

Bayfield County UW-Extension Highlights



2016 ANNUAL REPORT



Photo courtesy of Theresa LaChappelle

"Bringing the resources of the University of Wisconsin to Bayfield County."



Community Development
Family Living Education
Agriculture

Horticulture
4-H & Youth Development
Nutrition Education

Community Development Education

Bayfield County 2017 Budget Survey Highlights



▲ Bayfield County 2017 Budget Survey Highlights PowerPoint title page.

"Business On Stage"

Inventors & Entrepreneurs Program

Tuesday, July 26, 2016 at 6:00 PM
at Northern Great Lakes Visitor Center

Featuring:



Wendy, Mark, Mary & Jerry Phillips

Old Rittenhouse Inn

Presentation on:

"Historic Old Rittenhouse Inn Story:
Celebrating 41 Years in Business"

▲ "Historic Old Rittenhouse Inn Story" Business On Stage program flyer.



▲ Tim with his Superior Days team pose for a picture at the State Capitol.

Organizational Development

Tim shared information and co-facilitated at an Iron River Economic Development Group Meeting, where attendees worked on developing action plans to address their top three economic development issues. This educator developed an online *Bayfield County 2017 Budget Survey*, with input from the County Administrator and some County department heads, that was used to gather both county residents/property owners and County Supervisor opinions on questions dealing with a variety of topics. He reviewed and analyzed the compiled survey responses. Tim gave a *Bayfield County 2017 Budget Survey Highlights* PowerPoint presentation, and posed three "County Board Budget Priorities for 2017 Questions" on budget policy at a County Board Budget Planning Meeting.

Also, Tim helped plan and served as a facilitator at a *City of Washburn & Bayfield County Housing Authority Strategic Planning Meeting*, where Board members identified priorities and developed goals with objectives to address them. He facilitated at a *Bayfield County Lake Group AIS Round Table*, where 20 lake organization representatives shared information and learned about each other's watercraft inspection programs as well as lake and shoreline monitoring efforts.

Business Development Education

Two hundred seventeen persons attended four *Business On Stage* programs, which Tim helped plan and promote. The four programs included: *State Business Development Resources: What You Should Know*; *Framing A Successful Business: The Larson-Juhl Story*; *Historic Old Rittenhouse Inn Story: Celebrating 41 Years in Business*; and *Dental Metrics Laboratory: A High Tech Micro-Manufacturer's Story*. He served as an informational and advisory educational resource for preventive and existing business enterprises. This educator also promoted a UW-Superior Small Business Development Center (SBDC) 8-session *Entrepreneurial Training Program*.

Superior Days

This educator participated in Superior Days 2016 activities in Madison, including agency meetings with officials from the Wisconsin Economic Development Corporation, UW-Extension and Wisconsin Department of Natural Resources to address four issues of importance to Bayfield County. He served as a team leader for a four-person team that visited four assigned legislators' offices to discuss three core Superior Days issues. These included: proposed legislation for a local option sales tax for roads, legislation expanding exposition districts for small market cities and support for higher education institutions in northwest Wisconsin. Tim also participated in legislative visits to two state senators and two state representatives, who served on key committees, to discuss legislation reinstating county lake shoreland zoning ordinance provisions and legislation to increase state payments in lieu of taxes for county forest lands.

Community Development Education

Local Government Education

Tim promoted a variety of local government-related workshops and teleconference programs, and responded to numerous information requests from local government officials and staff. He marketed and attended, along with four Bayfield County Supervisors, a *2016 County Officials Workshop* held at Lakewoods Resort, Cable, which was attended by 25 county officials and staff. Tim gave a "Things County Board Members Need to Know about the Wisconsin Open Meetings Law and Running Effective Meetings" presentation as part of a County Board Orientation at a Bayfield County Board of Supervisors meeting. He also promoted through an email blast and news release a *Town & Village Officials Workshop* that was being held at Lakewoods Resort, Cable.

Hazardous Waste Management

He made site arrangements and promoted two hazardous waste Clean Sweep collection events in Washburn and Iron River. A total of 257 participants brought unwanted hazardous chemicals, old electronic equipment and/or medications to the Saturday collection events held in Washburn (155 persons) and Iron River (102). A total of 12,682 pounds of unwanted hazardous chemicals, 1,343 old fluorescent and HID bulbs, 38 used oil filters, 60 pounds of ballasts, 97 pounds of household batteries and 148.5 pounds of unwanted medications (including 6.5 pounds of controlled substances) were brought in for disposal. Also, 105 TVs, 250 computers and miscellaneous electronic components, 50 old vehicle batteries and a few assorted small appliances were collected.

Lake Management Education

Two hundred three persons attended the *2016 Northwest Wisconsin Lakes Conference* held at the Spooner High School in Spooner. Tim helped plan and promote the conference and had a shoreland buffers exhibit at the event. Peter Annin, noted environmental journalist and author of the *Great Lakes Water Wars*, was the conference's keynote speaker. Twelve different breakout sessions covering a wide variety of lake-related topics and issues were featured. Numerous exhibitors also had displays at the conference.

Community Economic Development

Tim served as an educational resource to the Bayfield County Economic Development Corporation (BCEDC), Lake Superior Region Wisconsin Innovation Network (WIN-LS) Chapter and Iron River Economic Development Group as well as collaborated with the Ashland Area Development Corporation on bi-county initiatives. He helped market and attended a WIN-LS sponsored *K-12 Fab Lab: An Investment In Our Future* program at WITC in Ashland. Sixty persons attended this event. Tim met with a Gogebic Range Broadband Committee in Hurley to share information and distribute materials on broadband development-related activities he had been involved in.



▲ *Wisconsin Open Meetings Law and Running Effective Meetings PowerPoint title page.*



▲ *Clean Sweep collection event held at the Iron River Community Center.*



▲ *2016 Northwest Wisconsin Lakes Conference attendees check out information at Tim's shoreland buffers exhibit.*

Family Living Education

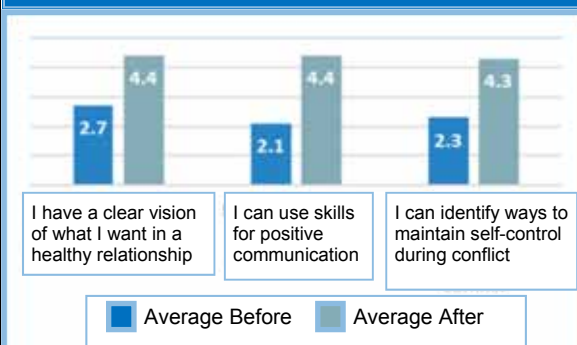


▲ Healthy Relationships Build Strong

Communities Healthy relationships help protect adults and children from the damaging impacts of toxic stress. In 2016 UW-Extension's relationship education classes taught concrete skills to help participants improve communication, self-control and stress management and reduce children's exposure to family conflict.

Relationships Matter Six-Session Class

Average Ratings on post-series retrospective evaluation
(5 Pt. Likert Scale; N=59)



▲ Evaluations of the Relationships Matter series show that students learn and use new skills for maintaining healthy relationships. Data includes classes



▲ To extend the reach of resilience-building skills to more families, Extension offers **Relationships Matter for Helping Professionals**. Participants in this professional training gain concrete tools they can use and share with families they serve to teach them skills in communication, problem solving, conflict management and healthy family dynamics.

Improving Parenting & Family Relationships

Safe, stable relationships have far-reaching impacts on individuals, families and communities. Healthy family relationships play a key role in preventing Adverse Childhood Experiences (ACEs) and minimizing their harmful outcomes. Research also demonstrates connections between healthy adult relationships and greater financial stability, higher productivity and even increased lifespan.

To help participants build skills for healthy relationships, Liz taught relationship dynamics to fifty adults and 12 youth in 2016. The six-session *Relationships Matter* program helped participants recognize healthy relationships, improve communication, manage stress and handle conflict. The program was offered in multiple settings including the county jail. A three-session *Relationships Matter for Seniors* series was offered through CORE Community Resources. Liz taught a five-session *Relationship Smarts* program for youth at Bayfield High School.

"Since participating in this program, I understand better what a healthy relationship looks like."

"I learned how to take a time-out instead of blowing up."

"I can choose to have a conversation, versus an argument."

- Relationships Matter Participants

Parenting and Co-Parenting

UW-Extension offers classes to help individuals improve parenting and build strong parent/child relationships. Forty-five people participated in parenting education in 2016. *Active Parenting* and *Parenting Wisely* are offered to individuals or small-groups. *Successful Co-Parenting* teaches divorced or separated parents skills to communicate effectively with the other parent, avoid putting children in the middle of conflict and coach children who are dealing with difficult emotions. In evaluations, ninety-five percent of participants say that as a result of the class they will make a stronger effort to work with the child's other parent. Ninety-three percent say they will avoid raising their voices in front of their children. Ninety-one percent say they will say positive things to their child about the other parent. These behaviors can help protect children from the harmful impact of intense family conflict.

Jail Outreach

Several UW-Extension community-based parenting and relationship education programs are also offered to inmates in the county jail. In 2016 Liz offered 22 class sessions for men and women in the jail including *Stress Management*, *Successful Co-Parenting* and *Relationships Matter*. Programs are designed to build family resilience, which is shown to be protective for children of incarcerated parents and other vulnerable children exposed to early adversity.

Family Living Education

Building Financial Strengths

UW-Extension offers education to help area families stretch limited resources, build savings, and improve credit. The program reached eighty-eight people in 2016. Participants can attend group classes or receive individual financial counseling. Ninety-three percent of evaluation respondents reported they plan to teach what they learned in class to others. Ninety-one percent reported specific changes they plan to make, such as taking steps to improve credit and setting aside money for future expenses.

This year Liz collaborated with the Sawyer County Family Living educator to develop *Money Matters*, an online option that allows people to access personalized financial education and counseling without traveling to group classes. Students do not need Internet access at home, an important consideration in Northern Wisconsin. They can complete the program in their own time from a library or another Internet site and follow up through a financial consultation by phone.

Professional Trainings

In addition to direct teaching for the public, the Family Living program expands its reach through professional trainings for agency staff who work with families, such as early childhood educators, home visitors, community assistance staff, and tribal and county human service workers. The *Money Management Coach* daylong training offers staff and volunteers of area agencies resources to work with consumers on household finance issues. The *Relationships Matter for Helping Professionals* one-day training offers tools for staff to help clients build communication, problem-solving and conflict management skills to help strengthen families. Participants earn CEU credits through UW-Extension.

Aging and Caregiving

UW-Extension collaborates with other agencies to provide support for aging individuals and family caregivers. In 2016 we launched *Living Well in our Best Years* in partnership with the ADRC of the North. This electronic and print newsletter reaches over 300 households with financial information for older adults, along with resources to support caregivers in assisting their loved ones and caring for themselves. Extension works with CORE Community Resources to help advise the Superior Lifelong Learning program, which helps keep older adults active and engaged through community classes.

Home & Community Education (HCE)

The Bayfield County Family Living Educator serves as advisor for the Association for Home and Community Education (HCE). HCE offers opportunities for members to learn and share skills and leadership related to family life. Bayfield County has two HCE clubs, the Cable Club and White River Club, along with independent members. In 2016 members provided service through the Cable Blood Mobile, monthly readings to young children through Wisconsin Bookworms™, park beautification, donations for the Partners of the Americas Nicaragua Project, scholarships for area youth, and other contributions.



▲ In 2016 Liz developed *Money Matters*, an online financial education option for individuals who have difficulty accessing group classes due to distance, schedule or medical issues. It includes modules on several financial topics and individualized instructor follow up. It can be accessed from home or library.

Family Caregivers fill a critical role for communities. Extension partners with the ADRC to publish *Living Well in Our Best Years*, an electronic and print newsletter for older adults and family caregivers. It offers information to support caregivers in their stressful role, along with news for older adults on finances, planning and well-being.



▲ Members of the White River Association for Home and Community Education (HCE).

Cable HCE members and their young guests from Drummond School enjoyed a reading in the park as part of Wisconsin Bookworms™.



Agricultural Community & Economic Development

Lake Superior High Tunnel Winter Research Program



High Tunnel Greenhouse Research

Based on survey work completed in 2016, there are at least 70 high tunnel greenhouses in Ashland and Bayfield Counties being used by farmers and gardeners to extend the growing season and help ripen warm-loving crops. High tunnels are typically unheated, but even so there is potential to grow hardy greens like spinach during the winter months. To help high tunnel operators make the most of their greenhouses, Jason received \$50,000 in grant funding to develop a winter spinach production system by doing research in high tunnels in Drummond, Washburn, and Mason. The two-year project is investigating fall planting dates, varieties, and how the addition of supplemental light and minimal heat affects yields. Preliminary research results and updates can be found at: <http://www.feastbythebay.org/winter-spinach-high-tunnel-research-project.html>. The goal of the project is to help increase farm sales and the profitability of local farms.

Upper Midwest Hazelnut Development Initiative

One Step Closer

Hazelnuts are native to Bayfield County and with growing demand worldwide hazelnut prices are at record highs. Though native to our region, American hazelnuts produce nuts that are too small for commercial production. To take advantage of this opportunity and help develop a new high value crop for the region, Jason has been evaluating promising selections of hybrid and American hazelnut at a research planting in Bayfield. After nearly a decade of evaluation, Jason and his fellow team of researchers with the Upper Midwest Hazelnut Development Initiative have now identified 8 top selections. The plants are currently in tissue culture with the hope to have plants ready for growers starting in 2018.



Supporting Early-Career Entrepreneurs

Agriculture has long been an important sector of the regional economy, and as baby boomers retire it will be important for the next generation to take over and start new farms and agricultural businesses. More so than ever, running a food or farm business requires considerable business acumen. To help early-career entrepreneurs in our region, Jason offered a six-session Food and Farm Business Early Career Entrepreneur Training Program. Taught by Jason and other professionals, the 18 participants gained knowledge and skills in business planning, sourcing start-up and expansion funding, marketing and branding, hiring employees, and farm finances.

South Shore Nutrient Management Farmer Education Program

Nutrient Management Planning

Since 2008, Jason has been helping area farmers develop and update nutrient management plans. Such plans help producers comply with DNR regulations and make the most of their fertilizer dollars. To date, Jason has written 40 nutrient management plans for area producers covering more than 15,000 acres. The ongoing partnership between UW-Extension and the Land Conservation Departments of Ashland and Bayfield Counties is having a significant impact on area farms as nutrient management plans not only help producers be better managers of their nutrients, but the plans also help the farmers access other conservation programs to minimize their impact on water quality.

Horticulture Education

Master Gardener Training

In 2016 Matt trained a total of 46 master gardener volunteers. Typically, this training is offered once a year, however due to interest two master gardener training sessions were taught in 2016. The first class was held starting in January of 2016. The second class took place from May to June of 2016. Master gardener volunteers are an integral part of communities in Ashland and Bayfield Counties. In 2016 Master Gardener Volunteers contributed 1,417 volunteer hours. The Master Gardener training class is an important first step for community members interested in volunteering.

Tractor Safety

During the summer of 2016 Matt also taught tractor safety training. As part of this class Matt brings in representatives from the community such as law enforcement and representatives of electric power providers. The damage from the July rainstorm required that the live powerline demonstration he had scheduled to be postponed one week until the storm damage had been repaired. A week later, the night before the rescheduled live line demonstration strong winds caused considerable damage in our two counties which lead to the cancellation of the live line demonstration.

The tractor safety curriculum specifies 24 hours of instruction are required for the students to complete the safe operator training. To meet this requirement, Matt had to develop another plan for the four-hour class session which originally was scheduled for an electrical safety demonstration. To do this we first went to a local implement dealer to assess the safety of new and used machinery on the lot. This coupled with classroom instruction helped to meet the instructional requirements for the course.

United States Agency for International Development

In August of 2016 Matt traveled to Armenia as a representative of United States Agency for International Development (USAID) and UW-Extension. Prior to this Matt had completed several USAID assignments using his vacation time. Matt worked with primarily raspberry growers near the capitol city of Yerevan. One group of growers formed a cooperative called "Gyuxi Tatik" or Village Grandma in Armenian. This cooperative is staffed and managed by women. They started by assembling dried fruit plates which are very popular in Armenia. Some of the members were interested in diversifying the business into growing and selling raspberries.

Access to reliable agricultural production information is a challenge in Armenia and Matt saw many examples of agricultural practices that were implemented but not cost effective due to the lack of a service like UWEX. One of the most dramatic examples was that a grower received advice to plant raspberry plants about 10 feet apart instead of the usual 1.5 to 2 feet. This was supposed to be a cost savings since the plants were expected to fill in the gaps. The problem with this recommendation was that it would be difficult to recapture the return on investment of the land and other resources. In this instance, Matt recommended that the grower plant at least 4 to 5 times as many plants in the field.

Academic Staff Council

In July of 2016 Matt was elected to serve on Academic Staff Council. Academic Staff Council is part of the shared governance for UW-Extension employees. The council meets one a month in Madison and the goal of the council is to serve as a method of communication between academic staff and institutional offices.



▲ Members of the Gyuxi Tatik (village grandma) cooperative assembling fruit plates



▲ Hail damage in a strawberry field in Armenia.

4-H & Youth Development



▲ 4-H GROWS Competence

4-H animal projects teach responsibility, caring and problem solving as youth learn the wide variety of skills necessary to take care of their animals' daily needs.



▲ 4-H GROWS Communication Skills

4-H Members worked hard to learn more about horses so they could confidently communicate what they learned to the judges at the 2016 Wisconsin 4-H Horse Bowl.



▲ 4-H GROWS Leadership

Three older 4-H members represented Bayfield County at the annual WI 4-H Fall Forum.

4-H GROWS In Bayfield County

4-H GROWS Essential Elements

The Bayfield County 4-H community club program provides an organizational platform for youth to participate in self directed learning, youth and adult partnerships and community service. These experiences also provide what research supports as the 4-H Essential Elements of Positive Youth Development.

Generosity: "4-H community service and citizenship activities allow youth to connect to communities and learn to give back to others."

Mastery: "Youth need to feel and believe they are capable and experience success at solving problems and meeting challenges."

Belonging: "Youth need to know that they are cared about by others and feel a sense of connection to others in the group."

Independence: "Youth need to know that they are able to influence people and events through decision-making and action."

4-H GROWS

Mastery, Belonging, & Independence

In 2016 a few committed 4-H Horse Project leaders decided to "take the project by the reins" and refocus on the broader educational scope of the project. They began offering weekly meetings to prepare 4-H members to participate in the Wisconsin 4-H Horse Bowl competition, something Bayfield County 4-H has not done in many years. They made use of instructive kits and resources from the Coop Media Collection and ended up taking a beginner and intermediate team to compete in Horse Bowl, Hippology, and illustrated talks. In the words of one member, "ALL of us studied really hard to get to this point. Even though we didn't win overall, we were very proud that we got a chance to do this." The reinvigorated Horse project continues to grow and expand the educational opportunities for youth.

4-H Grows STEM Competency

For the past several years Bayfield County has provided educational programs with a focus on Science Technology, Engineering and Math (STEM). In 2016, we partnered with the Upham Woods Outdoor Learning Center to bring their Digital Observation Technology kits to 4-H Winter Camp and 4-H Summer Camp. As a result over 100 youth and adults used a variety of different technological tools to observe their environment and record, predict and test their hypotheses. These STEM competencies help youth develop the critical thinking skills to understand their world they live in. The success of these programs led Upham Woods to include Bayfield County and Northland College's Mary Griggs Fresh Water Institute in a successful EPA grant which is being used to develop more opportunities for youth to explore their world with digital technology.

4-H & Youth Development

UWEX educators also partnered with the Northern Aquaculture Research Facility in Red Cliff and Bayfield High School to write a successful \$5000 grant to purchase an classroom Aquaponics system and train two teachers how to use this system with their students. Aquaponics is a natural compliment to the high tunnel garden program being supported collaboratively through UW Extension and our year long AmeriCorps VISTA who played an important role of supporting the school districts to deliver this program.

4-H GROWS Leadership Skills

Throughout the year, 4-H members experience a wide variety of leadership opportunities. For younger members it starts out with being asked to lead the pledges at 4-H meetings. Each 4-H club also selects traditional officer positions of president, vice president, treasurer, secretary and club reporter.

One of the most significant leadership opportunities for 4-H members is being a 4-H camp counselor. 4-H summer camp is a collaborative program between Bayfield and Ashland county 4-H. In 2016 fifteen high school youth served as camp counselors. They participated in a 16 hour training to help prepare them for the leadership responsibility of organizing a 4-H camp schedule and working with their assigned group of younger 4-H campers. Training, support, and supervision of camp staff is provided by Ian Meeker, Donna Ganson, and Doug Liphart of Ashland County. When completing his camp counselor application one 4-H camp counselor wrote:

"I can contribute many skills like being able to listen to others and compromise. I can be a strong leader but also know when to step down and be a follower."

Superior Days

Preparing a youth delegation to travel down and participate in the Superior Days is another excellent hands on interactive leadership experience. The process of meeting with and talking to an elected representative at the State Capital in Madison demonstrates to youth delegates that they can be active participants in the political process and advocate for issues that are relevant to their lives.

4-H GROWS Organizational Capacity

The 4-H office works collaboratively with 4-H club organizational leaders and the Bayfield County 4-H Leader's Association to create educational opportunities for youth throughout the year. This includes programs like 4-H Winter and Summer Camps, The 4-H Cultural Arts Festival, Meat Animal Quality Assurance Training, 4-H Sewing Camp, the 4-H Clothing and Foods Reviews, 4-H CANSKI and STEM related programming. The 2016 Bayfield County 4-H program served 287 youth and 102 certified 4-H adult volunteers in twelve active 4-H community clubs.



▲ 4-H GROWS Confidence

The annual 4-H Awards dinner recognizes 4-H members for their achievements over the years through a point system related to their active involvement in the program.



▲ 4-H GROWS Character

In 2016 fifteen high school 4-H members attended trainings and benefited from the annual service learning and leadership opportunity of being a 4-H Camp counselor.



▲ 4-H GROWS Caring

Club members from the Gitche Gumee club in Oulu take pride in the club's "Ocean of Opportunities" booth in the exhibit hall at the Bayfield County Fair.

FoodWise Nutrition Education



Wisconsin Nutrition Education Program Gets a New Name

FoodWise, formerly known as the Wisconsin Nutrition Education Program, or WNEP, has a long legacy of providing nutrition education to Wisconsin families and individuals with limited incomes. While the program remains strong, much has changed at the national, state and local level since it first began.

"We wanted to move away from an acronym that holds little meaning for program partners and our target audience," says Amber Canto, the state coordinator for the program. "Our goal was to move closer to an action-oriented name that reflects our purpose and intended outcomes, as well as focus on a relevant digital presence."

FoodWise Partners in Bayfield County

For more than two decades the Wisconsin Nutrition Education Program has offered nutrition education for Bayfield County families. The program is funded through federal dollars as part of the Supplemental Nutrition Program (SNAP) that also provides FoodShare (food stamps) to families. This means that each of our programs is required to reach families that are eligible to receive these benefits. The goal for working directly with families is to help them learn to make informed, healthy choices about diet and activity. Families are also taught how to stretch their food dollars while eating healthy, fresh, and local foods when they are available.

In 2016 FoodWise educators Donna Ganson, Stephanie Bakker, and Heather Laakso provided direct education to the following audiences in Bayfield County:

- Bayfield, Drummond, and South Shore students in grades 1-8. All classrooms (with the exception of gr. 2 & 4) received nutrition education delivered in 5 or 6 lesson units
- Family Forum Head Start in Bayfield, parents and children
- Red Cliff Early Childhood Center, parents, children and staff
- Red Cliff Food Distribution staff and clients
- Red Cliff Elderly Nutrition center participants
- 9-12th grade Independent Living students at Bayfield High School

Support was also provided to the Farm to School and High Tunnel greenhouse projects in Bayfield, South Shore, and Drummond.



▲ Fifth graders learn about "the food that grows on water", manoomin or wild rice, and it's nutritional, historical, and cultural importance to the people of this area.



▲ Nutrition Educators Stephanie Bakker and Donna Ganson collaborated with Red Cliff Food Distribution staff to provide a series of lessons out of the center. Participants learned about different nutritional topics and food safety tips while sampling and helping to prepare foods made with ingredients from the food distribution program. On this day participants learned how to make hearty breakfast burritos.

FoodWise Nutrition Education

FoodWise Middle School Education

The middle school years are a uniquely important time in the development of children, when many lifelong habits and attitudes are formed. FoodWise lessons help these students learn how to make good decisions about the foods they eat and drink. Topics covered in grades 6-8 include the importance of getting enough calcium for healthy bone development during the teen years, how to determine how much sugar they are consuming in drinks and snacks, and how and why to moderate their consumption of fat and sugar. Students also learn about heavily processed foods and fast foods and how to interpret information listed on nutrition facts labels and ingredients lists. Students learn about balancing activity with food intake and how to safely cook, handle, and store foods. Through these lessons, activities, and healthy food samples, students are better equipped to make informed decisions about what they choose to eat and drink.

Parent Education

Parents of preschoolers have their hands full with busy lives and do their best to help keep their children healthy. In 2016 Stephanie Bakker supported parents by teaching them ways to incorporate physical activity into their busy days. She also helped parents learn ways to safely prepare and feed their children healthy foods. At the Early Childhood Center in Red Cliff a special effort was made to Integrate the Ojibwe language into the lessons. FoodWise education supports families by understanding the realities of their busy lives and helping them see simple ways to make healthy food delicious to eat and affordable.



▲ Education in the middle school includes learning how to use nutrition facts labels to learn about the foods they eat. Here some Drummond students are playing a game of "Label War" where they discovered which foods are the best sources of Vitamins A and C.



▲ FoodWise Nutrition Educator Stephanie Bakker provided the Bayfield Middle School with a series of six lessons where they learned about the food groups, exercise, food safety, sugar and fats, and new foods. The students got to try different food samples from the different food groups, including strawberry-banana smoothies using the hand crank blender.



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Students are taught the Ojibwe names for some of the local foods we harvest and enjoy.

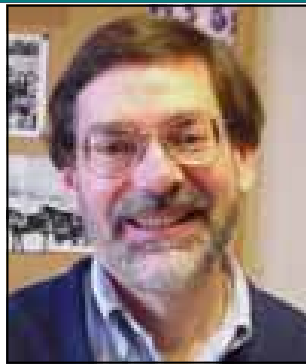
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BAYFIELD COUNTY

UNIVERSITY OF WISCONSIN EXTENSION, COOPERATIVE EXTENSION



Washburn High School high tunnel emitting a pink glow due to supplemental LED lights, December 2016 .

"Bringing the resources of the University of Wisconsin to Bayfield County."

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