



# Bayfield County Extension Highlights

2014 ANNUAL REPORT

**"Bringing the resources of the University of Wisconsin to Bayfield County."**

Community Development  
Family Living Education  
Agriculture  
Horticulture  
4-H & Youth Development  
Nutrition Education



Photo courtesy of Bayfield County Dept. of Tourism & Recreation



# Community Development Education



▲ John and Mary Theil talk about their Howl Clothing & Adventure business at a Business On Stage program.



▲ Business Idea contest finalists pose for a group photo.

## Community Economic Development Education

Tim helped plan and market a **2014 Lake Superior Business & Technology Conference: Regional Economic Development Is Everybody's Business**. Wisconsin's Lt. Governor was one of the featured speakers. The conference was attended by 97 persons. This educator gave a **Broadband & Economic Development** PowerPoint presentation, and prepared and presented a "Support Improved Broadband Internet Access in Bayfield County" resolution at a Bayfield County Board meeting. In addition, Tim helped plan and promote, and participated in a **Broadband Show Expo**, which featured numerous Internet-related exhibitors and offered two tracks of mini presentations, one focused on business and the other focused on home Internet users. The **Expo** was attended by 183 people. This educator also shared information on and encouraged Bayfield County to apply for the **Wisconsin Public Wisconsin Service Commission Broadband Expansion Grant Program**. The County applied for this funding in partnership with Norvado and was awarded a \$19,282 grant to bring Wi-Fi high speed Internet service to two County campgrounds .

## Organizational Development

Tim was involved in developing an online **Bayfield County 2015 Budget Survey** that was used to gather both general public and County Supervisor opinions on important policy issues. He presented the survey results, and facilitated a discussion of County budget-related policy questions at a County Board Budget Planning Meeting. He also helped plan and served as a facilitator at: a **Cable Natural History Museum Board Strategic Planning Retreat**, a **SMART (See My Art) Inc. Board of Directors Strategic Planning Meeting** , and a **Red Cliff Housing Authority Strategic Planning Retreat**.

## Business Development Education

This educator helped plan and promote four **Business On Stage** programs in 2014, which were held at the Northern Great Lakes Visitor Center on: **After 21 Years of Operation, Still Standing; Franchising Your Way to Business Success; World Class Manufacturing Thriving in Bayfield;** and **A Howling Year Round Success**. The programs were attended by 199 persons. Tim also helped plan and promote the third annual area **Business Idea Contest**. Ten contest finalists gave presentations at the **2014 Lake Superior Business & Technology Conference: Regional Economic Development Is Everybody's Business**. A total of \$6,000 in prize money was awarded to the contest winners. In addition, Tim helped plan, promote and recruit businesses to attend two **Rural Business E-Commerce Training Workshops**. Eight persons representing seven Bayfield County small businesses participated in the workshops. He also took the lead in developing a **Bayfield County Highway Business Signage Survey**, which was used to get input from businesses on the importance of off premise signage to their business.



▲ 2014 Lake Superior Business & Technology Conference attendees receive a welcome from Ashland Mayor Debra Lewis.

# Community Development Education

## Superior Days

This educator participated in **Superior Days 2014** activities in Madison, including: served as a facilitator at a Wisconsin Department of Agriculture, Trade & Consumer Protection agency meeting presenting an issue on “supporting specialty crop production in northern Wisconsin.” He also served as a team leader that visited four assigned legislators’ offices to share four legislative issues of importance to northwest Wisconsin.

## Local Government Education

Tim recruited a UW-Extension Local Government Center specialist to give a videoconference presentation on parliamentary procedure and tips for running a successful meeting at a Bayfield County Board of Supervisors Orientation Meeting. He promoted and attended, along with two Bayfield County Supervisors, a **County Officials Workshop** held at Lakewoods Resort, Cable. Tim hosted a **Board of Review for Continuing Board Members Training** at the County Extension Office. In addition, Tim helped plan **The Age Wave: Creating an Aging-Friendly Bayfield County Workshop**, where he facilitated a small group breakout session to discuss the impacts and community responses to the County’s aging population. The workshop was attended by 28 persons, including 5 County Supervisors.

## Hazardous Waste Education

This educator made the arrangements to hold four **Clean Sweep** collection events in Washburn, Iron River, Bayfield and Drummond. A total of 330 participants brought unwanted hazardous chemicals, old electronic equipment, medications and/or discarded appliances to the Saturday collection events held in **Washburn** (196 persons) and **Iron River** (134). An additional 117 participants brought materials to the weekday Clean Sweep collection events held in **Bayfield** (66) and **Drummond** (51). A total **22,926 pounds** of unwanted **hazardous chemicals**, 1,884 old fluorescent and HID bulbs, 31 used oil filters, 34 pounds of ballasts, 130.5 pounds of unwanted medications (including 13.5 pounds of controlled substances), and a large quantity of discarded electronic equipment and old appliances were collected.

## Lake Management Education

Tim helped to plan and promote and set up a shoreland buffers educational exhibit at a **2014 Northwest Wisconsin Lakes Conference** held at the Drummond High School in Drummond that was attended by 200 persons. Dan Small, the face and voice of the public television program Outdoor Wisconsin and the weekly voice of Dan Small Outdoors Radio, was the conference’s keynote speaker. Fifteen different breakout sessions covering a wide variety of lake-related topics and issues were featured at the conference.



▲ Tim Kane and his Superior Days team pose for a picture at the State Capitol.



▲ Age Wave Workshop participants discuss the impacts of the County’s aging population.



▲ Old electronic equipment brought to a Clean Sweep collection in Washburn.



# Family Living Education

## Healthy Family Relationships

Interpersonal relationships have a ripple effect that extends well beyond the family. Problems in family relationships put a strain on the legal system and numerous community resources.

Through several partnerships, the Bayfield County UW-Extension Family Living program promotes healthy family relationships on many levels, including parenting, co-parenting, couple, work and other relationships.

### Relationships Matter



The **Relationships Matter** class helps participants recognize and maintain healthy relationships. In addition to exploring couple relationships, the class teaches communication, conflict resolution, respect, listening, self-control, stress management and other skills that can be used in any relationship, including parenting, business relationships and friendships. This six-session class has been held at the Washburn Library, the County Annex, the County Jail, and Red Cliff Family Services. Liz is also teaching *Relationship Smarts*, a relationship series for teens at Bayfield High School.

### Parent Education

Liz taught **Raising a Thinking Child**, **Parenting Wisely**, and **Successful Co-Parenting** classes, reaching over 45 parents in 2014. Classes are small and discussion-oriented. They include multiple sessions so parents can practice at home. Evaluations show parents learned strategies for improving cooperation and communication, reducing conflict and strengthening parent child relationships.

UW-Extension's research-based parenting newsletters reached 125 Bayfield County families with infants and toddlers thanks to partnerships with the Bayfield County Health Department, Memorial Medical Center, St. Luke's Chequamegon Clinic and Red Cliff Community Health Center.



*"The house is calmer, peaceful."*

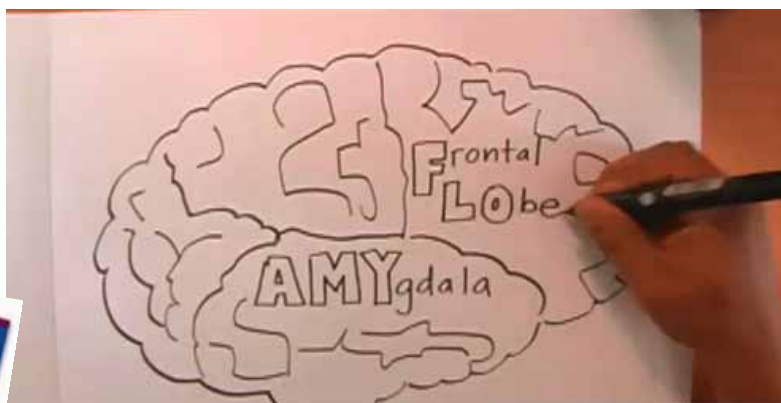
*"I feel like I've crossed a bridge into better parenting"*

- Participants from a Bayfield County UW-Extension parenting class

### Working with the Incarcerated

Relationship education is a key component of Liz's work with inmates at the Bayfield County Jail. Programming is designed to help address specific criminogenic needs, including healthy family functioning, problem-solving and self-control. In 2014 Liz taught seven multiple-session courses to men and women in the jail, including *Building Strong Families*, *Successful Co-Parenting* and *Stress Management*. Forty inmates participated in at least one multiple-session course. Several took more than one UW-Extension course.

Research shows that family support is an important factor in successful re-entry after incarceration. The *Building Strong Families* class includes a newsletter series for family members of the incarcerated. These help families learn concepts their loved ones are exploring in class and offer resources to assist families dealing with stress of incarceration.



▲ *Letting Flo Drive*, from the evidence-based PREP, Inc. curriculum, is a lesson from the *Stress Management* class taught by Liz at the county jail and other settings. It demonstrates ways that stress inhibits the brain's ability to think clearly about consequences, which can lead to negative, impulsive behavior. The class emphasizes the importance of managing stress for self-control and relationship health.



▲ Parents of 4-7 year olds in the *Raising a Thinking Child* class in Washburn discuss strategies for encouraging empathy, problem-solving, critical thinking and other emotional intelligence skills to help young children succeed at home and school.

# Family Living Education

## Family Financial Capability

Many area families struggle to stretch resources, meet living expenses and plan for the future. The Family Living Program offers education and resources to help. Through classes, train-the-trainer programs, one-on-one coaching and other approaches, students learn skills in goal setting, budgeting, saving, building credit and managing debt. In 2014, Liz taught over 110 people who participated in financial education classes or one-on-one coaching in Bayfield County.

Families also learn through the Money Smart in Head Start program, offered in partnership with Bayfield Family Forum Head Start and the Red Cliff Early Childhood Center. More than 100 families receive the Money Smart in Head Start monthly newsletter, which covers basic financial skills for young families.



▲ In a UW-Extension Money Management Coaching class, volunteers from The Brick use role-playing to demonstrate empathic listening and other skills for working with consumers around their financial goals. The daylong coaching class, held in partnership with Ashland County UW-Extension, trains area staff and volunteers who work with families on financial issues.

## Food Preservation

Many northern gardeners and farmer's market shoppers look for ways to store their produce well beyond summer. The Preserving the Harvest Series teaches research-based methods to preserve food safely. In 2014 Liz taught six hands-on classes in Washburn and Cable in partnership with the Cable Community Farm. Evaluations show participants increased confidence in preserving food at home and gained knowledge they plan to share with others about safe food preservation methods.



▲ Food preservation class participants at the Cable Community Center (above) and Washburn High School (below) learn techniques for safe home food preservation. ▼



## Association for Home & Community Education

Liz serves as an advisor to the Bayfield County HCE club. Members are involved in numerous community service and fundraising events, including Blood Mobile and the Wisconsin Bookworms™ Program, which brings volunteer HCE members to read in early childhood classrooms and gives free, quality books to the children to take home.

Last fall, over 330 Wisconsin Association for Home and Community Education (WAHCE) members from around the state gathered in Bayfield County for the annual WAHCE conference held at The Lakewoods Resort in Cable. The conference featured educational sessions, speakers, a cultural arts competition and tours of local sites and businesses throughout the county.

► WAHCE members view entries in the cultural arts competition at the state WAHCE conference, which was held at The Lakewoods Resort in Cable last fall. Over 300 participants from around the state traveled to Bayfield Country to attend.





# Agricultural Community & Economic Development



▲ A key aspect of nutrient management planning is making sure manure is spread at the right rates, right time, and right place.



▲ Work with Bayfield fruit growers to evaluate available cultivars of red and white currants may help area growers diversify and become more profitable.



▲ Researching impact of CAFO-sized hog operation proposed for Town of Eileen.



▲ The Bayfield Germplasm Trial is one of six in the Upper Midwest involved in finding locally-adapted germplasm to support the emerging hazelnut industry.

## South Shore Nutrient Management Planning Program

Since 2008, Jason has worked with the Land Conservation Departments of Ashland and Bayfield County to help farm producers write and implement nutrient management plans. Good nutrient management planning can both improve farm profitability and reduce impacts on water quality. To date, Jason has written or updated 32 plans in the two counties covering more than 600 fields and 12,500 acres. Jason's assistance has also helped producers access more than \$250,000 of cost-share dollars to help with implementing the plans.

## Bayfield Fruit

With funding from the WI Specialty Crop Block Grant, Jason has been conducting fruit production trials in cooperation with the Bayfield Fruit Growers. To date, we've done cultivar trials with currants, sweet cherries, black raspberries, and wine grapes. We've also looked at optimizing machine harvest of black currants and red raspberries. The information from the trials is published in Research Bulletins available for download at: <http://bayfield.uwex.edu/agriculture/research-bulletins-and-presentations/>

## Extension Responds

An important service of UW-Extension is to act quickly if an important issue emerges in a given County. In response to the proposed hog operation for the Town of Eileen and the public's concern about potential impacts to water quality and human health, Jason has been organizing events and providing education on how large livestock operations function and the rules that regulate them. Starting with a workshop in December in 2014 and continuing to today with assisting the Bayfield County Large-Scale Livestock Study Committee, Jason has been working to provide research-based unbiased information to the public and decision makers to help the community grapple with the potential siting of a CAFO-sized hog operation.

## Leveraging the County Investment

As employees of UW-Extension we understand that we are funded by tax payer dollars and we work very hard every day to maximize value for that investment. One way we can maximize value is through grant writing. Such outside funding helps make innovative programs happen and increases the impact of the public's investment. Since 2008, Jason has been working to bring additional resources into the County to help implement short and long-term projects that benefit the citizens of Bayfield County.

For example, Jason's work to develop hazelnut germplasm for area producers is a long-term project funded entirely by outside grant funding. To date, he has had 22 grant proposals funded with \$560,000 brought into the County. In addition, his plan writing assistance for Nutrient Management and Integrated Pest Management has enabled area producers to access another \$230,000 of cost-share dollars.

# Horticulture Education

## Master Gardener Training

Matt Cogger, Bayfield County UWEX Horticulture Educator, teaches the Master Gardener Volunteer program, which is offered annually in Ashland and Bayfield Counties. This training program has two goals, to educate participants on the basics of horticulture and for the participants to use their horticultural knowledge in community involvement. Master Gardener Volunteers are an integral part of the local community. Some of the volunteer activities that Master Gardener Volunteers organize and participate in are the *Ask a Master Gardener* booth at the Farm and Garden Show in Ashland and the *Bayfield In Bloom* event which takes place in the City of Bayfield. Two volunteers assisted local elementary schools with their school gardens. Master Gardeners also assisted with eradication of invasive plants at multiple locations in Ashland and Bayfield Counties. In 2014 Master Gardeners in Ashland and Bayfield Counties contributed over 1,400 volunteer hours. One member of the Bayfield and Ashland County Master Gardeners has accumulated 5,000 hours of service!

## Tractor Safety

Tractor safety training is an important certification program for youth ages 12-15 who work on farms. This training has not been offered in our region for several years. It is difficult to quantify the cost of an agricultural injury. Pediatrics Journal published a study in 2012 titled "Incidence and Cost of Injury Among Youth in Agricultural Settings, United States, 2001-2006." In this study the estimated mean cost of a non-fatal injury that requires hospitalization was \$207,275. Proper training can reduce the risk of injuries to farm workers. In addition tractor safety training is required by law for youth operating tractors on public roads or working on non-family owned farms. In 2014 Matt taught Tractor Safety training to 15 local 12-15 year old youth.

## Home Owner Questions Answered Through Newspaper Articles

Matt authored articles on subjects such as winter injury, galls, and other horticulture issues which were submitted to local newspapers. These articles were written in response to homeowner questions on these topics. The objective of these articles was to provide information to the readers about local problems they may have noticed and to increase the visibility of UW-Extension in the community.

## Partnering With WITC

After being contacted by Ted May, Academic Dean for Math, Science, Renewable Energy & Sustainability at WITC regarding a potential partnership between farmers and WITC, Matt organized a class on QuickBooks accounting software. The class resulting from this collaboration was held at WITC and taught by a WITC instructor. Managing expenses and income is an essential part of farm businesses. The class was attended by seven students. Another anticipated goal of this partnership is to offer introductory classes in machine tool and welding. Matt's experience as a farmer indicates these are two skills that are essential to keeping a farm running.



▲ Master Gardeners at the 2015 Farm and Garden show.



▲ Using cardboard for mulch at the South Shore high tunnel.



▲ Putting the plastic on the South Shore tunnel.

## High Tunnel Greenhouses

Agriculture Agent, Jason Fischbach, obtained a grant to fund the installation of high tunnel greenhouses at five local schools. The tunnels are located at schools in Bayfield, Ashland, Drummond, South Shore, and Washburn. Matt provided assistance with the construction of the tunnels, irrigation design, and crop planning. Master Gardener Volunteers also assisted with the construction of the high tunnels.



# 4-H & Youth Development



▲ Learning to take safe risks is an important life skill that this group of Junior Leaders experienced while whitewater rafting on the St. Louis River.



▲ 4-H Ambassadors spoke with 4-H Alumni who were drawn to the old Bayfield County 4-H photos on display at the Dairy Breakfast.



▲ Bjorn Branham and Luke Zupke learn to load and inject a needle during a Meat Animal Quality Assurance Training for 4-H Market Sale project members.

## Bayfield County 4-H Leaders Association

The Bayfield County 4-H Leaders Association is the organizational body to which Ian and Donna provide year-round educational and organizational support. The 4-H Leader's Association plays a critical role in supporting the Bayfield County 4-H program. In 2014 the Bayfield County 4-H Leader Association operated with a budget of almost \$ 24,000 to support educational programming for it's membership of 288 youth and 87 certified 4-H Leaders. This financial support ensures the educational opportunities of the 4-H program are both accessible and affordable to youth in Bayfield County.

## Wisconsin 4-H Celebrates It's Centennial

Wisconsin 4-H celebrated it's Centennial in 2014. Looking back at the historical records kept at the 4-H office, we established that Bayfield County started its 4-H program when Viola Antholt was hired as a summer 4-H Agent in 1929. Since that time, Bayfield County has had 198 different 4-H clubs. The oldest active Bayfield County 4-H Club, established in 1941, is the Gitche Gumee club in Oulu. To help celebrate the rich intergenerational 4-H history in Bayfield County, the 4-H office sifted through and organized historical pictures and news articles. Older photos and alumni lists were printed in our 4-H Family Newsletter. The 4-H Ambassadors used these historical articles and pictures and worked with Donna to host an 4-H Alumni table at the Dairy Breakfast in March. The collection of photos naturally drew alumni to the table. The Ambassadors greeted 4-H folks old and young, handed out Alumni stickers, and had those who wished to, fill out Alumni questionnaires. Visitors helped identify people in the many photos we had on hand. This was a fun connection for the kids and alumni. Two of the Ambassadors also did in-depth interviews with selected alumni. The write-up of these interviews was included with the 20' x 4' Bayfield County centennial banner that was created in the 4-H office and displayed in the Harry Lowe Exhibit Hall during the 2014 Bayfield County Fair. The banner is still on display near the county board room at the Courthouse in Washburn. The final statewide Centennial event inducted a 4-H volunteer from each county into the Wisconsin 4-H Hall of Fame. Verne Gilles was the recipient of this honor from Bayfield County.

## Meat Animal Quality Assurance

Meat Animal Quality Assurance (MAQA) focuses on good animal management and good production practices in three areas: Care and Management, Animal Health Products, and Animal Handling. This collaboration was established between Bayfield and Ashland County 4-H, the Ashland FFA and local veterinarian Dan Bloomquist. Sixty youth and 20 adults attended a MAQA training related to the care and management of raising a healthy animal for the fair. Research shows that MAQA programs improve consumer perception of youth market sale programs, improves youth exhibitors animal management and health practice and teaches the life skills of record keeping, decision making, general responsibility and care. The educational focus in 2015 was Animal Handling.



# 4-H & Youth Development

## 4-H Summer Camp Teaches Leadership and Job Preparedness Skills to High School Counselors

Besides the county fair, 4-H Camp is the other annual 4-H event that needs very little advertising or promotion. Year after year campers will write their post camp evaluations, *“make camp longer”, “it was the highlight of the summer”, “can’t wait to come back again next year”*. Each summer, Ashland and Bayfield County 4-H come together to hold a three-day overnight summer camp. Another important part to the camper experience is the fact that 13 out of 14 volunteer counselors grew up as 4-H campers. Utilizing former campers as counselors helps to pass on the legacy of 4-H Camp and provides incentive for counselors to bring positive energy to a challenging job. This also develops important leadership and communication skills as they strive to emulate the characteristics of the counselors they admired. *“Being a camp counselor and this last year the Junior Director, really challenged me to see the big picture of all the little details you need to have organized for camp to run smoothly. I had no idea how much goes on behind the scenes,”* remarked a Junior Director from last year. 4-H Camp was attended by 34 youth from Bayfield County, 13 from Ashland County and six campers that were not enrolled in the 4-H program.

## Law Day Mock Trial Utilized Teen Court Members to Teach the Consequence of Vehicular Homicide

As the advisor to the Bayfield County Teen Court Ian worked with Judge Anderson, DA Fred Bourg, and local attorney Joe Martell to help prepare members of the Teen Court to successfully play the roles of judge, lawyers and witnesses for a mock sentencing hearing. Teachers who agreed to attend Law Day were sent the fact pattern of the case along with a dramatic mock crash video that matched the case narrative so they could review and discuss the case and sentencing options prior to attending the hearing. This annual Law Day event was attended by 95 high school students from 5 different schools. Students attending the program learned through observing the hearing how their perspective of the case could change based on the witness testimony facilitated by the defense and prosecuting lawyers. *“The process of having to listen to a variety of perspectives and make a final decision really teaches the students the complexity of our legal system,”* reported one of the teachers. The success of this event led to the *Have You Had Enough AODA Task Force* to support another mock accident at Washburn High School in the fall. The event was once again recorded and developed into an educational video about the dangers of texting and driving. As a member of the *Have You Had Enough Task Force*, Ian helped facilitate the process of having this video and fact pattern support another successful mock sentencing for Law Day in 2015. The Bayfield Teen Court consists of 12 high school students who collaboratively question a defendant and their parent. Information gathered through questioning is used to create a logical list of sanctions to help the juvenile take responsibility for the harm caused by their offense. This successful program, established in 1998, is a collaborative between UW Extension, Bayfield County Human Services, and the Bayfield County Circuit Court. Students represent Washburn, Bayfield, Drummond, and South Shore high schools. This program is an excellent example of how service learning can have a direct and positive impact on our community.



▲ Working in the 4-H Food Booth is the first experience many 4-H members have in a fast paced food service environment.



▲ 13 out of 14 High School 4-H Camp counselors have previously been 4-H campers themselves. This is a huge asset for training the counselors as they pass on their natural enthusiasm for camp to the next generation.



▲ The 2014 Law Day Narrative was designed to match the mock crash that took place at Bayfield High School. The Bayfield Teen Court prepared and performed a mock sentencing for 80 participating students.

# Nutrition Education



▲ Elementary students from Drummond learn about how fresh popcorn makes a healthy, whole grain snack with Nutrition Educator Danielle Vanderscheuren.



▲ These Drummond 6th graders learned about nutrients essential for health and growth and where we can find them in the foods we eat with educator Donna Ganson.

## Wisconsin Nutrition Education Program

The Wisconsin Nutrition Education Program (WNEP) has provided nutrition education for Bayfield County families for more than two decades. It is funded through federal dollars as part of the Supplemental Nutrition Program — the program that also provides FoodShare (food stamps) to families. Therefore, any program we offer is required to reach families that are eligible to receive these benefits. The goal for working with families is to help them learn to make informed, healthy choices about diet and activity. Families are also taught how to stretch their food dollars while eating healthy, fresh, and local foods when they are available.

2014 was a year of changes for WNEP in Bayfield County. We were happy to welcome Stephanie LaPointe as our newest nutrition educator as Dan Corning and Danielle Vanderscheuren left our organization. In addition to Dan, Danielle and Stephanie, Ann Christensen, Donna Ganson, Amy Tromberg, Jenn Dietrich, and Kathy Beeksma worked together to support Bayfield County in nutrition education efforts. During 2014 they provided direct nutrition education to 799 individuals in Bayfield County. One of the reasons WNEP is so successful in Bayfield County is because Nutrition Educators have multiple contacts with learners, allowing them to build relationships throughout the community. Many individuals were reached more than one time as seen by the number of contacts in Bayfield County. This year educators had 2,828 contacts with individuals.

If you have questions on the WNEP program, call Kathy Beeksma, WNEP Coordinator at 715-682-7017.

## WNEP Serves Bayfield County Elementary

During 2014, WNEP provided nutrition education lessons to elementary students at Bayfield, Drummond and South Shore Schools. These schools qualified because more than half of their students are eligible for free and reduced meals. At each of these districts we provided a series of four lessons for students in Kindergarten through 2nd grade and a series of five lessons for 3rd to 5th graders.

In each district we focus on key nutritional messages and help the students learn how to make healthy food choices. Many of our lessons include ways to increase the amount of fruits and vegetables in their daily diet. Additionally, we help them understand the value of consuming water and staying hydrated.

One of our unique lessons includes demonstrating the difference between whole grained foods and those made with refined grains. Seeing wheat ground in the classroom and watching the whole grains be separated helps learners see the difference in what they are eating. Adding a food sample also helps them see that having whole grains is a delicious alternative in many cases. Teaching youth early sets the stage for good life choices.



# Nutrition Education

## WNEP Works to Help Adults Learn to Make Easy, Healthy Meals

WNEP had the opportunity for a unique collaboration this year at Red Cliff Food Distribution. Ann Christensen and Stephanie LaPointe collaborated with Food Distribution staff to provide nutrition education lessons for families using the foods commonly available through the Food Distribution program.

Lessons included food preparation demonstrations, often without using a written recipe. The goal was to help families become confident in their ability to look into their pantry and make a healthy meal with what is already there. The program was a great success.

Adults all have skills and knowledge that they bring into a lesson and WNEP with the Food Distribution staff always leave having learned from the participants, too. Working closely with adults is an important way to help impact the health of families in Bayfield County.



▲ WNEP teaches all age groups, from Head Start to Senior Centers. Here a WNEP educator did a recipe demonstration and provided nutrition education for local adults at a Thanksgiving cooking class at Red Cliff Commodities.



▲ Red Cliff Commodities partnered with WNEP to host cooking classes which provide opportunities for participants, many of whom are local parents or grandparents who are primary caregivers, to learn how to make healthy meals. Shown here is a fresh garden salad.



▲ Nutrition Education lessons provide different opportunities for children, such as this Drummond Elementary student, to try a sample of a new fruit idea such as an apple with cinnamon as a healthy snack alternative to junk food.



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Visit our Bayfield County UW-Extension website at: [bayfield.uwex.edu](http://bayfield.uwex.edu)



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