



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

Fall 2025

StrongBodies Expands to Muskego

Extension Waukesha County's evidence-based StrongBodies strength training program has expanded to cover the southern part of Waukesha County with the addition of a class at the Muskego Circle Community Center.

StrongBodies supports aging adults to remain strong, healthy, independent, and socially connected in their communities.

For more information, contact Jen at jennifer.whitty@wisc.edu.



Participants Learn Plan Commission Fundamentals at Sold Out Workshop

The sold out Extension Waukesha County Plan Commission Fundamentals Workshop engaged 88 local officials, plan commissioners, planning staff, and clerk/treasurers from 11 counties, including 34 from Waukesha County to strengthen local land use decision-making on October 20th.

Participants rated the workshop highly, with 87% reporting that they improved their understanding of plan commission functions, 92% felt more confident in land use decisions, 97% found using and updating the comprehensive plan very or extremely useful, 93% valued learning about conditional uses, and 88% found rezones and zoning amendments valuable.

Participants also identified future training priorities, reinforcing Extension's commitment to lifelong learning and effective, collaborative local governance. To be notified of future Plan Commission Workshops in Waukesha County, email lboyer@waukeshacounty.gov.



Building Healthy Habits in Schools

FoodWise will soon be starting up Show Me Nutrition programs in 1st, 2nd, and 5th grades. Show Me Nutrition features grade-level appropriate, interactive nutrition lessons for kids in classrooms that include healthy food samples for the kids to try.

FoodWise teaches in schools where at least half of students qualify for free or reduced-price lunch. Educators will teach in four schools in Waukesha and one school in New Berlin this school year.

To learn more about nutrition education programs, reach out to Jill Herz at jill.herz@wisc.edu.



Additional Opportunities Offered

Inspired by the vast interest in the Extension Waukesha County Plan Commission Fundamentals Workshop, Extension began a five-part webinar series on October 27th to provide further learning development opportunities for local planning and zoning officials. There is still time to register for the Zoning Fundamentals, Subdivision Regulations, and Comprehensive Planning sessions taking place later this month.

For details and to register, visit <https://www.uwsp.edu/clue/center-for-land-use-education/planning-and-zoning-training/planning-and-zoning-webinars/>. The cost is \$25 per session.



EATING SMART BEING ACTIVE

Eating Smart & Being Active Benefits Families at Local Clinic

FoodWise works with agencies who serve adults with limited resources. In August and September, educators taught *Eating Smart & Being Active* (ESBA) at Life's Connection clinic in Mukwonago.

Each ESBA class featured a healthy recipe for families. Parents and kids tried the recipes together, including Veggie Quesadillas (made with broccoli, zucchini, and red bell pepper), Skillet Granola & Yogurt, Butternut Squash Mac, Tuna Melt Sandwich, Mango Salsa, and Fruit Sorbet. Parents appreciated the new ideas offered in ESBA series. One parent commented on how the series had impacted her family, noting that she has made the veggie quesadillas multiple times for her

children, and her family has been eating a lot more fruit. She was also noticing less back pain due to increased physical activity. To learn more, reach out to FoodWise Administrator Jill Herz at jill.herz@wisc.edu.

4-H Year Kicks Off with 4-H Open House

On September 18th, the 4-H Open House kicked off the new 4-H program year! Families, 4-H youth, 4-H volunteers, and community partners came together to learn and explore new programs, meet 4-H club leaders, and engage in hands-on learning activities.

We are pleased to share that the number of adult volunteers that support youth in the 4-H program continues to grow. Currently, 143 adults have enrolled to be 4-H volunteers. We are always seeking new adult volunteers to share their skills and talents with youth. The upcoming 4-H program year is bound to be another

successful, fun, and educational journey for both youth, volunteers, and families.

For more information or to join Waukesha County 4-H, visit <https://waukesha.extension.wisc.edu/4-h/about-4-h/>.

February Landscape & Grounds Maintenance Short Course Offered to Green Industry Professionals

In the online four-week short course offered Wednesday afternoons in February, horticulture professionals will learn up-to-date science-based information to assist them in increasing the economic and environmental sustainability of the landscapes they care for. Speakers will include experts from UW-Madison Extension and across the Midwest.

For more information, visit the green industry website at <https://waukesha.extension.wisc.edu/horticulture/green-industry/>.

Regular 4-H Project Nights Engage Youth in Hands-On Learning

Extension Waukesha County 4-H Project Nights provide opportunities for youth to engage together in learning at the Waukesha County Expo 4-H Forum. At Project Nights, youth engage in hands-on learning workshops such as robotics, STEM, quilting, woodworking, college and career exploration, and cake decorating that are taught by Extension 4-H educators, volunteers, and youth leaders. Membership in 4-H is required for participation.

To learn more about 4-H Project Nights, contact James Boling at james.boling@wisc.edu or visit the website at <https://waukesha.extension.wisc.edu/4-h/>.



UW-MADISON EXTENSION

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