

## FoodWise



**Tarah Nichols**  
FoodWise Educator



FoodWise nutrition education just finished with fifth grade classes at Lake Superior, Northern Lights, and Cooper and Bryant schools. A total of 275 students were taught 5-one hour lessons on topics such as MyPlate, how to increase consumption of fruits and vegetables, how to read food labels, and how to use the 5/20 Rule. Students also learned what words on ingredient lists that could be food that is processed. Students were to try to eat foods as close to the real food when ever possible.

Students also learned about the importance of calcium for strong bones and teeth and ways to ensure the recommended 3 cups of dairy a day were consumed. Alternative suggestions were given for those who are lactose intolerant.

Students were also taught how to figure out how much added sugar is hiding in common foods we eat. Many

examples of food labels were brought and we as a group counted out how many sugar packets (or teaspoons of sugar) were hiding inside. The consequences of consuming too much sugar and ways we could reduce it were also discussed. Many students commented they did not realize how much sugar was in pop or sports drinks. We understand that added sugar cannot be completely eliminated from the diet but instead thought of ways to reduce sugar intake. Flavored water with fruit was suggested as an alternative. Another suggestion was drinking half instead of a whole can of pop. Snacking on fruits and vegetables and whole grain items were suggested as good things to choose from instead of candy and chips.



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**Extension**

UNIVERSITY OF WISCONSIN-MADISON  
DOUGLAS COUNTY

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## UW-EXTENSION NEWSLETTER

**APRIL 2019**



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON  
DOUGLAS COUNTY



*We teach, learn, lead and serve, connecting people with the University of Wisconsin,  
and engaging with them in transforming lives and communities.*

### Upcoming Events

#### Community & Economic Development

- Chamber Annual Dinner and Business Awards, March 7
- How to Start a Food Products Business Workshop, March 11
- Superior Entrepreneurs on Tap, March 11
- How to Start a Business Workshop, March 12, Superior Days
- Wrap-Up Meeting, March 13, 6 PM room 270

#### Agriculture/Horticulture

- March 26, 6:30 PM Youth for the Quality Care of Animals Training, Amnicon Town Hall, Youth must register at <https://fyi.uwex.edu/youthlivestock/yqca/>
- April 3, 5:30 pm, "Your Farm Future, A Blueprint to Move Your Farm Forward"

#### FoodWise

- Tuesday and Thursdays: Northern Lights Family Resource Center Little Learners and Early Explorer preschool program parent's nutrition education series
- Youth In school nutrition education at Northern Lights, Cooper, Bryant and Lake Superior Elementary schools
- March 7th 2:30 pm FoodWise staff online required Cornell course monthly zoom meeting
- March 18th 10am Antipoverty Action Coalition Meeting Faith United Methodist
- March 21st 11am Nutrition Advisory Board meeting, at Sr. Connections
- March 27th 6pm Grandparents group at Family Forum, Inc.-Project Head Start Center #2
- April 1-2: FW Program manager visit to Douglas County, Area #1
- April 3rd Douglas County FoodWise 2020 state budget allotment available to FW Coordinator.
- April 17th Northern Campus Food Shelf Network meeting and tour of 2nd Harvest Northern Lights Food Bank
- April 22nd Antipoverty Action Coalition meeting 10am Faith United Methodist

#### Human Development & Relationships

- eParenting: High-Tech Kids – Northwestern Middle School
- Grandparents Raising Grandkids – Family Forum Head Start
- Parenting the Love and Logic Way®
- Early Childhood Parenting – Northern Lights Family Resource Center
- Raising a Thinking Child - ONLINE
- Love and Logic: Adults Supporting Youth with Challenging Past™
- Children's Mental Health Town Hall Meetings throughout Douglas County
- Trauma-Informed Care training – Essentia Health (tentative)
- Youth Mental Health First Aid



## Community and Economic Development



**James Anderson, III**  
**Community &  
Economic Development**

### 34<sup>th</sup> Superior Days is in the Books

On February 12 and 13, 157 citizens from Northwest Wisconsin traveled to Madison to continue a tradition started in 1985 – to attend the 34<sup>th</sup> Superior Days. Before updating you on what happened this year, it is worth briefly revisiting the genesis of Superior Days. In the mid 1980's the Twin Ports was slowly recovering from an economic recession. While much of the country was in recovery, Superior was lagging.

Douglas County called on UW-Extension to conduct an economic development study to better understand how Superior could recover and become more resilient economically. The Community and Economic Development Educator Geoffery Wendorf led this project. One of the outcomes of this project was a realization by the community that it needed to better engage Madison to help drive policy and legislation that addressed the unique needs of Northwest Wisconsin.

Superior Days was born from that research effort. Geoff was that first coordinator of Superior Days, and UW-Extension, now UW-Madison Extension Douglas County has been engaged with this process since the beginning.

Fast Forward to 2019, when planning began in earnest in the late fall of 2018. Two elements makes Superior Days unique – the citizen driven issue identification process, and the involvement of youth. This year, about 60 citizens came together at WITC in Superior to identify potential legislative and agency issues. From that meeting, three legislative issues were identified: (1) Increase Medicaid reimbursement rates, specifically for opioid addition, nursing home care, and personal care workers; (2) advocate for a local option sales tax to support local roads; and (3) support for the UW System biennial budget request.

Superior Days delegates again visited each office in the legislature, attempting to meet with every Senator and Assembly member. While the Senate was in session on February 12, delegates met with most elected officials or their office staff. In addition to these legislative visits, Superior Days conducted 12 agency visits, where delegates discussed an array of topics that can be addressed through administrative policy.

As noted earlier, one of the unique aspects of Superior Days is youth involvement. This year 31 youth from Douglas, Bayfield, Ashland, and Iron Counties participated in

Superior Days. These youth engage in all aspects of Superior Days, including lobby team visits to legislators, agency visits, and a reception and keynote speaker for the youth delegation.

This year, Jordan Ellenberg, Professor of Mathematics from UW-Madison discussed, “There is No Such Thing as Public Opinion,” where he discussed the process that political advocates can create political successes with small groups of voters.

Also, of note this year is the Superior Days Reception and Best of Wisconsin's Northwest, which is co-sponsored by Enbridge and Husky Superior Refinery. This year, we welcomed over 100 people in addition to the Superior Days delegates. Many of these guests were elected officials, agency secretaries and staff, and Ray Cross, President of the UW System. Many delegates commented on the fantastic turnout, with more elected officials attending than in recent memory. 27 area businesses and organizations displayed as part of the Best of Wisconsin's Northwest Showcase.

With the 34<sup>th</sup> Superior Days at its end, the wrap-up meeting will be held on March 13 at 6PM in the Douglas County Government Center, room 270. Mark your calendars now for the 35<sup>th</sup> Superior Days, which will be held on February 11 & 12, 2020.



*Lobby visit with Mitchel Ohly staff to  
Senator Tiffany, and Mellen High School student  
Melih Cigden, an exchange  
student from Turkey.  
Photo by Elsa Robins, UW-Superior.*



*34<sup>th</sup> Superior Days Delegation. Photo by legislative photographer*

## Agriculture/Horticulture



**Jane Anklam**  
**Agriculture/Horticulture  
Educator**

### Agriculture:

Focus for Spring 2019 will be getting a good start with our nutrient management, forage quality, and livestock wellbeing.

- Thank you to those who braved the storm to attend and participate in the January Winter Safari.
- All engaged in the discussion of how to consider recycling of Agriculture Plastics as to minimize waste of space in our landfills. We will plan to partner with the recreational boat storage business and the green house and high tunnel growers to collect the minimum tonnage needed to have a plastics collection 2 times / year in Douglas County.
- Farmers agreed on the need for a nutrient management field demonstrations comparing manure vs. conventional fertilizers in terms of yield and economics. In addition, it was noted that we need some best management practices to guide us on how to control the valerian weed in our pastures and hayfields through time and number of cuttings. Field designs will be set up to be implemented in the spring.
- As promised in the fall, we are working with SAPPI, DNR, DATCP, and UW –Madison, Extension to expand the use of a beneficial use liming material to Douglas County. It has become clear that without Garymont beneficial use material as readily available, some farmers are going without lime, creating a loss of yield and quality for their forage crop. The hope is making an alternate product available at a low cost, farmers will be able to maintain a sustainable operation.
- Beef Quality Assurance is a certification that has been available to livestock producers for years as a voluntary recognition that the consumers want to know that their meat is raised in a humane way. As of January 1, 2019, beef producers finishing cattle for market may be asked by their processors to have that certification before their cattle are accepted for processing. Not all of our famers in Douglas County will need this certification, but most of them would agree that they would benefit from it. A Beef Quality Assurance Training will be planned for this summer, open to all who are interested in knowing more about growing beef for market sales.

**Local Food:** I was granted the opportunity to attend the Indigenous Farming Conference at White Earth Reservation earlier this month, supported by the Sustainable Agriculture Research and Education program. The focus was how to recognize the value, nutritionally, agriculturally, and culturally of indigenous food in the Great Lakes Region. Indeed, in Douglas County we are influenced in our ancestry, diet, community by this heritage. We are surrounded by people that have built our community and thrived on these foods growing in the soils and waters that we live on today. We want to keep that strong, alive and part of Douglas County for a long time.

One example of how we are doing that is through the Seed to Kitchen Program in partnership with UW- Madison, Department of Horticulture. Ruth Genger has been working with local farmers to grow indigenous potatoes to help bring back the original food of our soils and region. Dave and Rachel GRAPENTINE of Maple have been participating in this research for 3 years now, growing indigenous varieties of potatoes to seed so they can be eventually expanded to the original community. How local is that! Real food for real people.



*Dr. Ruth Genger showing off the  
lovely indigenous potatoes that are too  
important to lose.*

### Horticulture:

We are in the process of planning for development of 2 new community gardens this spring. One will be in partnership with Cooper School and one with the Superior Community Gardens Association. The Solid Rock Garden will be adding a new accessible bed to offer as a demonstration and to engage growers to come and plant! All of these efforts are in partnership with the Douglas County FoodWise Program and the Master Gardeners. Please consider HORTICULTURE as a way to become part of the community this spring. Contact Jane and she will set you up with a fine opportunity to do something worthwhile AND get your hands in the soil.



*The actual seeds of a potato plant soon to  
be available to plant for our local digestion*





Tracy Henegar  
Human Development &  
Relationships Educator

Parenting with Love & Logic

It’s every parent’s desire to raise happy and well-behaved kids, but it is a real challenge! Whining, and fighting, and back-talk...Oh, my! Some days. Fortunately, there are simple tricks that can help us not only manage difficult behaviors, but also strengthen our relationship with our children at the same time. Parenting the Love and Logic Way® is a 6-week class that empowers parents to stay calm while setting enforceable limits, to help their kids learn from their mistakes rather than repeating them. Our current class is half way through the series, and discussion has been excellent. If you missed it, that’s ok. This class will be offered again this summer, as well as in the fall.

“But this kid is tough! He’s just been through so much, and I don’t know how to help him. Will it work for him?” Certainly! Love and Logic’s simple techniques are effective for any child. But if you want to learn more about how trauma affects a child’s developing brain and how to apply Love and Logic strategies to address root causes, not just symptoms, in order to establish healthy boundaries, avoid power struggles and overcome defiance, our next 6-week series is for you! Love and Logic: Adults Supporting Youth with Challenging Past™ will begin in May. This trauma-Informed curriculum is designed to cut through the complexity of these very challenging topics and provide real solutions that can be applied immediately... rather than lots of theory or abstract ideas.

To learn more about these current and upcoming opportunities, keep an eye on our website &/or Facebook page, or feel free to email me for specifics: [tracy.henegar@wisc.edu](mailto:tracy.henegar@wisc.edu).

Katelin Stenroos  
4-H Program Coordinator

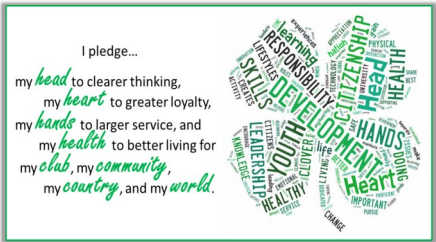


Hi, I would like to introduce myself as the new staff member in the Extension office. My name is Katie Stenroos, and I am the half-time, Douglas County 4-H Program Coordinator. I am excited for the opportunity to work with 4-H youth and volunteers to follow the 4-H motto and “Make the Best Better”.

I hold a Bachelor’s Degree in Animal Science, and a Master’s Degree in Agriculture Education, both from the University of Wisconsin River Falls. Prior to this role, I served as the Pierce County 4-H Program Coordinator and assisted several for summers with St. Croix County 4-H. It was in these positions, where I found my passion for the 4-H program and decided to pursue a career in extension.

I grew up in Superior, and I am an alumni of Douglas County 4-H. While I have been out of the area for several years, I am thrilled to be back living and working in the area. Having experienced first-hand the benefits of 4-H, I strongly believe in the power of the 4-H program, and how the benefits are endless for youth involved.

My main focus is to lead and manage the 4-H program, including community clubs, after school programs, educational experiences and camps. I will initially focus on recruiting, training and helping volunteers be successful; expanding 4-H membership; coordinating and advising the 4-H Leaders Association, clubs and committees; and creating strong partnerships with other organizations to expand the reach and programming of 4-H. I appreciate the opportunity to connect with the 4-H membership and the community and look forward to enriching the lives of youth.



Julie Montgomery  
FoodWise Coordinator



Fresh Frozen and Canned are all Good Choices

Douglas County FoodWise Coordinator Julie Montgomery met with adult head of households of seven families in the Faith United Methodist Transitional Living Center (TLC) program (five of which are parents of young children) for a series of eight, ninety-minute lessons.

The FoodWise Healthy Eating Behavior Survey evaluation was used. When asked “Within the past 12 months, how often did you worry about whether the food would run out before you got money to buy more?” Fifty-seven percent of families answered “almost always.” Forty-three percent indicated they “sometimes” worried about running out of food. Participants identified wanting to learn healthy eating on a budget, cooking from scratch, and how to make quick healthy meals for their families. We used the commercial kitchen to learn how to make a one dish meal and prepare and taste quick, easy, nutrient dense meals parents could make using simple low- cost ingredients with recipes from Iowa State Extensions Spend Smart Eat Smart website.

Participants gained the grocery store experience using our Cooking Matters at the Store Pop-up Kit without leaving our meeting place. Concepts learned include how to determine the price per ounce of a food item to determine best value, how to read a food label to identify ingredients, grams of sugar, calories, fat per serving and the value of buying fresh, frozen, canned and dried fruits and vegetables.

Prior to our lessons, all seven (100%) participants believed fresh produce was the healthiest choice while cost and shelf life prohibits purchasing. They reported learning frozen and canned fruits and vegetables are picked at their peak and processed immediately retaining nutrient value. The end of lesson Fruit and Vegetable Survey indicated six



out of seven (86%) participants will use unit price to determine best value buying frozen and canned fruits and vegetables to meet the nutritional needs of their families.

