



Extension Connection

Monthly Highlights – August 2015

Digital media can be a powerful and positive tool for parents.

- [Boys and Girls Club Students Learn Cooking Skills and Food Safety Practices](#)
- [eParenting - Using Social Media to Convey Parent Education](#)
- [Skid Steer Safety Training](#)

Boys and Girls Club Students Learn Cooking Skills and Food Safety Practices

During the summer months of June, July and August, Wisconsin Nutrition Education Program (WNEP) educator Kris Schaeffer conducted basic cooking classes for 10-12 year old students who attend the Boys and Girls Club. The first class taught the importance of eating breakfast and the students made a Sunday brunch casserole and an orange smoothie. In July, students practiced measuring both dry and wet ingredients while making blueberry muffins. They learned about the fruit group and also made Fantasia fruit salad. In August, the students made a graham cracker apple pie and a raspberry smoothie. They learned more about the fruit group by playing a “Sort the Fruit” game. Basic food safety is always interspersed throughout the lessons. For instance, the importance of washing hands before cooking, as well as after handling raw eggs or meat is stressed. Students are taught to wash fresh fruit before peeling or cutting, as well as to refrigerate cut fruit. The students were very engaged while learning some basic cooking skills and food safety practices, as well as some important nutritional information.

eParenting - Using Social Media to Convey Parent Education

Michelle Tidemann, UW Extension Family Living Educator, and Fond du Lac County Family Courts are participating in a statewide eParenting Co-Parenting Text Message pilot educational program. The pilot is targeted to aid families who are entering into co-parenting roles as a result of divorce or paternity in Fond du lac County. The text messages are educational with regards to methods for parents to use to positively co-parent during separation. Furthermore, suggesting ways technology can be a positive tool for co-parenting through separation. Additionally, parents are linked to a UW Extension eParenting blog post where they can access additional information on how to positively co-parent children when parents are separating/divorcing. The pilot will end in December 2015, with an impact report on the pilot’s findings. Fond du Lac County UWEX joined the pilot in June of 2015 and to date have 35 families participating in the pilot.

Skid Steer Safety Training

Unfortunately farming is one of the most hazardous occupations in the country. Losses from injuries and illnesses cut deep into profits and these losses are not easily recovered. Farm safety and health is not a new topic for dairy producers, but now has become a major emphasis within the dairy industry. For the last four years, OSHA has been focusing on dairy farms to promote safe work environments for both owners and employees.

Dairy farms are working hard to create and provide a safe and productive working environment for all who work on the farm. Skid steers are an integral piece of equipment used on the farm to move heavy objects or to clean out barns and stalls. However, there are hazards associated with improper handling of the skid

steer. On-farm skid steer safety training should be conducted every three years, or as new equipment is introduced onto the farm.

This summer, Tina Kohlman conducted a skid steer safety training for a local dairy, as well as a “train-the-trainer” for local county agents. The purpose of the training was to help the farm meet OSHA compliance, train management in order to conduct future trainings, and share with employees the hazards associated with the skid steer, safety features, and the proper procedures in driving a skid steer. The training included in-class discussion, as well as a driving test, both provided in English & Spanish.

Extension Connection Contributors:

Kris Schaeffer, WNEP Educator

Shelley Tidemann, Family Living Educator/Co-Department Head

Tina Kohlman, Dairy & Livestock Agent

Fond du Lac County UW-Extension

400 University Drive, AE-227, Fond du Lac, WI 54935

Phone: (920) 929-3170; Fax: (920) 929-3181

Hearing Impaired Relay: 711

<http://fonddulac.uwex.edu>



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