



Extension Connection

Monthly Highlights – July 2012

Master Food Preservation
Lunch & Learn Series

- [Master Food Preservation](#)
- [WNEP and Salvation Army Brown Bag Lunch Program](#)
- [4-H Helps Provide Leadership and Community Service Camp for Middle-Schoolers](#)

[Master Food Preservation](#)

UW-Extension Family Living continues to host a Master Food Preservation Lunch and Learn Series, which features food preservation methods and food safety tips from Dr. Barb Ingham, UW-Extension Food Safety Specialist. Sessions remaining in the series are: July 23 (Canning Tomatoes and Tomato Products), August 6 (Time to Make Pickles! & Canning Fruits Safely), and August 20 (Drying Foods at Home). Additional home preservation materials and services that are being offered by UW-Extension include free testing of dial-gauge pressure canners, the Wisconsin Safe Food Preservation Series and phone calls assisting the public with food preservation and food safety questions.

[WNEP and Salvation Army Brown Bag Lunch Program - a winning combination](#)

The Wisconsin Nutrition Education Program (WNEP) has been partnering with the Salvation Army this summer to provide inserts for their brown bag lunch program. Brown bag lunches help Fond du Lac residents meet their food needs during the summer. Summer can be hard on the food bill when kids are home and are not in school receiving free and reduced hot lunch. Lunches are available for any Fond du Lac resident and are served on Tuesdays and Thursdays. WNEP creates a half page insert with nutrition and food safety information that is placed inside the bag lunch. The inserts have an activity on them as well as nutrition and food safety facts. WNEP provides an insert weekly for the 11 week bag lunch program. So far this summer, the brown bag lunch program is serving about 400 lunches a day.

[4-H Helps Provide Leadership and Community Service Camp for Middle-Schoolers](#)

4-H is partnering with the Boys and Girls Club and the Volunteer Center to host Youth in Action: Adventures in Leadership. This week-long camp is offered to middle-school aged youth from across the county, from Monday, July 23rd-Friday, July 27th. The focus of the camp is leadership and service. Youth will take part in leadership lessons that focus on team-work, goal-setting, and inclusion. In teams of five, youth will partner with a local community organization to work on a community service project, and learn more about the organization. The community organizations that will be working with youth include: ASTOP, Boys and Girls Club, Fond du Lac Food Pantry, Habitat for Humanity, and Woodlands Senior Center. Youth who complete four days of leadership training and community service will celebrate with a trip to Mt. Olympus on Friday. This is a great opportunity for young people to engage in fun and meaningful community service activities, while building strong relationships with their peers and community organizations.

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