



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

Summer 2025

Free Activities at the 4-H Kids Zone During the Waukesha County Fair

Extension Waukesha County is partnering with a variety of organizations to provide educational opportunities for youth at the 4-H Kids Zone during the Waukesha County Fair, July 16-20, 2025.

The 4-H Kids Zone will have a steady flow of free activities each day from noon to 4 pm and 4-H Bingo at 6 pm. (See back for full schedule.)



For information about opportunities for youth in Waukesha County, contact James, Extension Youth & Family Educator at james.boling@wisc.edu.

Thanks to 4-H Kids Zone Sponsors

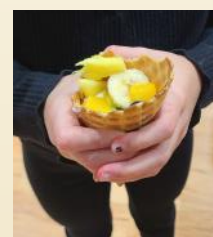
The 4-H Kids Zone activities are made possible in part by generous donations from our sponsors. A special thank you to this year's Gold and Silver sponsors for the Extension 4-H Kids Zone activities: Blain's Farm & Fleet (Gold), Woodman's Markets (Silver), and Kwik Trip (Bronze).



"Kids in the Kitchen" Taught in Waukesha Afterschool Programs

Four 3rd-5th grade afterschool programs in Waukesha participated in FoodWise's Kids in the Kitchen program, a series of lessons that gives kids the opportunity to learn the basics of assembling healthy recipes.

A total of 59 kids participated in a series of eight lessons. The groups prepared recipes including skillet pizza calzones, spring rolls with fresh veggies, black bean quesadillas, veggie pasta salad, and "fruit cones" (waffle cones filled with yogurt and fruit).



Kids learned about the benefits of eating a variety of fruits and vegetables and enjoyed trying recipes they had never tried. The pre/post series survey showed that 48% of kids improved in food safety behaviors while preparing food (such as washing hands more frequently and preventing cross contamination) and 88% of youth improved in making healthier food choices.

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

Invasive Species Plant Identification and Management Workshop this Fall

The fall Urban Forestry Workshop for green industry professionals will focus on invasive species plant identification and management. The day-long workshop will be held in six locations across the State, with Waukesha's workshop on September 10. The Urban Forestry Workshop is offered in cooperation with the Wisconsin Department of Natural Resources. To be notified when registration opens, email lboyer@waukeshacounty.gov.



Eating Smart & Being Active Program Available for Parents

During *Eating Smart & Being Active* programs, parents learn ways to plan and shop for healthy, budget-friendly meals and stay active as a family. At each session, participants prepare a healthy recipe and practice physical activities that are simple to do at home. At the end of the series, participants take home a recipe book and cooking tools.

This series is available in English or Spanish and is offered in group settings at various community sites. To learn more about bringing this nutrition education program to your organization, reach out to Jill Herz at jill.herz@wisc.edu.



**EATING SMART
BEING ACTIVE**

Plan Commission Workshop Coming This Fall

Community Development educators are finalizing details for this fall's Plan Commission Workshop. These workshops can help bridge the knowledge-experience gap and increase confidence for commissioners with local decision-making.

To be added to the email list and receive details for this fall's Workshop, email Lisa at lboyer@waukeshacounty.gov.



Extension Partners with Menomonee Falls for *FIT in the Parks*

Extension's Health and Well-Being Educator Jillian Smith is leading two free *Intro to StrongBodies* strength training classes this summer at *FIT in the Parks* on July 16 and August 13. *FIT in the Parks* is a health and wellness initiative by the Village of Menomonee Falls and community partners. Register at <https://bit.ly/FIT2025MF>.

There are still openings in the summer StrongBodies classes held at St. Marks Church in Waukesha and Holy Cross Church in Menomonee Falls. Contact Jillian at jillian.smith@wisc.edu for details.

2025 Extension 4-H Kids Zone Fair Schedule

Wednesday, July 16

- 12:00-2:00 pm—Extension Waukesha County 4-H: Sand Art Necklaces
- 12:00-4:00 pm—Waukesha County Parks & Land Use: Recycling & Storm Water Connect 4 Activity / Explore & Experience Furs, Snake Skins & Bones
- 12:30-2:30 pm—Extension Waukesha County StrongBodies: Wellness Activities
- 2:00-4:00 pm—Horwitz-DeRemer Planetarium: As the World Turns Astronomy Craft
- 2:00-4:00 pm—Extension Waukesha County 4-H: My Family House Craft
- 2:00-4:00 pm—Waukesha Public Library: Library Fun Activities / Resources
- 6:00-9:00 pm—Waukesha County 4-H: Family Fun 4-H Bingo

Thursday, July 17

- 12:00-2:00 pm—Extension Waukesha County 4-H: Potato Pinewood Derby Cars
- 12:00-2:00 pm—Hawthorne Elementary 4-H Club: Arts and Crafts
- 12:00-2:00 pm—Extension Waukesha County 4-H: Catapult Bowling
- 1:00-3:00 pm—Waukesha County Extension FoodWise: Nutrition Activity
- 2:00-4:00 pm—Horwitz-DeRemer Planetarium: Planisphere Astronomy Craft
- 2:00-4:00 pm—Extension Waukesha County 4-H: Pinecone Bird Feeder
- 2:00-4:00 pm—West Vernon 4-H Club: Crafts and STEAM Activity
- 6:00-8:00 pm—Waukesha County 4-H: Family Fun 4-H Bingo

Friday, July 18

- 12:00-2:00 pm—Extension Waukesha County 4-H: Foam Faces & Scratch Art
- 12:00-2:00 pm—Extension Waukesha County 4-H: Paper Bag Pet Parade
- 12:00-4:00 pm—HAWs of Waukesha: Kid Carnival Games
- 12:00-4:00 pm—Donna Lexa Art Center: Horse Themed Art
- 12:00-4:00 pm—Extension Milwaukee County 4-H: Legos and More
- 2:00-4:00 pm—Horwitz-DeRemer Planetarium: Planisphere Astronomy Craft
- 2:00-4:00 pm—STEAM with Jennifer: Paper Wheel Spinners
- 6:00-9:00 pm—Waukesha County 4-H: Family Fun 4-H Bingo

Saturday, July 19

- 12:00-2:00 pm—Extension Waukesha County 4-H: STEM Tower Challenge / Lego Build
- 12:00-2:00 pm—Jennifer Ruditys Countywide 4-H: Popsicle Stick Monsters
- 2:00-4:00 pm—Horwitz-DeRemer Planetarium: As the World Turns Astronomy Craft
- 2:00-4:00 pm—Extension Waukesha County 4-H: Straw Rockets / Foam Airplanes
- 2:00-4:00 pm—Jennifer Ruditys Countywide 4-H: Popsicle Stick Airplanes
- 6:00-9:00 pm—Waukesha County 4-H: Family Fun 4-H Bingo

Sunday, July 20

- 12:00-4:00 pm—Extension Waukesha County 4-H: Sensory Bottle Make & Take
- 12:00-4:00 pm—Tatiana's Tiny Zoo: Unique Animal Encounters (outside Forum building)
- 12:00-4:00 pm—Waukesha County Green Team: Solar Power Education & Bracelets
- 2:00-4:00 pm—Horwitz-DeRemer Planetarium: As the World Turns Astronomy Craft



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