Modernization Tours organized by this agent. Producers were able to visit seven Green County farms that had recently modernized their dairy facilities. All of the participating dairy farmers indicated that the tours were helpful in gaining new ideas and would help them to make better informed decisions on ways to modernize their own facilities. The tours generated several post tour farm visits by this agent dealing with modernization and expansion of area dairy farms. Five of the farms built new milking facilities and/or cattle housing systems in 2015 that increased cow comfort, reduced labor, and increased milk production.

Clean Sweep Hazardous Waste Collection: A Clean Sweep Hazardous waste collection program was offered for Green County farmers and homeowners with the cooperation of the Green County Landfill Manager. 41 farmers and 213 homeowners were able to safely dispose of 7,913 pounds of hazardous materials through a permanent collection program that was coordinated by this agent. The collected materials included 1,405 pounds of pesticides and poisons, 2,550 pounds of lead and oil based paints, 1,572 pounds of caustic materials and solvents, 31 pounds of dioxins and 8 pounds of mercury. State grant funds totaling \$10,215 were secured by this agent and covered 81% of the total cost of the 2015 program. This agent has also secured an additional \$11,775 in state grant funding to continue the program in 2016.

Farm Bill and IOH Meetings: UW-Extension conducted two informational meetings on the new dairy and grains programs contained in the 2014 farm bill. These meetings were attended by 144 people. One hundred eighty-four farmers and local elected officials attended two area meetings to learn more about the new Implements of Husbandry Regulations and Permitting process for Wisconsin roads hosted by UW-Extension.

UW-Extension Master Gardener Program: There are 36 certified UW-Extension Master Gardeners in the Green County. In 2015 the group volunteered 70 hours toward Youth Education; 185 hours to Community Education; and 1,601 hours of Community Service in the Green County area. The group conducted a public Gardening Seminar attended by 71 people and also assisted with the "Asquarium" on the Monroe square.

Green County Fair Dairy Youth and Meat Animal Auctions: This agent serves as the advisor to the Green County Fair Dairy Youth Recognition Auction and the Meat Animal Sale. The Dairy Youth Auction collected \$24,500 with 50% being paid directly to youth and the other 50% going to a scholarship fund. \$3,500 in dairy youth scholarships were distributed in 2015. A total of \$30,375 has been distributed over the last 10 years. Over \$2,000 was donated to the Green County Fair for milk house repair and tent rentals. The County Fair Meat Animal Auctions collected and distributed \$289,263 to 133 Green County youth in 2015.



2015 UW-Extension Program Summary Report

Victoria Solomon

UW-Extension Community Resource Development Educator



COMMUNITY LEADERSHIP

GREEN COUNTY LEADERS

Green County Leaders (GCL) is an educational program where individuals practice leadership skills, deepen their understanding of community issues, and network with leaders in Green County. Started in 2002, this program is made possible through collaboration with community partners with educational leadership from Green County UW-Extension.

ALUMNI & COMMUNITY PROJECTS

The 2014-2015 class had 27 participants who graduated in spring 2015, expanding the alumni network to 268 people. The 2014-2015 class completed four community projects, bringing the program project total up to 50. This amounts to over \$200,000 worth of volunteer hours donated back to Green County over the course of the program and does include the value of successful grants by the various project teams.

2015-2016 CLASS

The 2015-2016 class currently has 22 participants. They have four community projects currently under way. Through curriculum changes and a partnership with the Interactivity Foundation, these 22 GCL participants engaged over 100 community members to participate in community discussions designed to build civility skills.

ALUMNI LUNCHEON & WORKSHOP

In November 2015, GCL held its third annual alumni luncheon. Over 100 alumni and guests were in attendance, with guest speaker Tom Mosgaller speaking on "Creating a Culture of Leadership." This workshop was followed by a two hour workshop on developing community leaders, attended by approximately 45 community leaders from around Green County.

LOCAL GOVERNMENT

YOUTH IN GOVERNMENT PROGRAM

Solomon worked with Ellen Andrews, Green County 4-H Youth Development Educator in partnership with the City of Brodhead and the City of Monroe to create two distinct youth in government programs. This made Monroe and Brodhead the third and fourth cities in Wisconsin to develop programs like this, respectively. Each City Council adopted resolutions creating the program and each City held successful application, interview, and selection processes.

This has resulted in 4 youth on the City of Brodhead Council and Committees and 4 youth on Monroe Committees. Each program had an orientation for the youth in which they learned about government structure and met with elected officials and department heads. Solomon set up a joint meeting with the youth so they could tour the Monroe Wastewater Treatment Plant and learn more about public works.

DIVERSITY & MULTICULTURAL AWARENESS TRAINING

A recognition of upcoming demographic changes inspired several requests for trainings to build cultural competency skills. In partnership with Bridget Mouchon-Humphrey, Green County UW-Extension Family Living Educator, Solomon:

- Presented on upcoming demographic changes to approximately 80 people at the Brodhead Chamber
- Wrote a series of four articles on demographics in the Brodhead Independent Register
- Conducted one workshop for 11 Better Brodhead stakeholders
- Co-taught 26 participants in a workshop for the Children, Youth, and Families Dept.
- Co-taught four participants in a workshop for the Child Support Department

ECONOMIC DEVELOPMENT

PLANNING ASSISTANCE

Solomon designed and facilitated a multi-stakeholder planning process with Brodhead economic development stakeholders that led to the development of a short-term action plan that continues to be implemented.

NATURAL RESOURCE EDUCATION — WATER

GREEN COUNTY YOUTH CONSERVATION DAYS

Partnered with Green County Land & Water Conservation Department and taught approximately 288 Green County 5th graders from Juda, Monticello, and Monroe about the water cycle, water conservation, and water pollution.

GROUNDWATER JEOPARDY

Partnered with Green County Land & Water Conservation Department & Southwest Badger Resource Conservation & Development to present to approximately 222 4th and 5th graders in Albany, Brodhead, and Juda about groundwater conservation and protection.

ANNUAL DRINKING WATER TESTING & EDUCATION

Offered the annual drinking water testing program with an educational session for participants to ask follow-up questions, better understand their sample results, and their options to address possible concerns. Forty-five households participated.

SERVICE & ADVISORY POSITIONS

- Member, Community Health Improvement Plan Steering Committee
- Southwest Regional Representative, CNRED Department
- Reviewer, UW Extension Local Food mini-grant program
- Advisory role for Community Economic Development Strategy process



2015 UW-Extension Program Summary Report

UW-Extension 4-H Youth Development Program

Ellen Andrews—4-H Youth Development Educator



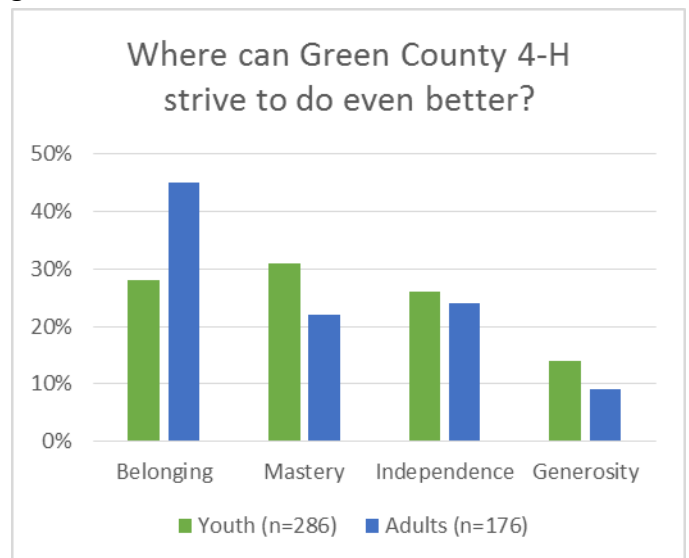
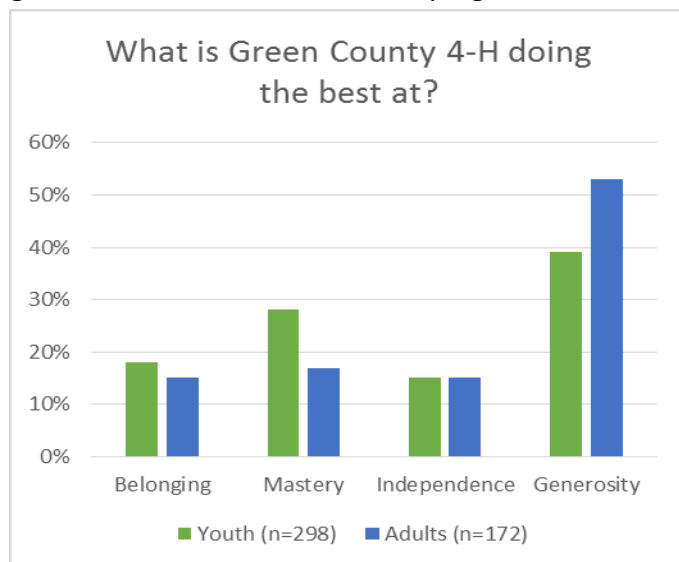
In 2015, Andrews completed her first full year as the Green County 4-H Youth Development Educator. Throughout this staffing transition, the Green County 4-H Youth Development program continued to provide youth opportunities to build and provide educational programming in the areas of leadership development, personal growth and citizenship. In 2015, approximately 980 youth were engaged in a Green County 4-H Youth Development program (569 4-H youth members and 411 additional community youth).

A significant portion of the year was spent getting to know the people and programs of the county and assessing the 4-H Youth Development needs in Green County. The assessment process included:

- Visited 16 of the 18 4-H Clubs (gathering feedback from approximately 340 4-H members & 197 adults)
- Individual meetings with Organizational Leaders of 9 4-H Clubs
- Focused round table discussions with Adult & Junior Leaders Association members on Strengths & Challenges of our current 4-H program
- Self-Assessment by 31 4-H Club & Group leaders at the Annual Volunteer Leader Training

Essential Elements of Positive Youth Development & 4-H Club Program

Feedback from 4-H youth members, as well as parents and adult leaders in the 4-H club program, indicate that Green County 4-H does a strong job of providing youth opportunities to be generous, but have room for growth when it comes to developing a sense of belonging.



Successful 4-H Community Clubs & Groups

Adult and youth leaders have also been engaged in discussion to identify indicators of a successful program that are present in Green County 4-H and what aspects of a program need more help to achieve.

Indicators of Success

- Family events and activities are encouraged
- Youth are in leadership and/or officer positions
- Parents are engaged in supporting roles

Aspects Where More Help is Needed

- Clubs balance business, education & recreation
- Social activities are part of the club program
- Youth are engaged in establishing rules

Adult Volunteer Development

The success of 4-H Youth Development programs is dependent on volunteers possessing the skills and competencies necessary to effectively deliver programs and projects. Research demonstrates that the 4-H program can be improved by facilitating the advancement of knowledge and practices of all adults within the context of the 4-H Youth Development program. Examples of how Andrews has addressed this need are:

4-H New Volunteer Orientation

Wisconsin 4-H requires that all new 4-H volunteers complete a combination of face-to-face and online training on the topics of youth protection, educational principles of positive youth development, and one's volunteer role in 4-H. During 2015, 45 adults completed the 4-H New Volunteer Orientation. As a result of the training (n=45), 80% of participants "greatly increased" their knowledge of their 4-H adult volunteer role, and 98% of participants reported at least some increase in their ability to describe practices that promote positive youth development. Examples of what participants reported learning at the training include: "really work hard to step back and let the kids do it", "to write a plan", and "how to engage kids."

Annual Volunteer Leader Training

Each chartered 4-H club/group is annually required to have at least one adult volunteer participate in some ongoing volunteer development. In 2015, the Green County 4-H program offered four trainings aimed at this need for ongoing volunteer development, addressing topics of member retention, youth leadership, community service and building a sense of belonging. As a result of these trainings, 68 adult volunteers received additional training, and 81% of participants increase knowledge or skills to assist them in their leadership position within the 4-H program.

Youth Life Skill Development

The goal of 4-H Youth Development programming is to provide developmentally appropriate opportunities for young people to experience life skills, to practice them until they are learned, and be able to use them to be productive citizens. An intentional focus on Life Skill Development will improve the impact of 4-H Youth Development programming by more clearly demonstrating a return on investment to stakeholders, better preparing youth for the workforce and life, and helping fill qualification and interest gaps in business, government, civic life. Examples of 2015 programs focused on leadership, citizenship life skills include:

Tractor & Machinery Safety Course

The Green County UW-Extension office, in partnership with area Vo-Ag Instructors and community partners from Farm Bureau, local fire departments and the county Sheriff's department, worked together to offer a 24+ hour course on tractor and machinery safety, for 16 youth, ages 12-15. In a post-program evaluation, 100% of responding participants (n=15) reported gaining work-related skills, as a result of this course.

Youth in Government Orientation

Eight youth are engaged in new Youth in Government programs in Brodhead and Monroe. As a result of an orientation taught by Solomon and Andrews, 100% of the youth felt more prepared for their role as an appointed youth member to their local government and, 88% reported they "definitely" plan to work on projects to better their community.

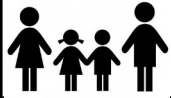
4-H Officer Training

Engaging 4-H members as youth officers in their 4-H club is an important way that 4-H insures that youth are actively involved in group decision making and leadership. At the 2015 annual 4-H Officer Training, we had 51 youth attend; an over 300% increase in attendance. According to a post-training evaluation, responding youth participants (n=50) reported that as a result of their experience in this 4-H training, 90% of participants were more prepared to effectively carry out their role as a 4-H officer, and 84% of participants gained skills that will help them in their life outside of 4-H (i.e. school, community, job, future). In addition, 91% of the youth participants (n=51) actively committed to one action he/she could take to help new members and new families feel welcomed in their 4-H club.

2015 UW-Extension Program Summary Report

Bridget Mouchon-Humphrey

UW-Extension Family Living Educator



The Green County UW-Extension Family Living Program provides education and leadership, and serves as a link to University resources for local clientele and community partners in such areas as:

- **Child development, parenting, and childcare provider continuing education**
- **Family financial and housing issues**
- **Building community capacity to support families in their incredibly important roles**
- **Poverty, major demographic trends, and community mental health**
- **Food safety and food preservation (canning/freezing)**

UW-Extension's Family Living Programs bring research and evidence-based programs, assessment and evaluation tools and strategies to bear on local community issues. Family Living Agents also bring content area knowledge and resources to work with community partners and families. Following are the program highlights for 2015:

Raising Thinking Children:

- **Trainings for Childcare Providers:**

Childcare providers play a crucial professional role, helping families understand child development and parenting issues and challenges. They also enable parents to work, both adding to and providing stability to local economies. Childcare providers receive research-based training through Green County Extension. They also receive continuing education credits which they need in order to maintain their certification or licensure. Six 2-hour classes were held in 2015.

- **Parent Education:**

Families are under pressure. Dual-income and single parent households are now the norm, and often neighbors and grandparents are working. Technology, changing cultural values, and less first-hand knowledge of infants and children on the part of new parents make parenting a significant challenge. Extension is responding with programs like the evidence-based "Raising a Thinking Child". As part of a team locally and statewide, I am expanding this program. I have taught it multiple times in Green County. In August of 2015 I held a training for local facilitators in this program that had 6 more parent educators ready to hold classes for parents throughout the county, and held a class at Parkside school in the spring of 2015. I am currently teaching Raising a Thinking Child in Brodhead, and will be teaching at Colony Brands for employees later this spring. New Glarus School District is holding their own class this winter yet, as they were trained at the 2015 August facilitator class. Also do some one-on-one parent coaching with people in the court system and going through the Family Program.

Family Financial Management and Housing:

- **Financial Coaching/Education:**

Financial literacy or basic understanding of how to budget, manage credit, and save for the future is no longer something we can assume young people know. Even middle-aged adults have not saved nearly enough for their retirements. I provided one-on-one coaching and education to 15 families referred by Family Promise, Human Services, and Work-n-Wheels families (through SWCAP).

- **Rent Smart**

In 2015, a total of 32 people completed the Rent Smart curriculum, which aims to educate renters about how to manage expenses, be a good tenant, and prevent eviction. It is offered on a regular date once a month. People who attended felt more confident (rising overall 1.25 points on a scale of 1-5 from before to after the classes) about the knowledge and skills involved in renting, and found the

class provided valuable resources. They also received a certificate to provide proof of completion to current or future landlords.

- **Chair of the Green County Council on Housing and Homelessness Prevention**

The Family Living Agent works to help the group plan its overall strategies based upon best practices in similar kinds of communities, and to involve education in these plans. The Poverty Simulation and work with the Green County Leaders have led to outstanding leadership from this group and has helped expand homelessness prevention efforts throughout Green County. The group helped pave the way for and works closely with Family Promise of Green County. We have also found ways to improve emergency and transitional housing for people who do not fit the Family Promise criteria, as well for those leaving Family Promise.

- **Landlord Workshops and Events**

A total of 127 people attended the two Landlord Workshops in 2015. The first was on the recent changes to landlord-tenant laws and regulations and the second was on what is acceptable and not acceptable to have in a lease. We held another workshop recently, and plan to hold two more. They are well-attended, people are getting important information that they need, and are appreciated by the landlords, attorneys and realtors who have attended.

Family and Community Mental Health

Co-chair of Mental Health Workgroup for the 2013-2015 Community Health Improvement Process – led a group of professionals and lay people deeply involved in mental health services and issues

- Mental Health First Aid – 72 people have been trained in either adult or youth MHFA in 2014 and 2015. This is a strongly evidence-based program for building community capacity to recognize and respond to mental health issues, and raises awareness of community mental health issues that need to be addressed on a bigger scale.
- With the 2014-15 Green County Leaders class and CHIP Mental Health workgroup, helped develop a Mental Health Resource Guide that is now posted to the Human Services, Health Department and county Extension websites. It is in demand.
- Facilitated group which has helped initiate change and involvement from key stakeholders to increase access to mental health care.
- Working toward the development of peer support kinds of prevention programs. Research is ongoing as to what is effective and what is practical.

Education about Changing Families and Communities

- Co-taught 4 diversity workshops (2 in Brodhead and 2 in Monroe for County staff)
- Made presentations on changing demographics, including aging and socio-economic shifts to groups like Green County Leaders and Community Health Improvement Process stakeholders.
- Helped get free summer breakfasts served in Monroe School District
- Planned and delivered Poverty Simulation school district-wide in Monroe on January 25th .

Additional Roles of Family Living Agent

- Educational advisor for the Green County Association for Home and Community Education (HCE), a local non-profit organization with 92 members.
- Serves as the food safety, food science, clothing, and textiles advisor for the Green County 4H Clubs and Green County Fair.
- Takes calls and provides information and referrals to general public about food safety, food preparation, food preservation, and other household and home management issues.
- Provides Food Preservation classes in collaboration with local Master Food Preservers, a very successful class was held in August of 2015
- Nutrition Education – Family Living Educator provides support and guidance to the Nutrition Education Coordinator.



2015 UW-Extension Program Summary Report

Lisa Messer, RDN, CD, CLE

UW-Extension Nutrition Education Coordinator



In 2013, the UW-Extension of Green County secured 100% federal funding from EFNEP (Expanded Food and Nutrition Education Program). It is administered by the state's Wisconsin Nutrition Education Program (WNEP). Green County is one of only seven counties to have EFNEP funding in Wisconsin, and is the most rural of those participating counties. EFNEP federal funding looks stable in the near future.

A Nutrition Education Coordinator, Lisa Messer, was hired to begin January 1, 2014 to launch the new EFNEP/WNEP program and teach the U of Colorado/ U of Davis-California evidenced based curriculum "Eating Smart - Being Active" for middle to lower income families with children. The eight lesson "Eating Smart" series aligns with many of goals of Green County's coalitions including getting families active, positive parenting and increasing fruit and vegetable intake.

The eight lessons of the "Eating Smart-Being Active" series include:

- **Get Moving!**
- **Plan, Shop, \$ave**
- **Fruits and Veggies — Half Your Plate**
- **Make Half Your Grains Whole**
- **Build Strong Bones**
- **Go Lean with Protein**
- **Make a Change (Decreasing fat, sugar, salt)**
- **Celebrate! Eat Smart & Be Active (The parent/child feeding relationship)**

Program Accomplishments During 2015

- ✓ 2015 participant enrollment quadrupled from initial year counts, and included fathers and persons with disabilities.
- ✓ Thirty adults participated at different stages in FY 2015; which equaled 168 lessons, 185 sessions, and 233 hours of teaching.
- ✓ Maintained an 80% participant graduation rate; the national and state averages 55-65%.
- ✓ Began talks with schools to do future youth nutrition programming using the U of Missouri/Extension curriculum "**Show Me Nutrition**" for 5th grade classrooms and a Cornell University curriculum called "**Choose Health: Food, Fun and Fitness**" as a summer school/after school program for 3-5th graders.
- ✓ Lisa Messer continues to work with public entities such as school districts and libraries of Albany, Brodhead, Juda, Monroe Monticello, and New Glarus; Public Health Department and Human Services. Some private organizations include Family Promise, St. Vincent de Paul, Literacy Council of Green County, Union Presbyterian Church, Orion Family Services, Forward Service Corp., Monroe Clinic and Monroe Main Street. She is on the Early Head Start Advisory board, the Healthy Kids-Healthy County Coalition and the CHIP Nutrition /Food Security sub-committee. Lisa works with many food pantries and updates the Green County Area Food Pantries list. Visit the website:
<http://green.uwex.edu/local-food-resources/>

Summary of Positive Behavior Change in Green County “Eating Smart” Graduates

Green County “Eating Smart” participants who completed the eight lessons in 2015 have made positive shifts overall in behavior changes in 13 of 14 areas related to food resource management, nutrition practices, and food safety behaviors. This is determined by a 14 question survey filled out by the participant upon entry to the program and at the time of exit/graduation.



Food Resource Management Practices:

92% of people made improvement in one or more food resource management practice (planning meals, comparing prices, does not run out of food, and uses a grocery list).

71% showed improvement in two or more practices.

42% showed improvement in three or more practices -(some were doing positive practices at the start).

Nutrition Practices:



100% of participants showed improvement in one or more nutrition practice (plans meals, makes healthy food choices, prepares food without salt, reads nutrition labels or has children eating breakfast within 2 hours of waking).

71% showed improvement in two or more nutrition practices.

54% showed improvement in three or more nutrition practices.



Food Safety:

75% of participants showed improvement in one or more food safety practices (i.e. thawing food and storing food correctly, using a food thermometer to check temperature of food).

What are Green County “Eating Smart-Being Active” participants saying?

“I was actually reading the juice labels for the % juice.”

“I realized I needed to plan meals to eat healthier.”

“I drink less soda now after seeing all the sugar in just one can.”

“I don’t thaw food overnight on the counter anymore.”

“The recipe(s) we made in class were really good. I would make these at home!”

“My son said, “Mom, if we were using a grocery list we would buy healthier food and save money!”



Agencies & Groups the Green County UW-Extension Office Worked With in 2015

The Green County UW-Extension Office assists a wide variety of groups and organizations through educational programming and collaborations. Some of these groups are listed below.

- Albany Sustainable Agriculture Education Center
- Area Childcare Centers & In-Home Providers
- Area Clergy & Churches
- Area Farm Fertilizer & Chemical Dealers
- Area Financial Institutions
- Area Public Libraries
- Area Optimist Groups
- Area School Districts
- Area Vo-Ag Instructors and FFA Chapters
- Barn Quilts of Green County
- Better Brodhead
- Big Brothers/Big Sisters of Green County
- Blackhawk Technical College
- Catholic Charities Rural Life Office
- Chambers of Commerce
- Child Advocacy Center
- Child Care Resource & Referral of S.C. WI., Inc.
- Dairy Herd Improvement Association
- Department of Natural Resources, State & Local
- Family Promise of Green County
- Forward Service Corporation (W2)
- Fowler Dental Clinic
- Future Forward! Green County
- Green County 4-H Adult & Junior Leaders Inc.
- Green County Ag Chest
- Green Co. Aging & Disability Resource Center
- Green Co. Assn for Home & Community Educators
- Green County Area Food Pantries
- Green County Beef Producers
- Green County Birth to Three
- Green County Board of Supervisors
- Green County Dairy Youth Recognition Auction
- Green County Development Corporation
- Green County Early Head Start & Headstart
- Green County EMT & Firefighters
- Green County Emergency Management
- Green County Fair Association
- Green County Family Court Commissioner
- Green County Family YMCA
- Green County Farm Bureau
- Green County Master Gardeners Association
- Green County Habitat for Humanity
- Green County Health Department & WIC
- Green County Healthy Communities Coalition
- Green County Holstein Breeders
- Green County Housing & Homeless Prevention
- Green County Human Services
- Green County Landfill
- Green County Leaders
- Green County Law Enforcement Agencies
- Green County FFA & 4-H Meat Animal Auction
- Green County Mental Health Workgroup
- Green County Milk Quality Council
- Green County Pork Producers
- Green County Probation & Parole
- Green County Sheep Producers
- Green County Sheriff's Department
- Green County Tourism
- Green County Zoning Department
- Green Haven Family Advocates
- GUPPY, Inc.
- Healthy Kids Healthy County
- Land and Water Conservation Department
- Leadership WI
- Literacy Council of Green County
- Monroe Clinic Hospital
- Monroe Main Street
- Multi-Cultural Council of Green County
- Natural Resources Conservation Service
- Orion Family Services
- Pleasant View Nursing Home
- Southwest WI Small Business Development Center
- Southwest WI Community Action Program
- Southwest Badger Resource Conservation & Dev
- Southwestern WI Regional Planning Commission
- Town, Village and City Elected Officials & Staff
- St Vincent De Paul
- United Way of Green County, Inc.
- University of IA Extension
- University of IL Extension
- USDA Farm Services Agency
- UW State Specialists (including CLUE & SHWEC)
- UW-Madison Short Course
- WI Association of Agriculture Educators
- WI Association of County Extension Committees
- WI Cattlemen's Association
- WI Center for Agriculture Safety and Health
- WI Department of Ag, Trade and Consumer Protection
- WI Farm Technology Days
- WI Humanities Council
- WI Assembly Rural Affairs Committee
- WI Towns Association
- Youth and Adult 4-H Volunteers and Members