



# ***GREEN LAKE COUNTY***

*571 County Road A, Green Lake, WI 54941*

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**\*Amended February 7, 2017**

**The following documents are included in the packet for the Ag/Extension Education & Fair Committee Meeting on Tuesday, February 14, 2017:**

- 1) Cover Sheet
- 2) \*Amended Agenda
- 3) Draft minutes from the January 10, 2017 meeting
- 4) County Library Reports
- 5) Educator Reports for: Jay Dampier (Community Resource & Economic Development), John de Montmollin (4-H Youth Development), Katie Gellings (Family Living), Nav Ghimire (Agriculture Agent) and Amanda Miller (Food Wise Coordinator).



**AGRICULTURE, EXTENSION EDUCATION & FAIR  
MEETING NOTICE**

**Date: Tuesday, February 14, 2017 – 10:00 a.m.  
Green Lake County Government Center, Training Room  
571 County Road A, Green Lake, Wisconsin**

**\*AMENDED AGENDA**

**Committee Members:**

Joanne Guden,  
Chairperson  
Bob Schweder, Vice-  
Chairperson  
Patti Garro  
Katie Mehn  
David Richter

*Mailing Address:*  
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UW-Extension  
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1. Call to Order/Pledge of Allegiance
2. Certification of Open Meeting Notice
3. Approval of Agenda
4. Approval of the January 10, 2017 Minutes
5. Public Comments – 3 Minute Limit
6. Public Appearances
7. County Library Services Report – Clairelynn Sommersmith, Princeton Public Library
  - a. Submitted Monthly Report
8. Correspondence
9. **FAIR – 2017**
  - a. 2017 Fair Contracts – Discussion/Approval
  - b. Green Lake County Fair Promotions Committee – Update
  - c. 2017 Demolition Derby – Discussion/Approval
  - d. Informational Handouts – Discussion/Approval
10. **UW-EXTENSION**
  - a. Educator Report – Jay Dampier
  - b. Educators' Summary of Monthly Reports & Relevant Trainings, Meetings & Programs
  - c. \*2016 Committed Funds Request – Discussion/Approval
  - d. nEXT Generation of UW-Extension – Committee Discussion
  - e. Tap Into It: Responses from Green Lake County
  - f. Approval of Educator Out of County Days – Discussion/Approval
  - g. Committee Discussion
11. Future Agenda Items
12. Next Regular Meeting Date – Tuesday, March 7, 2017
13. Adjournment

Kindly arrange to be present; if unable to attend, please notify our office.  
Sincerely,

Jay Dampier  
Green Lake County UW-Extension  
Community Resource & Economic Development Educator/Department Head

*An EEO/Affirmative Action employer, University of Wisconsin-Extension provides equal opportunities  
in employment and programming, including Title IX and ADA requirements.*

*Please note: Meeting area is accessible to the physically disabled. Anyone planning to attend who needs visual or audio assistance should contact the UW-Extension Office at 294-4032 no later than Noon on the day preceding the meeting.*



The meeting of the Green Lake County Agriculture, Extension Education and Fair Committee was called to order by Chairman, Joanne Guden, at 10:01 a.m., on Tuesday, January 10, 2017 in the Training Room of the Green Lake County Government Center in Green Lake, WI. The requirements of the open meeting law were certified as being met. The Pledge of Allegiance was recited.

Present: Joanne Guden, Chairman  
Patti Garro  
Katie Mehn

Absent: David Richter, excused  
Bob Schweder, excused

Staff Present: Jay Dampier  
John de Montmollin  
Katie Gellings  
Nav Ghimire  
Kathy Ninneman

Absent: Amanda Miller  
Kim Zills, excused

Others Present: Harley Reabe, County Board Chairman and Linda DeNell, Caestecker Public Library, Green Lake.

#### **AGENDA**

***Motion/second (Garro/Mehn)*** to approve the agenda as presented. Motion carried.

#### **MINUTES**

***Motion/second (Mehn/Garro)*** to approve the December 13, 2016 meeting minutes. Motion carried.

**PUBLIC COMMENTS** – None.

**PUBLIC APPEARANCES** – None.

#### **COUNTY LIBRARY SERVICES REPORT – LINDA DENELL**

Submitted monthly reports on file. DeNell gave a brief verbal report as well.

#### **CORRESPONDENCE**

Nothing.

#### **2017 FAIR CONTRACTS**

No contracts.

#### **GREEN LAKE COUNTY FAIR PROMOTIONS COMMITTEE**

Dampier reported that this is being established to keep all the areas consistent. Gellings said this committee will be mainly promoting the Fairest of the Fair and helping with the Awards Ceremony at the fair, plus anything that Zills would need assistance with in promoting the fair. Dampier received the “draft” bylaws from Dawn, Corp. Counsel, and verbally read the changes that she suggested.

***Motion/second (Garro/Mehn)*** to approve with changes. Motion carried.

#### **2016 DATCP ANNUAL REPORT**

Nothing to report.

#### **INFORMATIONAL HANDOUTS**

No handouts at this time.

#### **EDUCATOR REPORT**

John de Montmollin, 4-H Youth Development Educator, presented to the Committee, "Money! Money! Money!" Handling 4-H Finances.

**EDUCATORS' SUMMARY OF MONTHLY REPORTS & RELEVANT TRAININGS, MEETINGS & PROGRAMS**

Written monthly reports on file for Dampier, de Montmollin, Gellings, and Ghimire were reviewed. Dampier, de Montmollin, Gellings, and Ghimire gave brief verbal reports of their present programming.

**nEXT GENERATION OF UW-EXTENSION**

de Montmollin reported they are moving quite rapidly through the process. Currently they are working on the Administrative positions. In February there should be more concrete items to share.

**TAP INTO IT: RESPONSES FROM GREEN LAKE COUNTY**

No new stories.

**APPROVAL OF EDUCATOR OUT OF COUNTY DAYS**

*Motion/second (Mehn/Garro).* Approved.

**COMMITTEE DISCUSSION**

Nothing was discussed.

**FUTURE AGENDA ITEMS**

- nEXT Generation
- If anyone has an agenda item, please contact Dampier.
- Next regular meeting date: Tuesday, February 14, 2017 in the Training Room at 10:00 a.m.

**ADJOURNMENT**

*Motion/second (Mehn/Garro)* to adjourn at 10:39 a.m. Motion carried.

*Respectfully submitted, Kathy Ninneman, Program Specialist*

## LIBRARY REPORT – FEBRUARY 2017

**Berlin:** January has been another great month here at the Berlin Public Library despite the icy winter weather.

Our craft classes continue to be a huge success with full and fun classes. This month we had another Arm Knitting Class, with such a great demand that we will be offering another class in February.

The Friends of the Berlin Library had a book sale and bake sale starting in the evening of February 2 to February 4, and was able to raise a lot of money to help us continue to offer our great programs and services.

Our new Children & Teen Librarian, Carolyn Redington, started on February 1. We are overjoyed for her addition to our team and know her energy and enthusiasm will do wonders for our library after many months of stagnant children's services.

We are all looking forward to our upcoming programs - Learn How to De-Clutter with Sara Campagna on February 16, Berlin Senior Singers Concert on February 23, and our 2nd Annual Quilt Show starting on March 13.

**Kingston:** Bad winter weather has been good for the library. People think there might not be school and they flock to the library to pick up books and other items just in case the kids will be home from school tomorrow. This year we won't be showing any Oscar nominated movies in the library. Thanks to Green Lake library for letting us try their idea for a couple of years. On to something new now.

In March we will be asking customers to paint an umbrella for our "April Showers" fundraiser. If you'd like to submit a creation they are due in to the library by March 29<sup>th</sup>. We have a new club meeting at our library on Tuesday afternoons at 1pm. They are calling themselves The Kingston Committee for the Preservation of Sanity. Anyone is welcome to attend, bring a craft to work on, or a book to read. Socialize and fight the winter doldrums. Come when you can, stay as long as you like (or at least until the library closes!) It's tax time again too and we have tax forms available for customers.

Our Angel Display, on loan from Del Schweder, was a big success and has flown back to its heavenly home. In a week or so we will have a new display, bronze animals. Next time you are in town stop in and take advantage of all the fun and interesting things you can do and see at the library!

**Green Lake:** The end of the lower level construction is in sight. We will be taking delivery of our tables and chairs February 1<sup>st</sup>, weather permitting. Jon the foreman thinks things will be finished by the 8<sup>th</sup> if everyone comes to finish up their bits as scheduled.

Which means we will have an open house to plan! Here are some of the other events we have scheduled for February:

- Road to the Oscars film series every Tuesday night at 6:30
- littleBits and LEGO Club for the kids after school (Wednesdays and Thursdays, respectively)
- Classic Game Days on the second and fourth Saturday mornings at 10:00

- "I Heart Wisconsin Rivers" program by Ruth Oppedahl, Executive Director of the Natural Resources Foundation of Wisconsin, on Thursday evening, February 9<sup>th</sup>, at 6:30
- Seed swap and kickoff of the 2017 edition of our seed library on Saturday, February 18<sup>th</sup> at 10:00
- "Flying for the DNR, or How I get to see cool stuff and manage not to crash" program by DNR pilot Bev Paulan on Thursday evening, February 23<sup>rd</sup> at 6:30

**Princeton:** Princeton's fundraising committee has kicked off the new year. We are meeting weekly; with fundraising events planned for every upcoming month. In February we are hosting a Paint Nite with local artist Jean Plout and in March we are running a soup competition, Lick the Spoon, with the Emergency Auxiliary. We are also talking to individual donors. We have currently raised \$340,000.

Recent programs include our wildly popular book folding program with Jill Hennes. Patrons folded hearts into the outside spines of books. Also for Valentine's Day we hosting to card making programs one for adults and one for children. We just weeded a large section of our adult fiction which was then sold at our Book Sale over the first February weekend. Our story time has recently grown, and we hope to continue welcoming new families into the library.

In March we are looking forward to a clothing swap program along with Spring Break activities for the kids.

**Markesan:** Markesan Public Library is busy working on our winter/spring series of workshops. We will offer our popular card making workshop in time to make Easter and Mother's Day card. We will also have another paper bead making workshop because several people have asked us to offer it again. Story hour is back in session after a break during the month of January. Book discussion continues with the very popular book, "All the Light we cannot see." Though I didn't expect to record any criminality so soon with our security cameras, we found it necessary to review it after someone reported a stolen item. We contacted the police and were able to capture a few still photos to assist in the investigation. Since I gave the matter over to them, I do not expect to hear the outcome.

This report briefly describes work completed during January 2017 within the Community Natural Resources and Economic Development (CNRED) Program. During the reporting period, I made 35 direct educational / professional contacts.

## **Organizational Development and Capacity Building**

**Design Wisconsin Team planning in Princeton** The Princeton Chamber of Commerce's Board is planning to participate in the UW-Extension program "Design Wisconsin Team." Planning work is currently underway and I am facilitating the group's application and community outreach plan. More information about the program can be found by listening to this WPR segment where a UW-Extension State Specialist describes the program.

<http://www.wpr.org/capturing-unique-identity-wisconsin-communities>

### **Wisconsin Bed and Breakfast Association**

The Wisconsin Bed and Breakfast Association (WBBA) had their quarterly meetings in Green Lake during the reporting period. A colleague and myself supported their work by facilitating a group change process. In order for the industry group to remain strong, they sought professional assistance in their priority setting for 2017-2018.



**Green Lake County Economic Development Corporation** I am working with the Green Lake County Economic Development Corporation in their bylaws update. Work this month included planning and preparing for the meeting scheduled for next reporting period.

**Chamber of Commerce Strategic Planning** During the reporting period I met with a Green Lake County's Chamber of Commerce. We developed action statements based on the previous planning work. These key statements will be implementable goals that align with the organization's previously identified strategic issues.

### **Economic knowledge and capacity**

**Princeton CDA** I participated in the Princeton CDA meeting this reporting period, and have agreed to do research on scanning and archiving technology. The group is developing a community historical "walk" where historic sites will be signed and also linked to google maps, where additional information can be found. The project's goal is to educate local people about the history of the community while providing opportunities for visitors to learn more about the history.

## **Educational Programming, Outreach and Promotion**

**CommUNITY** I participated in this month's CommUNITY meeting, and met the new City of Berlin's new Community Development Director. Discussion was focused on how UW-Extension and the City of Berlin can work together on projects that support the city.

## **Professional Development**

**Quantitative Evaluation Resource Development Workshop** I participated in a workshop hosted in Green Lake County and facilitated by Nav Ghimire. The training provided me with a better understanding of the challenges we all face in extension evaluation and how to better conduct quantitative evaluation.

## **Newspaper articles**

- "One tip for keeping New Year resolutions." Berlin Journal Newspapers. January 5, 2017 by Jay Dampier

## **Out of County Days**

- 0.25 Green Lake Area Young Professionals Meeting, Ripon, WI

## **Planned out-of-county days for next month.**

- 0.75 CNRED Area Program Planning Meeting, Wautoma, WI
- 0.5 ICC Meeting, Sauk County
- 0.25 Green Lake Area Young Professionals Meeting, Ripon, WI
- 0.5 TREDC Meeting, Wautoma, WI



## Contacts

Phone	E-mail	Face to Face
31	46	163

### Green Lake County 4-H Ambassadors

The Green Lake County 4-H Ambassadors are a group of older 4-H members who promote 4-H throughout Green Lake County. I attended the Green Lake County 4-H Ambassador meeting on Sunday, January 8, 2017 where the group reviewed the Cloverbud Day program and finalized planning for the Green Lake County 4-H Lock-in and Super Saturday.

### Lock-in

The Green Lake County 4-H Lock-in was held on Friday, January 13, 2017 through Saturday, January 14, 2017. The 4-H Ambassadors took leadership roles in planning, implementing and evaluating all aspects of the program including social and educational sessions. Over twenty youth participated in the event.



### Green Lake County 4-H Leaders' Association

Organized at the county level, the 4-H Leader Organization works closely with the 4-H Youth Development Educator. The organization brings together volunteers to serve as a venue for volunteer leader training and an organizing mechanism in providing volunteer and financial support for county level educational opportunities for 4-H members and 4-H volunteers. I attended the Green Lake County 4-H Leader's Association on Thursday, January 5, 2017. The meeting covered a variety of topics including passing a new policy on funding youth participation in 4-H programs and activities.

### Green Lake County 4-H Horse Council Meeting

I attended the Green Lake County 4-H Horse Council meeting that was held on Monday, January 9, 2017 at the Green Lake County Government Center. At this meeting members discussed the upcoming Horse Education Day and youth board members gave an educational presentation on farm calls and looking at different case studies involving equine health.



### Archery Orientation

I assisted in the coordination of the Green Lake County 4-H Archery Orientation that took place on Thursday, January 26, 2017 at the Berlin Conservation Club. During the orientation members viewed the safety video, completed all the necessary forms and reviewed the 2016-17 calendar of events.

## Green Lake County Livestock Committee

I attended the Green Lake County Livestock meeting that was held on Tuesday, January 31, 2017 in the Green Lake County Government Center Training Room. In addition to regular agenda items, Dr. Clare Biely from Associated Veterinary Clinic gave a presentation on the Veterinary Feed Directive (VFD). The VFD is a written statement that authorizes the owner or caretaker of animals to obtain and use animal feed containing VFD drugs to treat their animals in accordance with the FDA-approved directions for use.



## Did you know... History of 4-H in Wisconsin

The beginning of 4-H in Wisconsin is marked by the appointment of Mr. Thomas L. Bewick as the State Leader of Boys' and Girls' (4-H) Club Work in 1914. Over the first ten years of 4-H existence in Wisconsin, the program grew rapidly with more than 26,000 youth enrolled during World War I. In the first decade, the first Junior State Fair exhibits were showcased, an annual junior livestock exposition began, State Club Week (now State 4-H and Youth Conference) was hosted at the University of Wisconsin College of Agriculture in Madison, and the first county-employed Extension agent was employed to work with the youth program. In 1925, the first 4-H club camps were established in Wisconsin, hosted in Shawano and Rusk Counties, followed by Langlade and Marinette Counties. By 1938, Wisconsin 4-H enrollment reached 30,877 members.

Through the 1950s, new beginnings were fostered in the founding of Wisconsin 4-H Leaders Council and Junior Leaders Council, the initiation of International Farm Youth Exchange Program to allow young people the chance to travel to other countries and host other youth members, and the approval of Wisconsin 4-H Club Foundation to help finance club work, awards, scholarships, and educational opportunities.

By the 1960s, new attention was given to broadening 4-H to include urban areas, minority youth, youth with developmental disabilities, and low-income youth. This expansion also opened up the variety of projects offered in 4-H which appealed to non-farm audiences and projects now included aerospace, bicycle, crocheting, and more.

By the 1990s as 4-H continued to grow in membership, volunteer risk management practices were increased with background checks, training of leaders, and signing a behavior agreement. Community youth programming became a focus of youth development staff. Extension continued to set up new partnerships with the University system to provide additional resources for the clubs and local communities.

## Days Outside Green Lake County

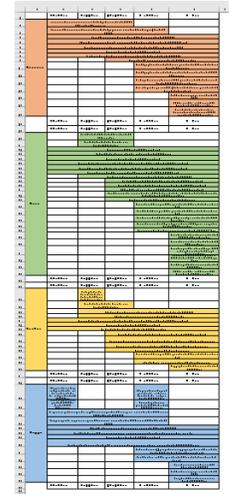
February 9, 2017	Integration Work Group	Madison
February 13, 2017	Integration Work Group	Madison
February 16, 2017	Integration Work Group	Madison
February 20, 2017	Integration Work Group	Madison
February 23, 2017	Integration Work Group	Madison

This report briefly describes the work that was completed within the Family Living Program in January of 2017. During the reporting period, the educator made 124 direct educational and professional contacts.

**Educational Programming, Networking and Outreach in the Local Community**

*Green Lake County Wellness Coalition Gap Analysis*

The Green Lake County Wellness Coalition recently completed a gap analysis of programming efforts taking place in Green Lake County. I created the gap analysis document (pictured, right) based on the Lifespan Model for the chronic disease subgroup. The colored sections represent prevention (orange), nutrition (green), physical activity (yellow), and support (blue). Each column represents an age group (birth to 3 years, 4 to 11 years, 12 to 19 years, 20 to 49 years, 50+ years). The colored rows represent different programming efforts for that section within an age group. The white areas represent a gap in efforts within that section and age group. This document will be important in moving the Coalition forward and addressing additional needs within Green Lake County.



*Community Health Action Team (CHAT) – ThedaCare, Berlin*

The first ThedaCare, Berlin CHAT has planned our first plunge for Tuesday, March 14. The plunge will be into Kids in Crisis. It will be an all-day event. A detailed agenda currently in the process of being completed. All community members are invited to participate in the plunge. However, you must receive an “official” invite from ThedaCare to join the event. There are roughly 45 spots available. If you’d like to participate in the plunge, please let me know as soon as possible.



*Financial Literacy Workshops: Get Money Smart! – Green Lake County Correctional Facility*

Moraine Park Technical College (MPTC) Instructor, Maureen Betz, and I co-taught a financial literacy workshop at the Green Lake County Correctional Facility. The financial literacy workshops will continue to be offered monthly, alternating males and females (on a monthly basis), with a new topic bi-monthly. We will teach the workshops from late fall to early spring again this upcoming year. This month’s topic was credit and debt, in which participants learned how to get their free credit report, why checking their credit report is important, the difference between their credit report and credit score, ways to increase their credit score, and ways to repair their credit. Three males participated in the workshop. All three participants reported having never checked their credit report prior to the workshop, so the information was of high importance and value. Other evaluation data that I collected from the workshop includes the following:

N = 3 of 3 (Males only – January 2017) Credit and Debt	% Reporting [only] 1 Unit of Change	% Reporting [at least] 2 or > Units of Change
I am confident in my ability to get a free credit report	33.3%	66.7%
I understand why regular credit report checks are important	33.3%	33.3%
I understand the factors that affect my credit score	66.7%	33.3%
I understand the ways to increase my credit score	33.3%	0.0%
I understand the ways to repair my credit	100.0%	0.0%

*Crock Pot Cooking Workshop – Edgewater Apartments, Berlin*

I held another Crock Pot Cooking Workshop, in which 10 participants received a free Crock Pot purchased with grant funding from ThedaCare. This workshop was held at Edgewater Apartments in Berlin. There were 14 individuals who attended the 30-minute workshop. During the workshop, participants learned healthy meal

preparation skills, food safety, and food resource management. I collected the following data from a post-lesson evaluation:

- 71% reported learning new basic slow cooker techniques
- 71% reported learning new food safety tips when using a slow cooker
- 79% reported learning new information about the cost effectiveness of using a slow cooker

Of the 10 participants who received a Crock Pot:

- 50% reported not using/not regularly using a slow cooker (Crock Pot) prior to the workshop
- 100% reported planning to regularly use a slow cooker (Crock Pot) following the workshop

#### *Healthy Habits – Boys & Girls Club of the Tri-County Area*

In mid-January, the Healthy Habits program began again at the Boys & Girls Club in Berlin. This program is taught through a partnership with FoodWise and will run for 8 weeks. There are about 16 children who participate from session-to-session. FoodWise provides a 30-minute nutrition lesson, while I provide a 30-minute cooking lesson with a snack. The children get to chop fruits and vegetables, and make/cook their own snack each week, with guidance. They are learning important skills that some of them will use as they cook their own dinners already.



#### **Networking within UW Extension and Professional Development Opportunities**

I made 17 contacts within the UW Extension system during the month of January. I continue to have a number of professional meetings scheduled with colleagues and mentors to continue to network and learn from my fellow Extension educators.

#### *Active Communities Face-to-Face Meeting - Madison*

At the end of January, the Active Communities workgroup, which is under the Healthy Living State Team, met in Madison for an all-day face-to-face meeting. We were able to accomplish a few projects in our 2017 Plan of Work, and we were able to begin a few new projects as well. I am looking forward to implementing a physical activity program called Stronger Together with the Berlin Parks & Rec Department later this summer.

#### **Newspaper Articles**

“Seven Outdoor Winter Activities to Keep You Active” Berlin Journal Newspapers. January 9, 2017. By Katie Gellings, Family Living Educator

#### **Out of County Days**

- 3 Out of county days for January (Fulfilling the Promise Conference presentation planning meeting in Fond du Lac – 1; North Central Region Family Living Meeting in Waupaca – 1; Active Communities Workgroup meeting in Madison – 1\*)
- 2 ½ Out of county days scheduled for February (WEAFCS Award Application Meeting in Oshkosh – ½; Creating Aging Friendly Communities Meeting in Appleton – 1\*; Mentor Meeting in Oshkosh – 1)

\* Travel expenses are covered by UW Extension



**Nav Ghimire, Green Lake County, Agriculture Agent, January 2017.**

### **Educational Contacts**

In the month of January, I made 61 educational contacts with extension clients. Of the total contacts, face-to-face contacts were 50 (meetings, walk-in, farm visits). Remaining contacts were phone calls, emails, and mailings. Of the total contacts, females were 17. The main areas of concern during that period were food safety training with Amish growers, pesticide application and certification training, and home horticulture.

### **Tri-County Produce Auction – Food Safety Modernization Act (FSMA) Training**

Around 179 million cases of foodborne illness occur annually in the United States and it is estimated that there are 486,777 hospitalizations and 6,186 deaths annually owing to foodborne diseases (Centers for Disease Control, July 2016). To protect consumers from foodborne illnesses, the U.S. government regulates food safety policy. Therefore, people are increasingly demanding higher-quality produce in the market. The Tri-County Produce Auction buyers are asking Amish farmers to grow their produce with good agricultural practices (GAP). This year, I conducted a FSMA Training for Amish growers in coordination with UWEX 'Organic and Sustainable Agriculture Program'. There were 43 growers (including their 14 spouses) attending the meeting. The food safety expert Chris Blanchard of Wisconsin taught the features of FSMA. The presentation was followed by question and answer session. To respect the Amish culture and tradition, but printed-paper materials were used to teach instead of slides.

### **Pesticide Application Training**

The pesticide application training was conducted in January in which 10 farmers participated. The training started with two-hour video teaching followed by a certification exam. The tests was sent to the Wisconsin Department of Agriculture Trade and Consumer Protection for grading. The DATCP will inform all participants of their grade in 3-4 weeks of the date of the exam.

### **The Apple Pruning Workshop Scheduled**

The Apple Pruning Workshop has been scheduled for Saturday April 8, 2017. The program will be conducted in partnership with the Pineapple Hill Orchard and will be held in Princeton. Last year, similar workshop was held in two different sessions and 32 people participated. The brochure will be sent to the potential participants and news release will be sent in the Berlin Journal newspaper.

### **Out of County Days**

February 8- Soil Health Conference, Juneau Dodge Count Extension Office.  
Planned Out of County Days = 1 day



### **Fond du Lac and Green Lake Counties**

Among the many changes that occur during aging, diet and nutrition can be one of them. Changes may include lower activity levels, slower metabolism, a change in the body's ability to absorb and utilize nutrients, new conditions and medications, a loss of appetite, and a change in taste and smell. Yet, healthy eating remains important at every stage of life. The FoodWise Program, following the specific health messages for older adults from the Dietary Guidelines for Americans and the 'MyPlate for Older Adults', provides programming at 3 senior meal sites (Green Lake, Markesan and Princeton) and 1 senior housing unit (Edgewater Apartments.) Older adults are provided information that is relevant to their lives, including how to eat heart healthy (e.g., lower sodium diet), healthy snacking, and cooking for one or two, to name a few.

Amanda Miller, MPH  
FoodWise Coordinator & Family Living Educator  
Fond du Lac and Green Lake Counties  
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<http://greenlake.uwex.edu/>  
<http://fyi.uwex.edu/foodwise/>

"An AA/EEO employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX and ADA requirements"

FoodWise is funded by the USDA Supplemental Nutrition Assistance Program - SNAP. SNAP/FoodShare helps families buy the food they need for good health. Visit [access.wi.gov](http://access.wi.gov) to learn how to apply for food assistance or call 1-888-446-1239 (Fond du Lac) or 1-888-256-4563 (Green Lake) or go to <http://access.wisconsin.gov>