

Division of Extension

Price County

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Hearing Impaired Relay: 711

Funding Extension Efforts

In 2023 the University of Wisconsin contributed an estimated \$39,000 in direct funding for staff.

Additionally, the FoodWise Nutrition Education Program administered through Extension is bringing \$65,000 in federal grant dollars to Price County (FY 2023/2024).

Price County Extension

Annual Report 2023

PURPOSE to which we commit...

We teach, learn, lead and serve, connecting people with the University of Wisconsin, and engaging with them in transforming lives and communities.

We transform lives, organizations and communities by:

- building resilient and productive environments;
- addressing food safety, food security and health; and
- building thriving youth, families, organizations, and communities.




The Division of Extension, Price County office is one of seventy-one county Extension offices statewide, staffed by professional educators. We offer education through two program areas: 4-H/Youth Development, and FoodWise Nutrition Education. FoodWise for low-income audiences is supported by an annual, renewable federal grant.



Price County Extension educators are classified as Academic Staff through University of Wisconsin, Madison. Positions are funded through a cooperative arrangement between the University and the County. Staff provide a direct link to University of Wisconsin expertise and research. This University affiliation provides counties with access to community assessment tools, program evaluation expertise, a statewide network of program professionals, and access to University of Wisconsin events/programs. Bringing University resources directly to the people of the state no matter where they live and work is a perfect example of the Wisconsin Idea in action, promoting life – long learning.

Working with government agencies, community groups, schools, organizations and individuals, Extension staff creatively engage others in community-based education.

During 2022 Extension educators had **1,325 learner contacts** in Price County. This figure does not include office visits and indirect contacts through staff radio interviews, newspaper articles, websites, blogs, and social media.

(Please turn to next pages for staff and programming information)>>

Staff Member	Areas of Focus
<p>Julie Diepenbrock</p> <p>4-H Educator (.50 FTE) 3.5 years of service Academic Staff Co-funded by county and university julie.diepenbrock@wisc.edu</p> 	<ul style="list-style-type: none"> • Develop and implement appropriate educational programming for youth • Oversee and manage the administrative aspects of the 4-H program • Recruit, manage, and train 4-H adult and youth volunteers • Promote 4-H programs, including recruitment of new members • Provide oversight and advice to 4-H Leaders Association and other clubs
<p>Terri Kolb</p> <p>FoodWise Administrator (Price County and seven other surrounding counties and two tribal nations) 15 years of service (100% FTE) 11 months as FoodWise Administrator Academic Staff Funded 100% by federal grant terri.kolb@wisc.edu</p> 	<ul style="list-style-type: none"> • Build support through collaboration for community-based food/nutrition and food security programs for SNAP-eligible (limited-income) populations • Provide helpful staff training, and needs-based programming and evaluation which is fiscally responsible • Collaborate with nutrition educators and partner agencies to plan and implement interventions that improve healthy food practices and encourage practical healthy food and physical activity choices
<p>Wendy Rebne</p> <p>FoodWise Educator 28.6 years of service (.60% FTE) Academic Staff Funded 100% by federal grant wendy.rebne@wisc.edu</p> 	<ul style="list-style-type: none"> • Provide general nutrition education/dietary quality for families and individuals with limited incomes • Develop and conduct food resource management/food shopping programs • Conduct healthy food preparation classes • Conduct school-based nutrition education programs

<p>Danielle Preston</p> <p>Office Program Assistant</p> <p>7 years of service</p> <p>(.40% FTE—100% county funded)</p> <p>danielle.preston@wisc.edu</p>		<ul style="list-style-type: none"> • Serve as office manager • Assist clients/customers that come to the office in a wide variety of ways • Provide support for educators and other staff • Assist with 4-H marketing, program design, and enrollment • Manage Extension social media
<p>Art Lersch</p> <p>Area Extension Director (AED), Langlade, Lincoln, Price, Taylor Counties</p> <p>6.5 years of service as AED (+13.5 years as Lincoln Community Development Educator);</p> <p>art.lersch@wisc.edu</p> <p>100% university funded position</p>		<ul style="list-style-type: none"> • Manage Extension operations in four county area. Includes office budget development, staff performance management, hiring, relationship building with county government stakeholders and other partners, and helping educators conduct appropriate needs assessments and evaluations to measure program success.

2023 SAMPLE PROGRAM HIGHLIGHTS & OUTCOMES

4-H



- *Enrollments (as of August 2023)*
 - 108 youth Club Members and 29 Volunteers (with 55 awaiting full certification)
- *A series of events for youth where they learned about STEM , Exploring Your Environment, Foods, Citizenship, Sign Language, and Arts 4H projects. The goal of this effort was to provide positive summer experiences for youth and introduce them to new projects. A series of Day Camps was presented in three communities in Price County that included 37 youth for 6.5 hours each representing approximately 240 hours of programming contact hours. Youth participated in hands-on*

Youth enrollment in the Price County 4-H program is now above pre-pandemic levels.

activities in STEM (science, technology, engineering, math) including 3D printer pens and Foldsopes, Exploring Your Environment, Foods, Citizenship, Sign Language, and Arts projects. Older 4-H members who served as youth leaders were able to grow their leadership skills by helping lead a small group of the younger youth. Day camps help both 4-H and non-4-H youth improve their mental health through spending time outdoors and participating in healthy activities and games that help develop new positive friendships.

- **A 4-H regional camp experience for youth grades 3-7 where campers gained independence, practiced making new friendships, and tried a variety of activities to build their confidence and make relationships across four county 4-H programs.** Youth who had completed grades 3-7 in Langlade, Oneida, Price, and Taylor Counties had the opportunity to attend the North Central 4-H Camp at Northern Lakes Impact Center. The camp provided a unique opportunity for youth to develop life skills, build confidence and meet new people in a safe, supportive outdoor environment. 4-H staff were committed to making accommodations to ensure that youth had a chance to learn, grow, and have fun. The camp utilized a research-based delivery model focused on empowering youth to gain skills that will last for a lifetime, helping youth to become true leaders in their lives, careers and communities, to become more

“Campers gained independence, practiced making new friendships, and tried a variety of activities to build their confidence and make relationships across four county 4-H programs.”

independent and better able to plan and reach their long-term goals. The camp included 46 youth representing 552 hours of educational programming contact hours and another 920 contact hours of activities that helped youth develop positive relationships.

Ten (10) youth from Price County attended. Youth were provided with the opportunity to gain experience about skills related to wildlife habitats, team building,

swimming, and night vision. Counselors (grades 8 - college) improved their communication and leadership skills by being responsible for a number of younger youth (campers - grades 3-7). Eight (8) 4-H Volunteers contributed 384 hours preparing and working with youth for this Summer Camp experience.

- **A training for 4-H Club Leaders and 4-H Club Officers where they updated their knowledge about 4-H policy and skills for working with youth to become more effective in their clubs and working with 4-H members.** Presented the Annual Leader Training to five adults and one youth with the following goals: Opportunity to connect/reconnect with youth and adult leaders across the county; chance to further develop general leadership skills and skills used as club officers and adult leaders; share opportunities in 4-H (locally, statewide, nationally and internationally) for further leadership development and

allow youth and adults to have input into the county 4-H program to improve our options for youth to develop positive relationships and leadership skills.

- **A workshop for youth at the Park Falls Public Library where they used Lego robotics to build creations and learn software coding. The goal of the workshop was to expand their interest and knowledge in Science, Technology, Engineering and Math.** Presented a Lego robotics workshop at Park Falls Public Library. 12 youth and 4 adults who attended were not associated with 4-H and they were able to explore Science, Technology, Engineering and Math (STEM). Another goal is that youth will be attracted to future STEM related programming through 4-H and possibly become 4-H members.
- **A workshop for youth at the Park Falls YMCA where they used Lego robotics to build creations and learn coding. The goal of the workshop was to expand their interest and knowledge in Science, Technology, Engineering and Math.** Presented another Lego robotics workshop at Park Falls YMCA. 15 youth and 2 adults who attended were currently not associated with 4-H and they were able to explore Science, Technology, Engineering and Math (STEM). The goal is that youth would be engaged and interested in future programming that we offer geared towards STEM.
- **Guidance and Support for Leader's Association for the Dining Hall fundraiser which provides monetary support for educational travel experiences, awards and county 4-H and youth programming and helps youth develop positive partnerships with adult volunteers and builds positive relationships with their peers through working for a common cause.** 4-H volunteers worked in collaboration with the 4-H Educator to plan the 4-H Dining Hall fundraiser. 36 youth and 35 adults spent a combined 300 hours in the Dining Hall to raise funds to support 4-H educational travel experiences, awards and county 4-H and youth programming in Price County. Spending time working in the Dining Hall helps youth develop partnerships with adult volunteers and positive relationships with their peers.

“Youth used Lego robotics to build creations and learn [computer software] coding. They expanded their interest and knowledge in Science, Technology, Engineering and Math.”
- **Support and leadership for the County 4-H Leaders Association, where [the Educator] facilitated planning discussions. The goal is to ensure sustained youth programming in accordance with state regulations. The Leaders Association provides direct funding to youth to explore their SPARKS and**

increase their sense of BELONGING in the local 4-H program through scholarships for educational experiences, awards and recognition efforts. I support the Adult Leaders Association by providing current information on the State and National 4-H programs so they can be in compliance when planning 4-H activities.

“Youth who thrive because of participating in 4-H are more likely to be motivated in school and succeed academically, interact with others in positive ways, set and achieve high personal standards, contribute to their families, communities, and beyond through generosity, and take personal responsibility for themselves and the world around them.”

FoodWise



- ***A 10-week series led by the FoodWise Educator of strength training sessions (StrongBodies) at a low income housing complex in Park Falls, where older adults also receive nutrition and health education. The goal of this activity is to engage in regular strength training exercises to improve muscle strength, balance, and flexibility so participants can stay healthy and socially connected.***

In fiscal year 2023-2024, an estimated \$65,000 in federal SNAP ED grant dollars is being brought into Price County through Extension in support of FoodWise Nutrition education.

- ***Participating in a new partnership with the Price County Health Department (PCHD) to assist with resource sharing and the development of innovative strategies for increasing physical activity (PA) among Wisconsin youth. This effort is designed to support both DHS and PCHD to successfully implement***

evidence-based practices and programming to improve health outcomes with funding from the Maternal Child Health grant.

- **Organized and taught a series of nutrition education sessions in the Prentice school district in the 4k, 2nd,3rd, and 4th grade classrooms.** Sessions focused on healthy eating balanced with activity. Lecture, games, hands-on activities and food samples will be part of these lessons.
- **Worked with school partners to organize and teach a six-week series of nutrition lessons with the two Head Start classrooms in Phillips.** **Students learned to recognize a variety of fruits and vegetables and were able to state at the end of the series that healthy foods like fruits and vegetables help us grow and be healthy.** Teachers stated in the end of series surveys that the kids talked about the fruits and vegetables on their plates at lunch, and were more willing to try new foods.
- **Provided a five-week nutrition lesson series to 2nd, 3rd, and 4th grade students at Prentice Elementary School.** The lessons were interactive with lecture, hands-on exercises, and taste testing. During and after class students enthusiastically told the Educator about the various fruits and vegetables they were eating at home. One student told Wendy how he asked his mom to think about buying more whole grains. After trying blood oranges, one student stated that her mom bought them for their family at her request to eat more fruit for snacks. After the series teachers stated: "I noticed the kids are really looking at labels;" "The kids are talking about the sugar they are drinking;" "They are asking me if what they are eating is healthy."
- **Completed a series of five lessons in the three 4K classes in Phillips Elementary.** **Students learned the importance of eating fruits and vegetables, and sampled a variety of new fruits and vegetables in a fun and no pressure way.** Teacher's comments included "The kids are always talking about the rainbow of colors on their plates at lunch" and one teacher stated she did notice increased acceptance of certain fruits and vegetables at lunch time.
- **Presented a five- week nutrition series to the two second grade classrooms at the Chequamegon Elementary school, with information on "My Plate" and the different food groups.** At the conclusion of this series, the youth were able to say why each food group was important for our bodies. The lesson on sugary beverages was eye opening to most of these youth, with many saying they had no idea how much sugar was in a soda. These participants learned through lecture, games and interactive activities. One participant told me she was trying to eat healthier snacks after school by choosing a fruit and a vegetable.

After the series teachers stated: "I noticed the kids are really looking at labels;" "The kids are talking about the sugar they are drinking;" "They are asking me if what they are eating is healthy."

Another told me he was now better about trying new foods after trying some in class and actually liking them.

- **Provided a series of five nutrition lessons to the three 4k classes at the Chequamegon Elementary school. This series included hands-on activities and trying new foods.** Information was presented that encouraged these youth to embrace the many colors of fruits and vegetables, and why it is important to eat these healthful foods.
 - **Compiled and provided educational handouts to St. Vincent DePaul and Lord's Cupboard on the topic of apples.** Information on how to select, store and use was included. Apples are being donated to the pantries at this time.
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Office Program Assistant

- **Worked with 4-H Educator to develop and distribute bimonthly 4-H newsletters ("The Price County 4-H Cloverleaf").** The newsletter provides updates on 4-H programming, club activities, and information about upcoming events. It also provides reminders to volunteers and youth about requirements that are needed to maintain their memberships in good standing.
 - **Performed day to day office management tasks** including but not limited to invoicing and paying bills, designing and maintaining websites and social media, responding to email, phone, and in-person requests, and providing educational program support.
 - **Designed and distributed marketing materials** for Extension programming.
 - **Worked with the 4-H Educator and 4-H Leaders Association to organize and hold 4-H fundraising events and the annual awards banquet.**
 - **Assisted 4-H Educator with preparation for helping youth to show exhibits at the county fair. Function as a liaison between the Extension office and county fair association.**
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Partners that Work with Price Extension

- Price County government
- Phillips School District
- Park Falls School District
- Park Falls YWCA
- Chequamegon School District
- Prentice School District
- Price County 4-H Leaders Association
- Price County Health Department (Price County Health & Wellness Coalition)
- St. Vincent DePaul
- Lord's Cupboard Food Pantry
- Park Falls Library
- Charles Hill Villa (senior housing)
- Price County Market Animal Sale Group
- Price County Fair Board