



Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUPACA COUNTY

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Extension Waupaca County

Extension Impact: Education Makes a Difference

FoodWise is Supporting the Community in Increasing Access to Nutritious Foods

*By Christi Gabrilska, UW-Madison Extension FoodWise Coordinator for Calumet,
Outagamie, Winnebago & Waupaca Counties*

Hailee Paul, UW-Madison Extension FoodWise Educator for Waupaca County

FoodWise advances healthy eating habits, active lifestyles and healthy community environments for families with limited incomes through nutrition education at the individual, community and systems levels. Our role as educators is to expose children to fruits and vegetables and teach them why they are important, educate parents on how to buy, plan and prepare healthy meals, engage families with limited resources in support of choosing healthy diets while stretching food dollars and supporting communities in making healthy choices where people live, learn, work, play and worship.

The Waupaca County FoodWise team has worked to get fresh produce in the hands of families and individuals in the county who need it. There are several barriers that could interfere with accessing nutritious foods, such as transportation and familiarity to new foods and FoodWise has teamed up with several community partners to work on this effort.



Discover Wisconsin Farmers Markets is one initiative FoodWise has engaged in to help familiarize Waupaca County residents with their local farmers' markets and vendors. A collaboration with Waupaca County WIC, Healthy Beginnings and the Waupaca Library this summer gave families an opportunity to engage with a local farmer and shop with their food benefits. Families participating in WIC receive an additional \$30 in the summer to spend at farmers markets on fruits and vegetables. FoodWise worked with Sunny Slope Farms to showcase what \$30 can look like at the farmers market, and helped to educate families on what they can do with the fresh produce they may find at the market. FoodWise promotes and educates

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families and individuals with limited resources on the use of FoodShare (EBT) and

Farmers Market Nutrition Program Vouchers (WIC and Senior Farm Market Checks) at the Waupaca Farmers Market. Redemption rates of WIC, Senior Farmers Market, and EBT have gone up drastically at the Waupaca Farmers Market since FoodWise has gotten involved in the promotion of these benefits. More recently, the FoodWise team has engaged in conversations with the Clintonville Farmers Market vendors to accept these food programs, too.

Growing Together, a second initiative FoodWise has engaged in this summer, focuses on helping families and individuals with limited incomes grow their own food and promote healthy food access and availability through garden spaces. FoodWise supported the implementation of raised garden beds at the Waupaca Community Garden in Collaboration with Waupaca County Master Gardeners and the Living the Waupaca Way Coalition to grow food for the Waupaca Public Library's Free Little Pantry in order to increase access to fresh fruits and vegetables for individuals and families with limited incomes and provide a space to learn about where our food comes from and how to grow your own food at home.

Educating the community, and the vendors at the Waupaca Farmers Market on the Little Free Pantry has largely increased the amount of produce being donated. Several pounds of produce is getting into the hands of people who wouldn't otherwise have access on a daily basis.

Navigating the Nonprofit Landscape

By Amy Ebert, UW-Madison Extension Community Development Educator for Waupaca County

Nonprofit organizations provide important services, resources, and goods that benefit their communities. They not only enhance the lives of individuals, but they also play a significant role in creating strong communities and contributing to economic growth. (Nonprofits, 2022). These services often include food aid, healthcare, disaster relief, education, environmental conservation, and advocacy.



These organizations thrive when they have the capacity to fulfill and preserve their mission. This includes flexibility in funding sources, ensuring long-term sustainability, and increased access to volunteers, all of which enable them to make a greater difference in the lives of those they serve.

In August, Amy had the opportunity to assist a local coalition in their journey to become a nonprofit organization. She and an Extension colleague hosted a workshop where members of Living the Waupaca Way learned about the process of

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becoming a nonprofit and engaged in self-discovery to develop their purpose, mission, and bylaws. This effort was designed to assist the group in obtaining nonprofit status in order to expand their capacity to empower community members to achieve optimal health and well-being by fostering a safe, vibrant, and resilient community in which everyone belongs.

Participant feedback was overall very positive. 100% of participants indicated the workshop was useful and that they learned something. One participant said:

“We'll proceed towards obtaining 501(c)(3) status for our coalition. I will also use this knowledge to help guide the 501(c)(3) process for another coalition I facilitate.”

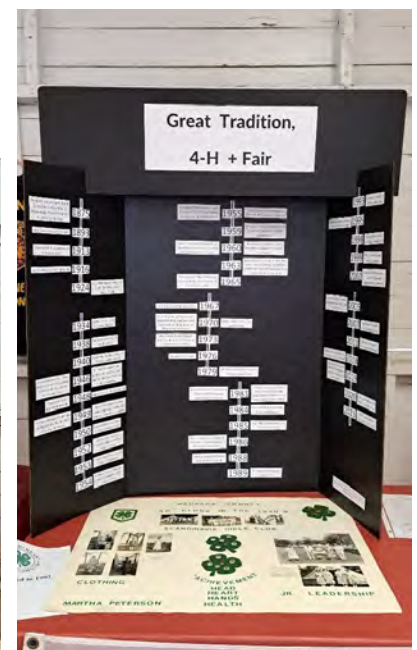
This fall, Amy is looking forward to hosting another workshop that will introduce the concept of nonprofit organizations as well as the legal, financial, and operational implications of becoming one.

County Fair: Opportunity to Showcase Projects

By Penny Tank, UW-Madison Extension 4-H Educator for Waupaca County

This year was the 150th Waupaca County Fair. 4-H members have been an important part of that history. Junior Fair exhibits started out in areas like crops, cattle, and sewing. Exhibits now range from animals, to flowers, to art and photography, Legos, and even computer projects. The County Fair is an opportunity for youth to showcase what they have learned and accomplished during the project year, take pride in a project, and learn from the feedback they receive about their projects. Friendships are formed at the county fair, teamwork is shown in club displays, and decision making takes place at many levels both during the course of the project year and when it comes to completing and choosing fair exhibits.

This being the 150th Waupaca County Fair, there was a lot of energy around celebrating this long history. The County Fair had a designated display location for historical information. Popple and Tank put together a 4-H and Fair history display that included a timeline comparing highlights from both the County Fair and 4-H, old photos, and other memorabilia. Comments from fair goers who viewed the display were very positive and included how much they enjoyed seeing all of the history.





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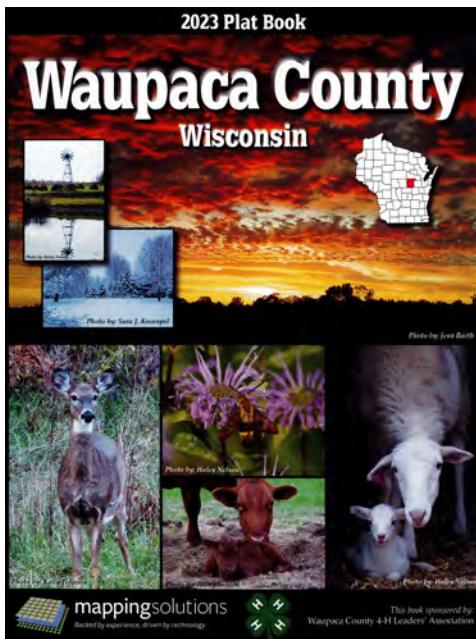
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2023 Waupaca County Plat Books



Just in time for fall hunting - the **2023 Waupaca County Plat Book** is available! Sales of this plat book support the Waupaca County 4-H program. The 2023 plat book is \$35.00 and available at the Extension Office, 1st floor of the Courthouse in Waupaca, 811 Harding Street, Waupaca. Plat books will also be available for purchase at various locations around the county. Contact the Extension office at (715) 258-6230 for a list of locations.

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