



# The Wisconsin Idea In Action

## 2020 Extension Green County Annual Report

### *Programming During a Pandemic*

*Staying Connected • Unique Challenges • Virtual Learning*

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The Wisconsin Idea is the principle that education should benefit people's lives beyond the boundaries of the classroom.



WEAR A MASK



STAY 6 FEET APART



AVOID CROWDS



**Extension**

UNIVERSITY OF WISCONSIN-MADISON  
GREEN COUNTY

# Meet the Extension Green County Staff

Extension Green County staff are academic and faculty members contracted by UW-Madison to serve the needs of Green County and surrounding counties. County educators are responsible for conducting applied research and delivering researched- based information to county residents.



**Paul Ohlrogge** – *Area Extension Director* for Grant, Green, Iowa and Lafayette Counties.

**Major responsibilities:** Develop and direct Extension Educator Teams in Grant, Green, Iowa, and Lafayette Counties



**Jackie McCarville** – *Associate Lecturer*– Institute of Agriculture, Agricultural Educator

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



**Ellen Andrews** – *Associate Professor* - Institute of Positive 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.



**Victoria Solomon** – *Associate Professor*- Institute of Community Resource Development, Community Resource Development Educator

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



**Hannah McMunn** – *Associate Lecturer* – Institute of Health and Well Being, Health & Well Being Educator

**Major responsibilities:** Develop and facilitate research-based behavioral health programming to promote positive mental health, build community capacity and increase educational resources to promote overall health and well-being in Green County.



**Donna Peterson** – *Senior Lecturer* – Institute of Health and Well Being, FoodWise Coordinator

**Major responsibilities:** Teaches nutrition, food safety, and shares food resource information with households/individuals pre-school through seniors who income qualify for Food Share WI/SNAP/EBT in Grant, Green, Iowa/Lafayette Counties.



**Maria Schmid** – *Associate Extension Specialist* – Institute of Health and Well Being, FoodWise Nutrition Educator

**Major responsibilities:** Teaches nutrition, food safety, and stretching food dollars to qualifying SNAP/ Foodshare kids, adults, families, and seniors in Grant, Green, Iowa & Lafayette Counties.

**Jayne Butts** *Extension Office Manager* and **Lana Heins** *Extension Activity Assistant*

Major responsibilities: Assist in the promotion and coordination of Extension Green County programs.

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

**Erica Roth, Chair; Oscar Olson, Vice-Chair; Sue Nelson Secretary;**  
**Arthur Carter; Dawn Sass.**

Extension Green County  
2841 6th Street  
Monroe, WI 53566

March 9, 2021

Dear Green County Board of Supervisors:

Attached is the 2020 annual report for the University of Wisconsin Extension Green County office. This report highlights some of the major educational programs conducted by the Extension educators in Green County in 2020. COVID-19 had a strong impact on our actions and presentation methods this year. It was a unique year that had us using a lot of new tools to reach the residents of the county. Educators have been creative in using web-based programs to do virtual trainings, finding alternate engaging learning methods, and being present in a new way to keep interacting with program participants.

Extension Green County brings the Wisconsin Idea to Green County, using university resources to meet community needs. Extension Green County educators are contracted by UW-Madison to serve the residents of Green County. This partnership between UW-Madison and Green County assures responsiveness to local needs, reduces county costs, and provides an important link to UW resources. UW academic staff and faculty offer Green County residents research-based education designed to meet local needs in the areas of Agriculture, Health and Well Being, Nutrition, 4-H Youth Development, and Community Development.

Even with the impact of a pandemic, we continue to connect and work with many valuable partners. We take great pride in partnerships and collaborative efforts. To give you an idea of our outreach and partnerships, we have included a listing of the state and county organizations we have worked with over the years. We hope you enjoy reading this report.

Respectfully submitted,



Paul Ohlrogge,  
Area Extension Director



Victoria Solomon,  
Community Resource Development Educator



Ellen Andrews  
4-H Youth Development Educator



Jackie McCarville  
Agriculture Educator



Hannah McMunn  
Health & Well Being Educator



Donna Peterson  
FoodWise Teaching Coordinator



Maria Schmid  
FoodWise Educator

# 2020 Agriculture Program Summary Report

Jackie McCarville  
Extension Agriculture Educator



## Agriculture Educational Programs:

- Green County Agriculture & Household Clean Sweep Collection
- Co-Chair for Beef and Well-Being Conference for State
- Cultivating your Farm Future regional meeting
- Dairy Management Seminar
- Farm Couple Get-A-Way weekend
- Coffee Talks regional meetings

## Youth and Other Programs:

- Advisor for Green County Fair Dairy Youth Recognition and Livestock Auctions
- Green County Fair Support for Dairy and Livestock Superintendents
- Beef, Sheep, and Goat modified Weigh-Ins for Youth Livestock Projects

## County/State Administration:

- Joined UW-Extension Dairy Team
- Clean Sweep Grant Applications and Reports to the WI Department of Agriculture
- Blackhawk Technical College Agriculture Advisory Board

## Media Educational Outreach

- Monthly DHI Newsletter
- Monthly Radio Programs on Big Radio AM and "Farm Talk" Programs on WBGR FM Radio
- Radio Program on WGLR
- Programming promotion on Extension Green County Facebook page
- Recorded videos on factsheets for Beef x Dairy Cross calves and Heat Stress in Dairy Cows
- Printed El Companero newsletter for Hispanic Employees
- Article in The Wisconsin Shopper (sent to 4600 Amish and Mennonite homes)
- Article in The Wisconsin Agriculturist
- Extension Green County Agriculture Web Site: <http://green.extension.wisc.edu/agriculture/>

## 2020 Program Impact Statements

### Covid-19:

This really put a damper on being able to do face to face programming in 2020. Agriculture educators across the state had to quickly learn how to adapt programming to a virtual platform. We also had to work quickly as some topics such as cutting back on milk production came up fast. Switching to virtual programming has its challenges due to rural internet. Even this Ag Educator experienced struggles with her home internet, and some days, an alternate internet source had to be found. The ag educators determined in early fall how to prepare winter programming virtually. In December we rolled out, *Farm Ready Research* weekly programming. This educator is a part of Badger Dairy Insights happening on Tuesdays, Coffee Chats on the second Monday of the month, and Farm Management Fridays.

## **2020 Program Impact Statements (continued)**

### **Clean Sweep Hazardous Waste Collection:**

Extension secured \$7,705 in state grant funding to maintain a permanent Clean Sweep Hazardous waste collection program for Green County farmers and homeowners. Farmers and homeowners were able to safely dispose of 7,341 pounds of hazardous materials through a permanent collection program coordinated by this agent. The collected materials included 1,901 pounds of pesticides and poisons, 1,693 pounds of lead and oil based paints, 1,807 pounds of caustic materials and solvents, 667 pounds of aerosol cans, 86 pounds of reactives and 1,128 pounds of solvents/thinners. The collection was conducted by the Landfill Manager and employees. Grant funds, secured by Jackie McCarville, covered 100% of the total cost of the 2020 program. State grant funds of \$8,564 has been secured by Jackie to continue the program in 2021. The program has safely disposed of over 130,000 pounds of hazardous materials from Green County homes and farms over the past 10 years.

### **Extension Master Gardener Program:**

There are 36 certified and 39 active UW-Extension Master Gardeners in the Green County Master Gardeners Association. Prior to Covid-19 putting programs on hold, we were able to successfully host a Level 1 training with 13 graduates. The WI Master Gardener Association waived all volunteer hours, due to Covid-19. However, all members were still required to complete 10 educational hours. The group also conducted a successful Gardening Seminar a few weeks prior to the pandemic shutdowns. With assistance, they also converted to an online state reporting system this year to record project and education hours.

### **Green County Fair Dairy Youth and Meat Animal Auctions:**

This educator serves as the advisor to the Green County Dairy Youth Recognition Auction and the Meat Animal Sale. Things looked a little different this year due to Covid-19 and the Green County Fair not happening. The meat animal auction committee was committed to helping youth, who had animals purchased for the fair, still attempt to make some money. We drafted a letter that was sent to past buyers and local businesses asking for donations to split among the youth who had signed up to show. We also worked with the local meat processors to make sure businesses could buy fair animals and still be able to process them for meat.

### **Beef and Dairy Well-Being Conference**

After being the only educator to successfully host a Dairy Well-Being Conference in 2019, I volunteered to co-chair the statewide event in 2020. The well-being conference was held yearly, however will be moving to an every other year event. There were lots of hoops to jump through in 2020 since our merger with UW-Madison. Knowing all the hurdles we would have to overcome, we decided to partner with the Wisconsin Cattlemen's Association Winter Conference. They oversaw booking the venue and Extension took care of coordinating the educational portion. We had speakers that covered both dairy and beef producers, from the United States and Canada. With over 150 people in attendance, we had a great program that offered educational credits for veterinarians, dairy and beef producers.

### **Outreach to Underserved Audiences**

Area 17 Agriculture Educators are writing articles for *The Wisconsin Shopper*. This magazine is distributed to 4600 Amish and Mennonite homes in Wisconsin, Minnesota, and other areas. This started as a trial basis, however, is continuing due to strong interest in articles. Our articles are found on the inside back cover. We have also reached out to state specialists for articles to be included since the magazine is published every week.

### **Farm Succession Coordinator**

At the end of 2019, I became a certified Farm Succession Coordinator. The average age of farmers in the United States is 58 years old and many haven't thought about how they will pass their farms onto the next generation. There are also many that belong to the younger generation wondering how they transition into owning their family farms. I was able to use this training to help some area farmers start thinking about their farm succession plans. We would hold meetings as often as the farms wanted to help keep them on task and moving forward in creating plans.



# 2020 Extension Program Summary Report

## Victoria Solomon

### Extension Community Resource Development Educator



Solomon gives Green County access to university research and knowledge in:

**Community Leadership Development** – Educational programming to develop community leadership and civic engagement across generations.

**Facilitation & Organizational Development** – Providing unbiased facilitation processes to community and organizational discussions.

**Water Education** – Bringing programming in drinking water quality to households and schools.

Select highlights of Solomon's work include:

## Community Leadership Development

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### Green County Leaders 2019-2020 Class

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. The 2019-2020 class had 24 participants graduate in spring 2020, expanding the alumni network to 396 community leaders. This class also completed 5 community projects, bringing the total number of community projects completed by the class up to 70. The work on these projects results in \$430,848 in volunteer hours contributed to Green County communities. In celebration of this year's graduation, a leadership grove of trees were planted in Twining Park in the City of Monroe (Green County's county seat), with one tree planted for each year of the program.

### Green County Leaders 2020-2021: A Year of Adaptability

GCL pivoted for the 2020-2021 year, providing educational opportunities free of cost to anyone who lives or works in Green County. As a result of this pivot, 162 individuals registered for the fall sessions, with 137 participating in the fall sessions. This is approximately double the number of the largest educational session held in fall 2019. Participants shared that as a result of these sessions...

- “[My biggest takeaway from the session was that] we all need to work together in the most unusual circumstances.”
- “[It was refreshing to] get to meet some elected or appointed officials from the area and see how accessible and approachable they are. It was great hearing how and why they're contacted from their perspective. It made me feel that I could be more involved, that they're really there to try and serve in the best interest of the community...”
- 71% of participants responded to the session evaluation said they connected with someone new to them as a result of participating.

### Green County Leaders: Assisting Green County Clerks & Poll Workers on Election Day

Green County Leaders (GCL) consistently has strong programming regarding understanding local government. During early afternoon on Tuesday, November 3, 2020, it became evident that clerks and poll workers needed immediate assistance from U.S. citizens living in Green County. As the Green County Clerk says, “When we [the clerk and poll workers] ran into an issue with needing additional poll workers on election day, Victoria Solomon reached out to the GCL network with a call for help. Within minutes, we [the county clerk] began receiving phone calls of people willing and able to help. We ended up receiving dozens of phone calls as a result of the call for help. This additional help was greatly appreciated by both the municipalities in need as well as the county. “



## Facilitation & Organizational Development

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### Organizational Development

In 2020, Solomon assisted a number of Green County organizations and coalitions. These included facilitating strategic planning efforts, bilingual community surveys, and adapting to virtual meetings due to COVID-19. These programming efforts include:

- Monroe Public Library: Facilitating strategic action planning, including a bilingual community survey that received 389 responses.
- Fowler Dental Clinic: Facilitating strategic action planning.
- United Way Green County: Provided virtual facilitation assistance.
- Green County Healthy Communities Coalition Meeting: Co-facilitated virtual meeting.

### Diversity, Multiculturalism, and Inclusivity

Highlights of efforts around diversity, multiculturalism, and inclusivity in Green County...

- Facilitated a strategic discussion for **Latinx leadership and Green County Public Health Department** where information about COVID-19 was clarified and distribution of personal protection equipment was coordinated to prevent the spread of COVID-19 and increase accessibility of preventative information in Spanish. Also assisted in coordinating a team of Spanish/English translators to assist Public Health.
- Co-facilitated a multilingual Zoom to increase comfort level among **Latinx community members** in using zoom.
- Worked with **Green County Tourism** on reviewing and editing trail signage and photos to celebrate diversity and inclusivity in Green County.
- Worked with colleagues to provide a Learning about Native Nations in Wisconsin educational session; 99 people participated from around southwestern Wisconsin, with a good number of community members from Green County.

## Local Government Education

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### Green County Government Educational Opportunities

Provided a series of educational conversations for Green County Board members where county board members watched recorded local government educational sessions and then joined conversations with Extension local government specialists to deepen understanding of county board processes. Follow-up evaluations indicated that participants felt their understanding of topics increased after watching the recordings and participating in the discussions.

Comments included:

- "I have a better understanding of the local government structure and authority/oversight of each part (state vs county vs town/village). I have a better idea of how long term planning and the "big picture" should impact our budget process."
- "I gained a better understanding of the administrative roles/options and policy making constraints/tools/enforcement (resolutions vs ordinances). The Q & A was engaging and made me aware of planning documents that are key to decision making."

## Water Education

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### 2020 Annual Drinking Water Testing Program

Partnered with the towns of Cadiz, Jordan, and Monroe to offer a drinking water testing program with an educational session for participants to ask follow-up questions, better understand their sample results, and options to address possible concerns. Thirty-Three households participated.

### Groundwater Quality Trend Data Project

In April 2019 the Green County Board voted to move forward with the Livestock Facility Study Group's groundwater quality trend data work. The goal of this information is to better understand whether groundwater quality is getting better, worse, or staying the same. If it is changing, the information will be used to analyze where and what factors may be contributing to those changes. In 2020, test samples were submitted by 342 participants; 15% of wells tested higher than health standards on nitrates. A community educational session was held regarding the results where Kevin Masarik also presented the results to the Green County Board.

# 2020 4-H Youth Development Program Summary Report



Ellen Andrews

Extension Green County 4-H Youth Development Educator



4-H Youth Development grows confident, capable, and caring young people with the life skills to thrive in today's world and succeed in building stronger communities. Working in partnership with community partners and volunteers, programs are research-backed and offer life changing experiences to youth.

## **4-H Youth Development**

Over the last year, we have all experienced unprecedented challenges due the pandemic. Of particular concern are the widening opportunity gaps that young people are experiencing as a result of COVID-19. In the 4-H youth development program, we have worked hard to re-tool and focus on developing new strategies to engage youth in opportunities that help them to build connections and develop skills.

The Green County 4-H Youth Development program continues to work collaboratively with 4-H adult volunteers and community partners to provide educational programming that supports positive youth development. A total of 796 youth were engaged in educational 4-H youth development programs during the 2019-2020 program year. This is actually an increase of 29% due to a strong focus on virtual and distance education programming necessitated by the pandemic. The following are a few examples of our new educational programming and results from the past year.

## **Discover 4-H**

A new 4-H year while in the midst of a pandemic brought on the challenge of how to promote 4-H to prospective families and help existing families explore program possibilities. Again, 4-H staff rose to the challenge with the creation of a new six week, virtual pilot program centered on project-based learning. Ellen Andrews worked with 4-H Educators from 11 other counties to develop hands-on project kits and teach weekly virtual project meetings. Project lessons included topics such as making muffins, building a homemade flashlight, sewing a pillow case and dissecting an owl pellet. This program engaged 332 youth from 12 counties. Forty percent of families were not already enrolled in the 4-H club program.

In a post-program evaluation completed by 100 families, 91% of families reported feeling welcomed in this 4-H experience. As noted by one family, "This was EXACTLY what we needed to get a feel for the program AND to allow us to socialize more with other kiddos/families all while doing some awesome activities with great leaders!" As a result of participating in this six week, hands-on program, numerous families reported youth practicing or strengthening valuable life skills including learning to learn, self-motivation, critical thinking and self-responsibility.

Evaluations further indicated 77% of families expressing interest in participating in future virtual 4-H programs. A family shared, "I was really impressed at all the teaching and learning that was going on in such a short time...what a wonderful experience."





## **4-H Pen Pal Program**

In mid-March when school closed down, youth suddenly found themselves home, disconnected from their peers and with extra time on their hands. In response to this situation, Green and Columbia County 4-H Educators quickly developed a 4-H Pen Pal Program for 4-H members in 3rd-6th grade. The hope was that the pen pals might be able to meet each other at the Columbia-Green County 4-H Summer Camp. This age group was also selected because we felt it would be a suitable age group to learn letter writing skills and to practice being a curious learner. Knowing that computer access might be limited for some of our families and wanting to encourage a non-screen time activity, we specifically designed this program to be done through handwritten mailed letters.

This program was met with great response, with 20 youth from each county signing up to participate. Extension staff paired up participants, based on age and gender, and provided participants with a letter template and other writing resources to assist the youth in knowing what they might want to write and ask about in their letters.

In Green County, the program was so positively received that we also had parents of younger 4-H members request a Pen Pal program of their own. Therefore, in mid-April, we kicked off a Green County 4-H Cloverbud Pen Pal program, and paired up Pen Pals between 4-H clubs.

## **4-H Camp in a Box**

While COVID-19 forced many summer events to be canceled including the annual 4-H summer camp at Upham Woods in Wisconsin Dells, Green County and Columbia County 4-H Extension staff got creative and came up with a fun alternative. Camp in a Box allowed youth from Green County and beyond to experience the fun of 4-H summer camp safely from their own home.

The response to Camp in a Box was overwhelmingly positive, with 120 families and 235 youth between Kindergarten and 8th grade signed up. Those registered included 4-H members and non-4-H members alike. Each box included over a dozen activities for youth to challenge their minds (like kitchen science experiments), stretch their imaginations (like the Bear and Bee game) and have some summer fun (like building a water sprinkler with a pool noodle)! In addition to the activities in the box, Green County 4-H also offered three evenings of online interactive activities.

In a post-program evaluation completed by 58 families, 96% of families reported feeling welcomed in this 4-H experience. As a result of participating in this hands-on, distance learning program, 84% of families responded favorably that relationships between family members were strengthened as a result of participating together in these activities. Numerous families also reported youth practicing or strengthening valuable life skills including cooperation, teamwork, self-motivation, problem solving and responsibility. Evaluations further indicated 81% of families expressed interest in participating in future distance 4-H programs, and 74% of families expressed interest in participating in future in-person programming. As one family shared, "This was a great experience and we would definitely do it again!"

## **Multicultural Mondays**

The Green County 4-H program values inclusion and strives to create a welcoming environment for all youth, but our enrolled membership does not yet reflect the diversity of our community. In an effort to reach new audiences, 4-H Educator, Ellen Andrews, worked with a committee of Green County Leaders program participants to develop a five session afterschool program. This special-interest, short-term 4-H club had a multicultural theme and focused on engaging youth through stories, art and food. This pilot was designed to inform future 4-H special interest group development by identifying successful strategies related to appealing to prospective families, communicating with non-English speaking families, and developing a sustainable structure.

The pilot program developed was called Multicultural Mondays and was offered from 2:30-4:00pm on Monday afternoons at the Monroe High School. The program was open to youth in 5K-5th grades from Parkside Elementary School. The program filled up quickly, reaching its maximum capacity of 24 youth; a third of participants were of Hispanic ethnicity.

Thanks to the generous support of local civic organizations, all expenses of this program were covered (including bussing and supplies). Unfortunately, this program was scheduled for March, and therefore, only two of the five sessions were held. In the short time of the program, we did receive lots of positive feedback from participants and inquiries about when this program might be replicated at other elementary schools in the county.

# 2020 Health and Well Being Program Summary Report

Hannah McMunn

Extension Green and Lafayette Counties

Health and Well Being Educator



The Health & Well-Being Institute works to catalyze positive change in Wisconsin families through development and implementation of evidence-based programs, connecting communities to educational resources, and working together to help solve the state's most pressing well-being needs to ensure that all Wisconsinites live stronger, healthier lives.

In Green County, the main area of educational focus in Health and Well-Being is Behavioral Health. We are working to promote positive mental health by teaching skills to manage stress more effectively, practice self-care, and build community skills, tools and resources to promote health.

## Health and Well-Being Program Highlights

### Highlights of Taking Care of You:

Highlights of Taking Care of You is an 8-session research-based program that offers practical strategies and activities to help participants deal with the stress in their lives. Managing life's challenges in healthy ways allows individuals to take better care of themselves and their overall health. Each session includes information sharing, self-reflection and activities so participants can explore various wellness topics related to emotional well-being.

In 2020 this program was adapted to be delivered in a virtual setting. Hannah McMunn collaborated with other extension colleagues to offer 7 virtual programs during 2020, reaching 99 participants. This included 5 programs that were available to Green County residents and organizations.

Feedback from participants included:

*"This class has allowed me to take time for myself each week, which I am grateful for."*

*"I learned new ways to help cope with stress."*

### Aging Mastery Program:

The Aging Mastery Program (AMP), a 10-session series developed by the National Council on Aging, empowers older adults to develop sustainable behaviors that lead to improved health, strong economic security, enhanced well-being, and increased societal participation.

Extension Educators Hannah McMunn and Ruth Schriefer delivered the Aging Mastery Program to 8 older adults in Green, Iowa, and Lafayette counties via Zoom, or phone, due to the pandemic. We found the class not only offered an educational experience, but also an opportunity for older adults to experience social connection during this time.

100% of participants felt AMP helped to effectively deal with both their physical health and emotional well-being, and all graduates cited at least one change they had already made as a result of the series.

Feedback from participants included:

*"This was an excellent program. I really enjoyed the book & resources but the people participating & the facilitators were the best part. I will recommend this highly."*

*"The facilitators were friendly, knowledgeable, and competent keeping things moving. I wasn't too sure what to expect and found it to be informational and relevant. It was fun meeting everyone."*

## **Additional Programs and Projects**

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### **Green County COVID-19 Community Conversations:**

Green County COVID-19 Community Conversations were created in response to the COVID-19 pandemic and a request from key organizations in Green County. The purpose of this group is to strengthen collaborative conversations among community members to positively impact Green County communities during COVID-19 and beyond. The space encourages discussion and networking where community members can share resources, wisdom, challenges, and successes. Hannah McMunn and Victoria Solomon collaborated with Bridget Craker, at Green County Public Health, to plan, organize and facilitate these conversations. Twelve virtual meetings were held in 2020 with about 15-30 participants from across Green County present at each meeting. These meetings will continue monthly in 2021.

### **Green County Dispatch Professional Development Series:**

Hannah McMunn and Victoria Solomon are collaborating to provide a professional development series for Green County Dispatch professionals. This series started in November with a presentation on Burnout, Compassion Fatigue and Resilience. We had 7 participants over two sessions. Participants reported an increase in knowledge on all topics covered. This series will continue in 2021 with the next topic on Mindfulness.

### **Green County Coalitions:**

Hannah McMunn was active in many Green County coalitions in 2020 including Mental Health Matters-Green County, Green County United Prevention Professionals for Youth (GUPPY), Better Brodhead, Green County Healthy Community Coalition, and the Southwestern Wisconsin Behavioral Health Partnership Steering Committee.

### **Extension Statewide Behavioral Health Workgroups:**

Hannah McMunn has collaborated with many colleagues on statewide workgroups to plan, develop and review new programs and presentations for Extension. McMunn is a part of the Youth-In-Crisis training development workgroup, which is collaborating to create a statewide mental health training for volunteers working with youth. This workgroup began in July 2020 and will continue through spring of 2021. McMunn has additionally collaborated with colleagues to create the following presentations: Reaching Your Wellness Goals, Learning to Breathe Virtual Adaptation, and Self-Compassion.

## **Completed Facilitator Training and Upcoming Health and Well-Being Programming:**

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### **Adult Mental Health First Aid:**

Similar to how CPR teaches you to respond to a physical health crisis, Mental Health First Aid teaches how to identify, understand and respond to signs of mental illness and substance use disorders. This training teaches participants the skills needed to reach out and provide initial support to an adult who may be experiencing a mental health or substance use problem and help connect them to the appropriate care. McMunn was trained as a facilitator in 2020 and will offer these trainings in 2021.

### **Learning to Breathe:**

Learning to Breathe is an evidence-based mindfulness curriculum for youth. Students learn to manage emotions and stress, strengthen attention and integrate mindfulness into daily life. McMunn was trained as a facilitator in 2020 and will teach this class in 2021.

# 2020 Extension Program Summary Report

Donna Peterson, FoodWise Coordinator

Maria Schmid, FoodWise Educator

In Grant, Green, Iowa, and Lafayette Counties



Extension

UNIVERSITY OF WISCONSIN-MADISON  
GREEN COUNTY



## Healthy Choices, Healthy Lives

FoodWise is federally funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). We advance healthy eating habits, active lifestyles and healthy community environments for Wisconsin residents with limited incomes through nutrition education at the individual, community and systems levels.

## The Challenge

The COVID-19 pandemic impacted the food security of Green County residents due to income and job loss, as well as significant changes in local, regional, and national food systems. Based on increases in Green County residents participating in FoodShare and federal Pandemic EBT benefits, we see a greater need for members of our community in accessing food that is healthy, safe, and affordable. FoodWise educators support our community by providing education on how families can stretch their food dollars in these difficult times and continue to put healthy meals on the table in their homes.

Green County has seen a

**16% increase in Food Share participation**

(including adults and children) from prior to the pandemic.



*Based on comparison of FoodShare participation in February, 2020 and September, 2020. Data from Wisconsin Department of Health & Human Services.*

## Community IMPACTS



- COVID response effort – FoodWise provided fact sheets to the Green Cares food pantry. The fact sheets shared food safety tips and facts for pantry shoppers and pantry volunteers.
- Community engagement – FoodWise contributed resource information to the County Extension website. Based on a suggestion from Second Harvest we are encouraging food pantries and other county resources to share their updates with 211. We are urging those requesting resources to contact 211 via phone or website for up-to-date resource information.
- Direct Ed program – We provided in-person education through March 13. Senior meal sites in Brodhead and Monroe, Juda Elementary School, and Head Start in Monroe are the main sites. We continued to seek ways to safely provide in-person education. Based on the pandemic spread we were not able to do that. We will move forward into 2021 with lessons learned and new ways to do direct education.

## ACHIEVING MORE TOGETHER



UW-Madison Division of Extension works alongside the people of Wisconsin to deliver practical educational programs where people live and work – on the farm, in schools and throughout urban and rural communities. In Green County, FoodWise partners with Juda Elementary School, Head Start in Monroe, ADRC – senior meal sites in Brodhead & Monroe to name a few to help make the healthy choice the easy choice in our communities.

## Direct education at Juda Elementary School

FoodWise collaborated with Juda School District to provide six nutrition lessons for third and fourth graders at Juda Elementary. Serving up MyPlate was the curriculum that was used in the third grade. Food Day was the curriculum used in the fourth-grade rooms. Students learned about making healthy choices when snacking and eating meals. Eating a rainbow or variety of foods is recommended daily to get the nutrients we need. With this opportunity to explore making healthy choices we hope the healthy choices will be the easy choice.



### Student pre- and post-survey results

- Students were given a pre-test at the beginning of the lessons and on the last day of the session a post test.
- Both of the pre- and post-survey contains the same questions.
- I drink sugary beverages... 13 (43%) of the 30 pre-surveyed said Never or Sometimes. Post survey = 18 (60%) of the 30 surveyed said Never or Sometimes.

## Working with MultiCultural Outreach Program (MCOP)

FoodWise established a relationship with Cynthia who is currently working with the Southwest Wisconsin Community Action Program (SWCAP) MCOP program. Cynthia uses a Facebook page to communicate with the Latino/Hispanic population she serves in Grant/Green/Iowa/Lafayette and Richland Counties. Cynthia had reached out to the Green County Extension staff concerned about the lack of information in Spanish regarding COVID-19. When FoodWise was made aware of food safety materials in Spanish related to COVID we posted on our Facebook page and shared with Cynthia so she could post on the MCOP website.

**“Thank you! I will share it.”**

I feel Cynthia has found FoodWise to be a reliable, research-based resource for Spanish language materials.



<https://www.mcopwi.org/>



**Donna Peterson**  
FoodWise Coordinator  
Grant/Green/Iowa/Lafayette Counties



**Maria Schmid**  
FoodWise Educator  
Grant/Green/Iowa/Lafayette Counties

### Contact Us

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[green.extension.wisc.edu](http://green.extension.wisc.edu)



# Extension Green County Proudly Works with the Following Agencies & Groups...

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

- Area Chambers of Commerce
- Area Childcare Centers & In-Home Providers
- Area Faith-Based Organizations
- Area Farm Fertilizer & Chemical Dealers
- Area Farm Implement Dealers
- Area Financial Institutions
- Area Public Libraries
- Area Optimist Groups
- Area School Districts
- Area Vo-Ag Instructors and FFA Chapters
- Better Brodhead
- Blackhawk Technical College
- Dairy Herd Improvement Association
- Department of Natural Resources, State & Local
- Equity Livestock
- Family Promise of Green County
- Fowler Dental Clinic
- Green Cares Food Pantry
- Green County 4-H Adult & Junior Leaders Inc.
- Green County Ag Chest
- Green Co. Aging & Disability Resource Center
- Green Co. Association for Home & Community Education (HCE)
- Green County Beef Producers
- Green County Board of Supervisors
- Green County Dairy Youth Recognition Auction
- Green County Development Corporation
- Green County Early Head Start & Headstart
- Green County Emergency Management
- Green County Fair Association
- Green County Family YMCA
- Green County Farm Bureau
- Green County Master Gardeners Association
- 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 Law Enforcement Agencies
- Green County FFA & 4-H Meat Animal Auction
- Green County Land and Water Conservation Dept
- Green County Milk Quality Council
- Green County Pork Producers
- Green County Probation & Parole
- Green County Sheep Producers
- Green County Tourism
- Green County Zoning Department
- Green Haven Family Advocates
- GUPPY, Inc.
- Healthy Kids Healthy County
- Literacy Council of Green County
- Monroe Clinic Hospital
- Monroe Kiwanis
- Monroe Main Street
- Multi-Cultural Outreach Program
- Natural Resources Conservation Service
- Pleasant View Nursing Home
- Southwest WI Regional Planning Commission
- Southwest WI Small Business Development Center
- Southwest WI Community Action Program
- St Vincent De Paul
- Sugar River Watershed
- Town, Village and City Elected Officials & Staff
- United Way of Green County, Inc.
- USDA Farm Services Agency
- UW Platteville
- UW State Specialists
- 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 Farmer's Union
- WI Humanities Council
- WI Milk Marketing Board
- WI Towns Association
- World Dairy Expo
- Youth and Adult 4-H Volunteers and Members