



Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY



UW-Madison Division of Extension works with residents, businesses, local government and community-based organizations in Waukesha County and beyond to identify and address immediate and long-term educational needs.

Extension Connections

Extension Waukesha County Newsletter

Spring 2025

FoodWise to Present *Create Better Health* at the Waukesha Public Library

The Waukesha Public Library is hosting a *Create Better Health* program taught by Extension FoodWise educators on May 20 at 10:30 am. Participants will learn to create a satisfying grain bowl following a customizable recipe template. Grain bowls are a great way to use leftovers and allow for everyone's personal tastes.

Registration is required and opens on April 22 at <https://waukesha.librarycalendar.com/event/create-better-health-12839>.

For more information about bringing FoodWise parent and adult programs to your organization, visit <https://waukesha.extension.wisc.edu/nutrition-education/parent-programs/>.



StrongBodies Program Empowers Participants to Build Strength

The Extension StrongBodies strength training program continues to transform lives in Waukesha County. During this past winter, seven classes were held at various locations in the County helping 87 participants of all fitness levels build muscle, improve bone density, and enhance mobility.

One participant shared, "The Strong Bodies program has made such a positive difference in my life. Since I started, I've noticed remarkable improvements in both my physical strength and overall well-being. I have improved balance, strength, and endurance, which has boosted my confidence and energy levels. I do not have the diligence to work out on my own, and very much appreciate the structure which this class offers."

For more information, contact Jillian Smith, Health and Well-Being Educator, at jillian.smith@wisc.edu or 262-548-7789.



Hawthorne K-5 Students to Attend Agriculture Job Fair

As part of the Farm to School initiatives at Hawthorne Elementary in Waukesha, K-5 students will explore agriculture careers through a special Farm to School Program Job Fair on May 2. This hands-on event will introduce young learners to diverse opportunities in farming, agriculture industry, food science, engineering, soil science, water resources, and more. It's a fun way to spark interest and learn about the agriculture industry.

For more information, reach out to Anastasia Doyle-Bruce, AmeriCorps Farm to School Specialist via email at adoylebruce@waukeshacounty.gov.



AmeriCorps

Horticulture Helpline Reopens in April

The UW-Madison Extension Horticulture Helpline in Waukesha County will be reopening for the season on April 22. Residents can call 262-548-7779 with their yard and garden questions on Tuesday mornings from 9:00 am until noon. Emailed questions can be sent year-round to uwex1@waukeshacounty.gov.

Extension offers Waukesha County 4-H Project Night

Extension Waukesha County 4-H members will experience their next 4-H Project Night on April 23.

4-H Project Night offers a variety of fun, educational activities for youth of all ages! Learn soap-making, cupcake decorating, gardening, friendship bracelets, record books, and science experiments. Food & nutrition lessons and fair project guidance are also available.

If you would like your youth to participate in 4-H Project Night and everything else 4-H has to offer, contact McKenzie at mknudson@waukeshacounty.gov to learn how to join Extension Waukesha County 4-H, or visit our website at <https://waukesha.extension.wisc.edu/4-h/new-inquiring-families/>.



Real Colors Training

The Real Colors® workshop was recently facilitated by Extension with Waukesha County's Health and Human Service Department where 59 administrative staff members participated to enhance communication, teamwork, and self-awareness.

This engaging assessment helped participants to understand their own and others' temperaments, leading to improved collaboration and reduced workplace conflicts. In addition, participants strengthened professional relationships and gained practical tools to build stronger teams, resolve misunderstandings and create a more effective work environment.

To discuss how the Real Colors® training program can benefit your organization and schedule something for this fall, email Steve, Extension Waukesha County Community Development Educator, at steven.chmielewski@wisc.edu today.



FoodWise Small Bites Program engages Emerging Leaders at Les Paul Middle School

Extension FoodWise works together with Extension 4-H & Positive Youth Development in their Emerging Leaders program to reach middle-school age youth with nutrition education during afterschool. Students learn independent food prep skills and increase confidence in making healthy choices. The *Small Bites* program focuses on balanced meals, herbs and spices, food safety, and setting personal goals through teamwork and hands-on food activities throughout the six lesson course.

After the January-February series, surveys showed strong behavior improvements in students' diet quality, food safety, and food prep skills/recipe reading. Students commented, "I liked learning how to choose and create a healthy snack" and "my favorite part was trying hummus & pita bread." A parent commented that their child is considering a career in food science and nutrition due to participation in the series. These programs continue to be impactful for students and families.

For more information about nutrition education, contact FoodWise Administrator Jill Herz at jill.herz@wisc.edu.



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