



FOODWISE PROGRAM

MILWAUKEE COUNTY UW-EXTENSION PARTICIPATES IN THE STATEWIDE FOODWISE PROGRAM. FOODWISE HELPS LIMITED RESOURCE FAMILIES AND INDIVIDUALS CHOOSE HEALTHFUL DIETS, PURCHASE AND PREPARE NUTRITIOUS FOOD, AND BECOME MORE FOOD SECURE BY SPENDING THEIR FOOD DOLLARS WISELY. FOODWISE ALSO WORKS TO ENACT POLICY, SYSTEMS AND ENVIRONMENTAL CHANGE TO HELP TO MAKE THE HEALTHY CHOICE THE EASY CHOICE.

The Economic cost of obesity in Wisconsin is estimated to be \$3.1 billion and increasing.

73% of MPS Students receive free and reduced lunch.

FoodWise teaches students the importance of choosing and eating healthy foods.

77% of Adults do not eat the recommended daily amount of fruits and vegetables.

FoodWise teaches participants about the nutritional value of fruits and veggies as well as easy and affordable ways to increase consumption.

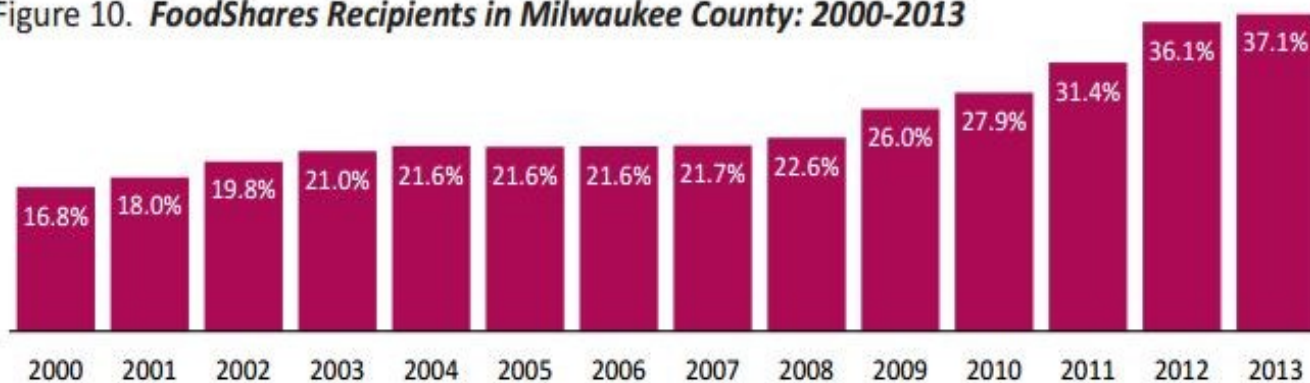
2 in 3 Adults are overweight or obese.

FoodWise teaches parents the importance of reading and understanding food labels.

37% of Milwaukee County Households receive foodshare vs. 19% statewide.

FoodWise teaches adults to plan healthy meals and stretch their food dollars.

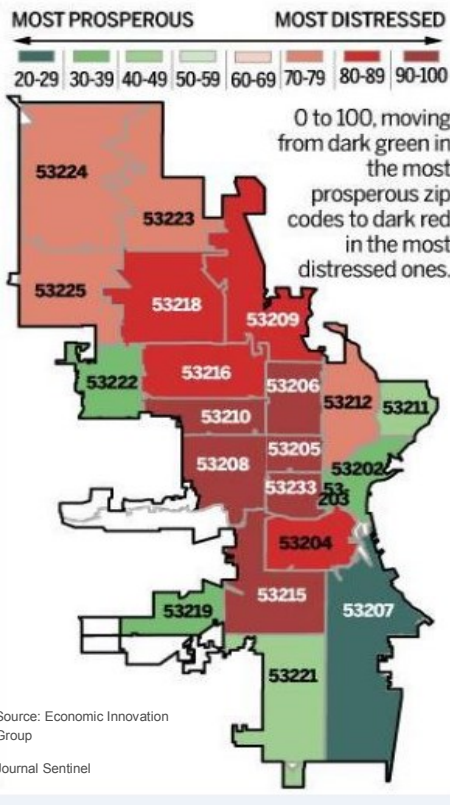
Figure 10. *FoodShares Recipients in Milwaukee County: 2000-2013*



Sources: Wisconsin Department of Health Services FoodShare Data, Census Annual Population Estimate



FoodWise Impact Broken Down by Zip Code



Source: Economic Innovation Group
Journal Sentinel

53204

- Allen-Field Elementary
- Clarke Square/Journey House SEED Initiative Site
- Forest Hill SEED Initiative Site
- Forest Home Head Start
- LaCausa Charter School
- Longfellow Elementary
- Mental Health of America
- Milwaukee Christian Center Senior Dining Site
- Milwaukee Christian Center Sites
- MPS Rogers Street Academy
- Oasis Senior Dining Site
- St. Vincent De Paul
- United Community Center Senior Dining Site
- Walker's Point Wisewoman

53212

- 4C for Children
- Benedict Center
- Blanket of Love
- Clinton Rose Senior Dining Site
- Community Advocates
- Ebenezer Food Pantry
- Lapham Park Senior Dining Site
- Meta House
- MPS Holmes Elementary

53215

- Centro Hispano Head Start
- Lincoln Elementary/Lincoln Head Start

MPS ALBA/ALBA Head Start

MPS Grant Elementary

St. Joseph's Academy

53208

- MPS Bethune Academy
- College Court Senior Dining Site
- Indian Council Senior Dining Site
- MPS Head Start
- Milwaukee Day Reporting Center
- United Methodists Children's Services
- Washington Park Senior Dining Site

53207

- Clement Avenue Elementary
- Cupertino Park SEED Initiative Site
- MPS Humboldt Park Elementary
- MPS Riley Elementary
- MPS Trowbridge Street Elementary

53205

- Common Bond-Brewery Point
- MPS Elm Creative Arts Elementary
- Feeding America
- Lake Valley Camp
- Milwaukee Women's Center
- MPS Seifert School
- St Mark's Place
- Walnut Park Apartments

53216

- Carson Elementary/Carson Head Start
- Fernwood Court
- MPS Fifty-Third Street Elementary
- MPS Townsend Street Elementary

53222

- Acelero Head Start
- Timmerman SEED Initiative Site

53210

- Milwaukee French Immersion
- Next Door Head Start
- MPS Sherman Elemen/Sherman Head Start
- Sherman Park SEED Initiative Site

53224

- Goodrich Elementary

53223

- Lois and Tom Dolan Senior Dining Site
- Milwaukee Vet Center
- MPS Thoreau Elementary

53209

- Agape
- Common Bond-Florist Gardens
- MPS Marvin Pratt School
- MPS Hawthorne Elementary
- MPS Obama School/Obama Head Start

53097

- Kohls Farm

53206

- Moody Park SEED Initiative Site
- MPS Jackson Elementary

53232

- Indian Community School

53213

- Wauwatosa Hart Senior Dining Site

53214

- CCHP
- West Allis Senior Dining Site

53132

- Common Bond-Franklin Meadows

53218

- MPS Browning Elementary
- MPS Grantosa Drive Elementary
- Hampton Elementary
- MPS Kluge Elementary

53225

- MPS Bryant Elementary
- MPS Emerson Elementary
- MPS Engleburg School

53110

- Lincoln Elementary
- MPS ParkView Elementary

53221

- MPS Victory Elementary
- Wilson Park Senior Center



The Healing Garden

http://www.milwaukee.va.gov/features/Veterans_Healing_Garden.asp



John Kozlowski, Claude Foster, Rodney Pearsall and Paul Javins (center front) inside the greenhouse at The Healing Garden.

By Yanitz Irizarry

Thursday, June 2, 2016

Around the corner from a large green sign that reads: “Milwaukee: population 595,000,” rests a tranquil place that seems anything like a big city. It is easy to take in the fresh air, become one with the earth and forget the daily noise, just steps away from the entrance of the garden.

“This is the best idea that has come along,” says Vietnam Veteran Claude Foster. He extends out both arms and takes a deep breath of morning air. “Do you see how quiet it is? No hustle, no bustle, no sirens.”

The Healing Garden is on an acre of land nestled inside the 40-acre Kohl Farm, providing a serene escape from reality, fresh air and good, old-fashioned manual labor. Counselors from the Milwaukee Vet Center, located at 7910 N. 76th Street, were searching for ways Veterans could unwind and recover from life’s stresses. The Milwaukee Vet Center came up with the Healing Garden to help Veterans cope with post-traumatic stress, depression and other mental health issues. Veterans and wheelchairs even have access to a raised bed garden.

“I am Native-American, and we always turn to nature for recovery,” said Rodney Pearsall, readjustment counselor at the Milwaukee Vet Center.

The idea came about four years ago while Pearsall attended a University of Wisconsin-Extension seminar

on community gardening and urban agriculture. When Jan Alba, a garden plot rental coordinator for UW-Extension heard about the idea, she donated the plot for the project.

The garden started with only a 25-foot plot but has grown each year with the number of Veterans who use the gardening as a form of their therapy. Currently 10 Veterans visit the garden each week.



Paul Javins tends to the greenhouse garden radishes at the Healing Garden.

“It is less about the planting,” said Pearsall. “For many Veterans, they like to socialize. They come to me and say it is the happiest they have ever been. The Vets are less depressed; they feel part of the community. That is what makes the garden a success.”

Veterans meet at the garden Tuesdays at 8:30 a.m. during growing season and bi-weekly during the winter months for education groups. Some meet right at the garden while others carpool from the Vet Center.

“It keeps me busy, it keeps me going,” said Foster. “I like it because it is quiet and I get to use my hands.”

This year will be the first year the compost pile will be ready to use on the garden. Since 2013 the weeds and foliage are gathered in a pile covered by dirt. Insects and bacteria continuously break down the plant matter by creating a rich organic fertilizer. The compost fertilizer is often referred to as “black gold” in the gardening community because it improves the water holding capacity of the soil and improves plant growth for a healthy garden.

“Between the exercise and the healthy eating, a lot of people are starting a new way of life,” said Pearsall. “Each and every day is a good day out here.”

With winter coming to an end, UW-Extension tilled a portion of the garden a couple weeks ago with the help of the company Bobcat Plus.



Herman Ross and Richard Griese tills the soil and picks up foliage from The Healing Garden.

The company will return in the fall to plow for the end of the season. Veterans then collect any of the tilled foliage and weeds to create a new compost pile.

“It’s a win-win for all,” said Navy Veteran Paul Javins. “Bobcat Plus tests out their new equipment on the land for UW-Extension and we get free help.”

The Education Center, located on the grounds, was created from reclaimed wood from an old collapsed barn that once stood at the garden entrance. The wood from the barn was going to be used to create a tool shed, but as it grew, organizers decided to do more and make it a place of learning. Builders are putting the finishing touches on the building, so in the meantime, counselors have experts come right to the Vet Center for presentations.

“We have a nutritionist that comes out and teaches us things like, ‘Parsley is good for blood pressure,’ ” said Pearsall. “If we eat better, we can get off some of these medications.”

Pearsall said it will take about four weeks for the first seeds to sprout. Once the plants begin to produce vegetables, a food truck stops by to help veterans prepare meals ideas. Greens and root vegetables are the first to grow in the spring, while cauliflower and pumpkins are ready in the fall.

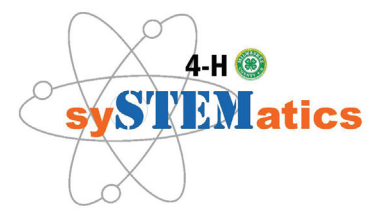
Javins plans to use produce from the garden to cook nutritional meals while he volunteers at the new Milwaukee VA Fisher House.

“It gives me something to do in the summertime,” said Javins. “As long as I keep busy it helps me.”

Veterans are welcome to join the Healing Garden at any point during the year. For more information, call Pearsall at 414-434-1311.

4-H SySTEMatics

Inspire.
LEARN.
CREATE.



For more information on 4-H SySTEMatics, contact:
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2015-2016
Report

UW Extension
University of Wisconsin-Extension

What is Milwaukee County 4-H SySTEMatics?

4-H SySTEMatics enriches middle school youth in the pursuit of STEM (science, technology, engineering, mathematics) careers. The program primarily works with lower-income students in 7th and 8th grade in the city of Milwaukee. 4-H SySTEMatics is offered as either a school-day or afterschool enrichment opportunity. Youth complete a minimum of eight hands-on 4-H STEM lessons and three pre-college lessons. In addition to the school based portion, the youth attend a STEM Workshop day at UW-Waukesha, participate in a Science Fair where they are exposed to STEM professionals, and have the option to attend a week long summer college experience at UW-Richland. Youth receive a certificate from UW-Waukesha and UW-Extension Milwaukee County for completion of the program. The program gets youth noticeably excited about STEM and learning, and also guides youth to begin planning for their future with college visits and activities, and develops workforce readiness skills such as communication, teamwork, and presentation abilities.

According to a 2009 Public Policy Forum report, of the 10 fastest-growing occupations in Wisconsin, eight require STEM skills or knowledge. Yet, low income City of Milwaukee youth have a low proficiency rate in science and math, yet science, technology, engineering and math (STEM) careers are often better-paying.

The program was initially offered on the south side of Milwaukee at two schools; 20 youth members participated. It has since grown to **eight** participating schools and **185** youth in 2015-2016.

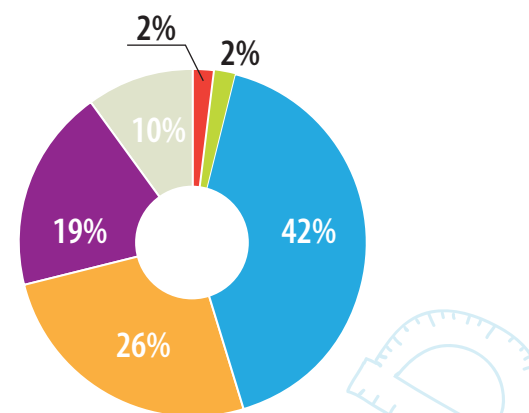
The youth in the program come from primarily low-income areas. The majority of the eight schools have a free or reduced lunch rate of 95% and higher. 4-H SySTEMatics reaches out to a diverse audience (See chart 1). 21% of the youth that completed the program evaluation reported they spoke a language other than English at home. Often times, there is less participation in STEM programs from girls, but 57% of the youth were female and 43% male.



“The actual STEM Day and the STEM activities were fun because they were more hands on because this gives me a better understanding of everything.”

– 4-H SySTEMatics participant

Race/Ethnicity of Participants



- Non-Hispanic Black/African American
- Hispanic / Latino White
- Non-Hispanic White
- Asian
- Hispanic/Latino Black
- Middle Eastern/North African

4-H SySTEMatics Program Evaluation

All 2015-2016 student participants received an evaluation survey. Of 185 participants, 86 surveys (46%) were returned to the offices of UW-Extension Milwaukee County.

Encourage students to develop and utilize STEM skills:

“...I learned that science is all around us and also when we don't understand something, you don't give up, you keep trying till you find a solution.” – 4-H SySTEMatics participant

- Nearly all the youth 90% agree or strongly agree that as a result of planning for the science fair they learned to design a scientific procedure/experiment to answer a question.
- 71% of youth agree or strongly agree that as a result of the program, they gained confidence in their science and math skills.

Foster discussions of college preparation:

“I will most likely go into a STEM field in the future and the [SySTEMatics] program has helped me decide.” – 4-H SySTEMatics participant.

- Nearly all of the youth (94%) agree or strongly agree that as a result of the 4-H SySTEMatics Program, they understand the importance of planning for college early.
- As a result of participating in the program, 82% of respondents agree or strongly agree that they plan to take more science and engineering courses in school.
- 90% of youth agree or strongly agree that their participation at UW-Waukesha STEM Day made them aware of science-related career opportunities.

Strengthen important life skills:

Youth noted that they believe the program has influenced their life skills such as working better as a team, how to plan and create processes, and to communicate more effectively.

- 89% of youth agree or strongly agree that as a result of planning for the science fair they gained confidence in their communication skills.
- 69% of youth agree or strongly agree that as a result of participating in the program, they work better with a team.

Youth feel that the program will influence their future education,

by preparing them for future projects, high school, college, and their future career. Youth also noted that they believe there will be an influence in their life skills such as working better as a team, how to plan and create processes, and to communicate more effectively. Overall, youth in the 4-H SySTEMatics program gain confidence in their STEM knowledge and skills and increase their understanding of college and college options. Youth also develop workforce readiness skills that are vital to future success.

