

EXTENSION, MANITOWOC COUNTY NEWSLETTER

Health and Well-Being Update

By: Laura Apfelbeck, FoodWise Coordinator



Kaila Stencil served as a nutrition educator with the FoodWise program in Manitowoc and Kewaunee Counties for three years. She has resigned to focus on her own business venture. Below are a few highlights of her time with Extension.

-Kaila taught more than 200 nutrition education lessons each year in elementary schools, middle schools, and after school projects in two counties.
-Kaila piloted the use of grow towers to supplement nutrition education classes at elementary schools and leveraged her experience to help acquire grow towers for other projects .

- Kaila helped start the Strong Bodies program in our region, an exercise program designed to catalyze positive change in people of all ages to live stronger.



Wisconsin 4-H Fall Forum Moves to Virtual Event

By: Kevin A. Palmer, 4-H Youth Development Educator

Fall Forum is an opportunity for youth and adult leaders to attend the statewide training week-end with county and state staff. The event is scheduled for November 6-7 and it is planned by a team of youth and adult volunteers from the Wisconsin 4-H Leaders Council.

The purpose of Fall Forum is to:

- Provide an educational opportunity for youth and adult volunteers
- Develop youth and adult partnerships
- Create an engaging and welcoming environment to facilitate discussion between counties and regions
- Provide an opportunity for youth and adult volunteers to be involved in the planning and evaluation of statewide programs
- Encourage diversity of thought, perspective, interests, and people
- Promote strategies for youth and adults to reach underserved and underrepresented groups.

The 2020 Virtual Fall Forum will include...

- Over 15 interactive sessions on Friday night
- A keynote address from Jennifer Sirangelo, President and CEO of the National 4-H Council
- 3 opportunities to participate in dozens of youth and adult led workshops
- Introductions to Wisconsin Leadership Council Candidates AND Wisconsin 4-H Hall of Fame Laureates.
- Updates from the Wisconsin Leadership Council and the Wisconsin 4-H Program Manager.

This is a great opportunity for a team to come together and present an interactive workshop for youth and adults as well as staff from throughout Wisconsin.



Extension, Manitowoc County Staff

Judy Knutson

AREA EXTENSION
DIRECTOR

KEVIN PALMER

4-H YOUTH
DEVELOPMENT EDUCATOR
LAURA APFELBECK
FOODWISE COORDINATOR

CATH TEASE

HEALTH & WELL-BEING
EDUCATOR

KAILA STENCIL

FOODWISE NUTRITION
EDUCATOR

WENDI HOLSCHBACH

PROGRAM ASSISTANT

KENDRA MAHUNA

PROGRAM ASSISTANT

Health and Well-Being Update

By: Cath Tease, Health and Well-Being Educator

So what exactly does a .50 FTE Health and Well-Being Educator do to improve health throughout Manitowoc County? Great Question! Thank you for the opportunity to update you on the work I am doing here at UW Extension –Manitowoc.

- 1) I am a co-chair of the Substance Abuse Prevention (SAP) coalition, working to reduce youth access of alcohol, tobacco and other drugs. The SAP coalition continues to meet virtually each month. The coalition assesses local and state data that drives our work. This month the group updated the plan on how to address the rise in electronic cigarette use among both middle and high school students. In addition to retailer compliance checks, the coalition has put together Hidden In Plain Sight back-packs as to assist schools in training their staff on the changing landscape of tobacco. Did you know that one in five Manitowoc County high school students report vaping in the past 30 days according to the 2019 Youth Risk Behavior Survey? Educating parents, teachers and youth workers will help students better understand the health risks of vaping. To borrow the Hidden In Plain Sight Back pack for your school, youth serving agency or civic group go to <http://healthiestmc.org/hidden-in-plain-sight/>.
- 2) I have begun co-hosting Suicide Prevention education programming called QPR (Question, Persuade, Refer) as part of a larger community initiative to train 5000 community members to pay attention to verbal, non-verbal, situational and behavioral clues that someone you know may be thinking about suicide. The 60 –minute virtual training is free for any organization. To learn more or to request a training for your company please go to Prevent Suicide Manitowoc County website and click on the QPR tab <https://preventsuicidemanitowoc.com/qpr-training>.
- 3) I have been scheduling 1:1 meetings with the agencies that provide substance abuse treatment and recovery services to learn more about their unmet needs. Later this year I will begin offering Taking Care of You, a multi-session program for adults seeking recovery.

Partnerships Make It Happen!

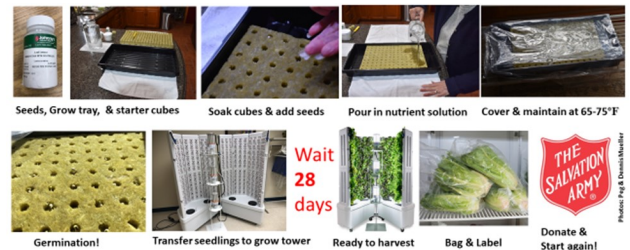
By: Laura Apfelbeck, FoodWise Coordinator and Elena Garcia, UW-Green Bay Dietetic Intern

One in five Wisconsin children are food insecure, a situation worsened by COVID-19. Food insecure households don't have the food they need or are uncertain they will be able to get it. Poor nutrition leads to poorer school outcomes, poorer health outcomes, lower life expectancy, and increased healthcare costs. In Wisconsin, food insecurity among families with kids rose from 9% common in 2015-2019 to nearly 23% in April-June 2020.

Emergency food programs are trying to assist but struggle to afford fresh food. Food pantries may receive donated produce near or past expiration dates. Since vitamins deplete over time, older produce is less nutritious. In light of these issues, FoodWise has partnered with multiple organizations to offer support.

FoodWise piloted grow towers last spring. We had hoped to replicate that program, but grow systems are expensive. When Fork Farms of Appleton announced a plan to help nonprofits acquire hydroponic grow systems as part of their response to COVID-19, FoodWise proposed ideas for using grow towers to grow and distribute fresh greens to low-income people. A single grow tower can produce 25lbs of greens each month.

In June, Fork Farms matched the Hmong Senior Meals project with a funder, United Health Care, and UHC donated a Flex Farm system. Since senior meal programs are impossible right now, Master Gardeners agreed to grow greens for one year for donation. UW-Green Bay Dietetic Intern Elena Garcia created materials to promote greens and healthy dressings. First Presbyterian Community Meals will serve fresh green salad at the weekly community meal and Salvation Army Food Pantry will promote and distribute bagged salad greens. Many hands make light work.



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