

# NEWSLETTER



**CRAWFORD COUNTY EXTENSION**  
**MAY & JUNE 2024**

## WHAT'S INSIDE

### **PAGE 2:**

Free and Low-Cost Parenting Classes

### **PAGE 3:**

Local Parenting Classes

### **PAGE 4:**

Financial Classes and a Garden Story Walk

### **PAGE 5:**

FoodWISe in Crawford County

### **PAGE 6:**

Using QUEST (EBT) Cards at Farmers' Markets

### **PAGE 7:**

Henry Vilas Zoo and Cave of the Mounds Science Field Trip For Kids

## Got agriculture questions?

Ask UW Extension agriculture experts any questions you have. Scan the QR code for more Info!



[go.wisc.edu/s6c73e](https://go.wisc.edu/s6c73e)

## Got landscaping or gardening questions?

Ask UW Extension horticulture experts any questions you have. Scan the QR code for more Info!



[go.wisc.edu/8n6u92](https://go.wisc.edu/8n6u92)

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For More Extension Programming



**Extension**

UNIVERSITY OF WISCONSIN-MADISON  
CRAWFORD COUNTY



Visit us at [crawford.extension.wisc.edu](https://crawford.extension.wisc.edu)



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Amanda Griswold, Human Development & Relationships Educator  
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## FAMILIES & FINANCES



### FREE AND LOW-COST PARENTING CLASSES

#### RAISING WI'S CHILDREN

This is a monthly class on a variety of parenting topics. Get practical, research-based parenting ideas while connecting with other parents.

Thursdays | 1 PM May 16, June 20, July 18, August 15

#### FOCUS ON FATHERS

A monthly online parenting class for fathers.

Connect with other fathers and learn how to boost your child's social-emotional skills!

Tuesdays | 6-7 PM May 14, June 11, July 9, August 13

#### TRIPLE P: POSITIVE PARENTING CLASSES

These classes gives parents and caregivers practical tools to build strong relationships, manage their children's behavior and prevent problems from happening in the first place.

Parents of Children Tuesdays | 10-11:30 AM or 6-7:30 PM April 30, May 7, May 14, May 21  
Parents of Teens Wednesdays | 6-7:30 PM June 5, July 17

#### RESILIENT CO-PARENTING

Are you new to co-parenting or want support as you navigate raising children together while living apart? These classes are for you.

Tuesdays | 9-11 AM June 11 to July 30

#### JUST IN TIME PARENTING

Just in Time Parenting is a free parenting newsletter that is delivered by email and specific to a child's age and needs.

Subscribe Now!



[jitp.info](http://jitp.info)

#### TRAUMA INFORMED CAREGIVING

Join other parents experiencing separation, divorce, or custody changes. Learn how to have difficult conversations, manage strong feelings, and cope.

Tuesdays | 9-11 AM June 11 to July 30

**SCAN THE QR CODE OR VISIT  
PARENTING.EXTENSION.WISC.EDU TO REGISTER!**





Amanda Griswold, Human Development & Relationships Educator  
amanda.griswold@wisc.edu  
**FAMILIES & FINANCES**

# LOCAL CLASSES LED BY AMANDA

## PARENTS FOREVER - CO PARENTING CLASS

Join other parents experiencing separation, divorce, or custody changes. Learn how to have difficult conversations, manage strong feelings, and cope.

Wednesday, May 29  
9AM-1PM  
Via ZOOM



## TRIPLE P- POSITIVE PARENTING PROGRAM

### FOR PARENTS AND CAREGIVERS OF TEENAGERS

**With a focus on parenting your teens on smoking, vaping, drinking, and drugs.**

This evidence-based program will help you develop a personal parenting plan to assist you with parenting your teenager about smoking or vaping, drinking alcohol, drugs, etc!

Friday, May 31  
12:30PM-2:30PM  
Via ZOOM





## ADDITIONAL PROGRAMMING

### Money Matters Live

Money Matters is an online program designed to improve your financial habits. Through this course, you will gain money management skills and build knowledge you can share with your family and friends.

As part of the Money Matters Live series, sessions on financial goal setting, budgeting, saving, and financial recordkeeping will be offered at 10 a.m. and 6:30 p.m. on Wednesdays throughout May (May 1, 8, 15, and 22)

**This is a FREE online series over Zoom!**

Scan the QR code to register or visit:  
<https://go.wisc.edu/3c0hp6>



### June 19th Kids in the Garden

Join us for the first Kids in the Garden event to learn about storywalk and explore The Community Garden book. The Crawford County Master Gardeners will lead us in making bug condos and planting beans.

Date: Wednesday, June 19

Time: 9:30 am - 11:00 am or 4:00 pm - 5:30 pm

Location: Memorial Gardens, St. Feriole Island, Prairie du Chien, WI

This free summer garden program is for kids aged 5 to 14 years old. A parent or guardian is required to stay with children. Don't miss out on this fun and educational opportunity!














**FOOD WISE**  
Healthy choices. healthy lives.

UW-MADISON EXTENSION

**Christine Myhr | christine.myhr@wisc.edu**  
**FoodWise Nutrition Educator**

## WHAT IS FOODWISE?

We...

-  Expose students to new, nutritious foods
-  Teach how food helps our bodies
-  Show how to identify healthy foods
-  Encourage students to make healthy choices
-  Provide adults with tools to plan & prepare healthy meals
-  Share ways to make the most with food dollars
-  Promote healthy food spaces

## WHAT ARE WE UP TO?

Looking forward to supporting the local farmers' markets opening up in May!

You can use EBT in Crawford County at the Thursday Night Prairie du Chien Market starting May 23rd from 4:00 - 8:00PM and at the Ferrysville Farmers' Market on Saturdays, May 18th, from 9AM -1PM.

Stop by to see what early produce is available!



## WHY DO WE DO IT?

-  **To Empower People to Make Healthy Choices**
-  **For People to Live Healthy & Happy Lives**
-  **To Reduce Health Disparities**
-  **To Have Healthy Communities**

## NEED HELP BUYING FOOD THIS SUMMER?

### Summer EBT: Food Benefits for Eligible Children During the Summer Months

Summer EBT (Electronic Benefit Transfer) is a new program that helps families buy food for their children during the summer. Families will get \$120 in benefits for each eligible child to use to buy food at places like grocery stores, farmers markets – anywhere that FoodShare benefits are accepted. Most eligible families will get these benefits in June 2024.

**Scan the QR to learn more**  
**Or visit: [go.wisc.edu/86s961](https://go.wisc.edu/86s961)**





# Farmers' Markets and QUEST (EBT)

## Why use your QUEST (EBT) Card at Farmers' Markets?

Shopping at your local farmers' market is a great way to find fresh, healthy food and get to know the people who produce it. Farmers' markets thrive on seasonal fruit and vegetables. When fresh produce is in season, it is often at its lowest price. Buying your groceries at the farmers' market is a great way to support your community by supporting local farmers. It is also an opportunity to catch up with friends and neighbors. In Wisconsin, SNAP is called FoodShare. FoodShare users access their benefits using EBT (Electronic Benefits Transfer) or QUEST Card. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

## How to use QUEST (EBT) at Farmers' Markets

At the market, there may be several different ways to use food assistance benefits to pay for fruits and vegetables. Bring your Quest (EBT) Card, WIC or Senior Farmers' Market Nutrition Program (FMNP) checks and stop by the information table to learn how to use your benefits. Not all markets participate in all programs.



1

Info Booth



2

Obtain tokens



3

Vendor who accepts EBT



4

Buy fresh

## What can you buy with a QUEST (EBT) Card at a farmers' market?

### SNAP

**Allowed:** SNAP-eligible food items and food producing plants and seeds. This includes fruits and vegetables, meat, eggs, poultry, bread, cheese, and pasteurized milk.

**Not Allowed:** Food that is meant to be eaten as soon as it is purchased. Example: food you would get at a store or restaurant that is ready to eat, such as hot tamales or fresh, unwrapped baked goods.

### WIC and Senior Farmers Market Nutrition Program

**Allowed:** Locally grown, fresh, unprocessed fruits, vegetables, and fresh cut herbs for human consumption. Examples: apples, lettuce, green beans, berries, celery, peppers, tomatoes, and herbs.

**Not Allowed:** Non-produce items such as cheese, meat, baked goods, cider, or nuts.



Amy Mitchell, 4-H Youth Development Educator  
amy.mitchell@wisc.edu



# 4-H PROGRAMMING AND EVENTS

## SCIENCE FIELD TRIP July 18, 2024

Youth completing grades 5-9 are invited to join us for this unique science and career exploring expedition.

Participants will spend the morning at the Henry Vilas Zoo in Madison. There they will enjoy learning about animals and careers through a scavenger hunt and zoologist-lead workshops. Participants will travel to the Cave of the Mounds in Mt. Horeb, where they will have lunch before beginning the afternoon explorations. Youth will enjoy speleology through a cave tour. The learning will continue above ground with a Karst course and Geology of the Earth course.

Bus pick up in Boscobel at 7:30a.m. The bus will return to Boscobel at 8:00 p.m. Parents/guardians will be required to specify a pick-up person at check-in.

Forms and additional details will be emailed to participants following the registration deadline; forms must be completed and turned in at check-in in order for participants to get on the bus.

Registration and payment deadline for this trip is July 8th. Payment must be postmarked by this time.

Cost is \$30 per 4-H member, \$40.00 for non 4-H member.

Checks payable to "Crawford County Extension."

Crawford County Extension

Attn: 4-H

225 N. Beaumont Rd. Suite 240

Prairie du Chien, WI 53821

or drop it off



This program is sponsored by the Wisconsin 4-H Foundation.

QUESTIONS? Contact Amy Mitchell, 4-H Youth Development Educator, at 608-326-0224 or amy.mitchell@wisc.edu



### YOU DON'T HAVE TO BE IN 4-H TO JOIN!



# CONTACT US

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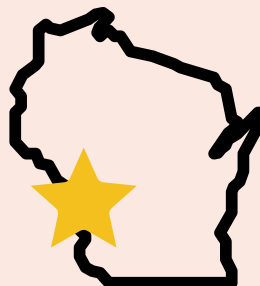


## **SIGN UP TODAY FOR OUR MONTHLY NEWSLETTER**

<https://signup.e2ma.net/signup/1971791/1914829/>



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