



Extension Connection

Monthly Highlights – April 2015

*Support our youth on
Lemonade Day -
Saturday, May 2.*

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Lemonade Day

Araceli Oswald, 4-H Youth Development Assistant, has joined with the Fond du Lac Association of Commerce to bring “Lemonade Day” to the area as part of the Forward Fond du Lac initiative. Lemonade Day is a nationwide program sponsored by Google that teaches children the skills they need to be successful in life: set goals, develop a plan, establish a budget, work the plan, save for the future and give back to the community.

Fifteen 4-H members signed up to participate in this program. Youth and parents are working together and classes are available at the UW-Extension office to cover the 12 lessons in this program designed to introduce youth to entrepreneurship through the real world experience of starting their own business.

On April 19, the 4-H members presented their business proposals to Shelley Tidemann, Family Living Educator; Paige LePine, UW-Oshkosh intern; and Araceli Oswald, 4-H Youth Development Assistant. Budget, goals and partners were discussed. They had creative ideas for their lemonade stands, including activities, slogans, marketing ideas, extra goods for sale, etc. The next step is to find a business partner, complete the entrepreneur workbook and start building their stand.

Fond du Lac Area “Lemonade Day” is Saturday, May 2, 2015. An awards ceremony will be held on May 7 at the Children’s Museum, where youth will be honored for their participation.

Students Learn about Healthy Eating

During the months of March and April, the Wisconsin Nutrition Education Program (WNEP) went into 8 Head Start classrooms reaching 120 students each month. In March, WNEP focused on the importance of trying new foods. Preschoolers can be very timid when it comes to trying new foods. Students were encouraged to be “good taste testers.” Kiwi and cantaloupe food samples were tried in each classroom.

In April, WNEP focused on healthy snacks. We encouraged students to eat fruits and vegetables for snacks and watched a short Sesame Street video on choosing healthy snacks. The students loved the “Super Foods” in the video and were able to name healthy snacks that they could choose for snacks. Sugar snap peas were the food sample all students were encouraged to try. Classroom teachers reported back to the Head Start Nutrition Coordinator that students are more willing to try foods after they have gone through our program. To become a healthy eater one must be willing to try new foods.

Paige's Reflection on her Internship

I'm appreciative of the time I've spent at UW-Extension but already my 280 hour internship is quickly coming to an end. My first assignment was to visit a 4-H club where I was very unsure of myself. I attended, nervously, and when it was time for me to speak, I gave little information about who I was and didn't project very well. Since then, I am able to speak about who I am, what I'm doing, and why I'm here with confidence and I can project my voice to be heard. I've been able to lead a couple of activities, one with the 4-H teen leaders and one with the adult leaders. Each event had their flaws, but I had fun creating the activities and watching them be enjoyed. One of the most treasured opportunities I had was when I was able to teach two knitting classes at Family Learning Day. It's fantastic that I was able to combine a passion of mine into the work I'm doing for this organization.

I was able to create and present certificates to youth at events I attended. I've been able to do promotion, having spoken on the radio a total of four times, improving with each interview. I was encouraged to write a letter to the editor about 4-H, wrote a couple of articles for our newsletter, and am currently working on getting our club reporters to do the same. I'm looking forward to attending Capitol Connections in Madison where I will complete my most intimidating project yet, speaking to Fond du Lac's elected officials in the capitol building. I am nervous for this event but I know that I have prepared well and that I have grown enough confidence to give my best on that day.

Though I was never involved with 4-H as a child, I am so impressed with the abilities of the kids I've worked with so far. I am seeing kids with public speaking skills that surpass my own, with the ability to lead their peers and kids who are excited to be involved in events and activities and willingly volunteer to help out in the community. They have good manners and are welcoming. They think about questions and respond with thoughtful answers. I can't wait to have my kids get involved in 4-H.

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