

Your county
extension office



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WNEP Addresses Hunger in the Community

Too many times, living in poverty often results in being food insecure and less healthy. The purpose of the Wisconsin Nutrition Education Program (WNEP) is to provide low income individuals and families nutrition education, thus empowering them to become more self-sufficient and healthier. Food insecurity is not only a WNEP state effort, but a local effort as well. Fond du Lac County's WNEP addresses hunger in the following ways:

- By promoting affordable, healthy foods to participants during educational lessons.
- By providing information on food budgeting to participants. Sessions such as "Shopping Strategies" and "Stretching Your Food Dollar" are held monthly.
- By partnering with and strengthening Fond du Lac County's emergency food systems.
- By helping establish new hot meal and food distribution programs in the community.
- By hosting the "Food Providers Group" which brings to the same table all partners and agencies that address hunger in our community.
- By creating, printing and distributing the "Area Food Resources Guide" which helps participants know what food programs exist in the community. (Continued on page 2)

Hispanic Culture Workshops

Understanding another culture is possible only if I understand my own culture. That is the premise for the "Walk an Hour in My Shoes" workshop which we are hosting three times this spring. The Hispanic population of Fond du Lac County has grown 120% since 2000. Teachers, law enforcement officers, clergy, health care workers, local government employees, and others benefit from this workshop on how to be effective in a multicultural environment. Hispanic values and culture are taught at the same time participants' own cultures are examined.

During the first workshop on April 6, I (Diana Hammer Tscheschlok) shared a story of growing up in the Midwest thinking I didn't have a culture. Living where my culture was the majority made it hard to see. As soon as I traveled to Central America in college, I quickly learned what my culture was and how different things can be elsewhere. For example, as a White Caucasian American I have a great need for "personal space," the distance between me and the next person. In Latino society, kissing on the cheek in greeting, standing and sitting closely to one another are normal (Continued on page 2)

Another Successful Year for Youth Tractor & Machinery Safety Training & Certification

No business or industry can hire a 14-year-old youth to work around machinery. No industry, that is, except agriculture. When working on a farm, the owner/employer or employees act as their own workplace safety officer in an environment that is extremely dangerous. Statistics tell us that thousands of people get hurt or killed on farms each year. For these reasons, farm safety education is extremely important. The Fond du Lac County UW-Extension Office offers the Wisconsin Tractor and Machinery Certification Safety Program to county youth on an annual basis. Youth who work on farms are required to take the course if they are at least 12 years of age and want to drive tractor on a public road as they work for their parents or if they are 14 years old and want to operate farm machinery for a non-related employer. These guidelines are set-forth by federal and state statutes. (Continued on page 2)

WNEP Addresses Hunger in the Community - continued

- By making local food pantries healthier and more food safe through state and federal resources.
- By participating on the State “Food Security/Food Access Workgroup,” thus bringing State research and efforts back to the local community.

Hispanic Culture Workshops - continued

to show interest and affection. It is considered rude or arrogant to not greet or interact with people in the same warm manner. Knowing this perceptual difference of what is considered "rude" and "normal," I began to mirror the closer space and more physical interactions when talking with Costa Ricans and Salvadorans. I also made time for myself to be away from people so I could recharge. It took a lot of energy to override the automatic response I've learned in my culture of creating a physical distance from people when talking.

Interacting in a multicultural environment becomes easier with time and practice. The Walk an Hour program is a wonderful way to begin this journey. We are currently taking registrations for the next two Walk an Hour workshops. Fond du Lac County employees are invited to attend on Friday, May 18, from 8am - 12pm, and the public is invited to attend the workshop on Friday, June 1 from 8am – 12pm. Pre-registration is required, and both will be held at our office at UW-Fond du Lac in room AE-205/206. See you there (and no hugs when you arrive).

Another Successful Year for Youth Tractor & Machinery Safety Training & Certification - continued

In Fond du Lac County, the course consists of lectures, guest speakers, videos, and hands-on activities at local farm machinery dealers. Participants must also pass a written and driving examination after the 20 hours of instruction are concluded. In 2012, thirteen youth successfully completed the program. The Fond du Lac County Sheriff's Department, volunteer fire departments, and county emergency medical personnel have wholeheartedly endorsed the program.



A 2012 Tractor and Machinery Safety Program participant maneuvers through the tractor driving test course at the Eden Community Center.