

April/May 2026

Sunnyviews



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President's Letter

Greetings friends,

Spring is here, as of Friday March 20th (at least that is what our calendar says)! I think we are all ready for longer, warmer days.

A reminder that all scholarship applications must be postmarked by April 1 and sent to Marilyn Holmes.

Please join us at noon on April 13th for a potluck lunch and speaker before the business meeting.

Spring Central District Meeting is April 22nd from 9am – 3pm at the Wild Rose Lions Club. Please think about attending. We will be discussing plans for the upcoming September 2027 WAHCE state conference that our district is planning.

On May 8th, we will be holding our Spring Banquet. Reservations are due by May 1st to Marilyn Holmes.

Make your reservations for the 2026 WAHCE Conference! Hotel details are on page 6.

President,
Susan Berg

HCE Dates to Remember

- April 1 Winnebago County HCE Scholarship Applications Due
- April 13 12:00p Potluck Lunch
12:45p Leader Training/Special Interest Meeting
1:45p County Business Meeting
2:30p Spring Banquet Planning Meeting
- April 22 Spring Central District Meeting—Wild Rose Lions Club
- May 1 Spring Banquet Registrations Due to Marily Holmes
- May 8 Spring Banquet
- May 11 Stitches of Love Workshop
- May 15 Submissions Due for June/July HCE Newsletter
- June 1 Ardith McDowell Scholarship Application Due to State
- June 30 Memorial Leadership Scholarship Application Due to State



Get the Extension Winnebago County E-Newsletter

Would you like to know more about the work Extension Winnebago County is doing and the programs that are available for you? Sign up to receive our monthly office newsletter!

Program opportunities and information is shared from each of our educators' program areas: 4-H & Youth Development, Human Development & Relationships, Health & Well-Being, Agriculture, Horticulture, and Community Development.

Sign up to receive the monthly e-newsletter at <https://go.wisc.edu/uv61fr>



HCE Advisor's Letter

Dear HCE Friends,

After a long Wisconsin winter, the recent warm days have felt like a gift. Sunshine, birds returning, and the first signs of green have a way of lifting our spirits and reminding us that fresh starts are all around us. Spring invites us to step outside, breathe a little deeper, and reconnect -- with nature, with our neighbors, and with the activities that bring us joy.

This season also mirrors what HCE does so well: nurturing growth through learning, service, and friendship. Each meeting, lesson, and project helps us grow not only as individuals, but as a community. As we look ahead to the months to come, there are many opportunities to gather, volunteer, learn something new, and make a difference together.

Thank you for the energy, kindness, and commitment you bring to HCE. I'm looking forward to all that we will share this year. Whether it's new ideas, meaningful connections, or the simple pleasure of being together in a season that reminds us how good it feels to grow—spring is finally here!

Best,
Katie



What's Coming Up?

- Save the Date for **Wisconsin Idea Week** from April 6—10, 2026!
- **StrongBodies** classes are held in Oshkosh on Mondays and Wednesdays from 9—10AM at the Hyde Community Center.

A Note from Amy

Technology is constantly changing, and I will be implementing some required changes to our HCE Newsletter over the next few months as a result. Microsoft Publisher (the computer program we've used for ages) is being discontinued, so I will be trying out some different programs to create your newsletters going forward. There will be some experimenting, so please do share your thoughts as new HCE Newsletter format(s) arrive in your mail!





**National
Public Health
Week** April 6-12, 2026

A Constellation of Community:

Join the constellation! Across our county, departments shine like stars, and these FREE Wisconsin Idea Week events bring them into alignment for something extraordinary.

Presented by:



Extension
UNIVERSITY OF WISCONSIN-MADISON
WINNEBAGO COUNTY



Public Health
Prevent. Promote. Protect.
Winnebago County, WI

GooseChase Scavenger Hunt

All Week | WIN PRIZES!

Living Well and Planning AHEAD for a Healthy Life

4/6 - 6:00pm | Neenah Public Library

Emergency Preparedness For All

4/7 - 4:30pm | Winneconne Public Library

Sustainability and Healthy Living & Pressure Canner Testing

4/8 - 5:00pm | Omro Community Center

Community Fair with BadgerTalks and Barlow Planetarium shows

4/9 - 5:00pm | Sunnyview Expo Center

Climate Smart Gardening, Air Quality, and Your Health

4/10 - 4:30pm | Oshkosh Public Library

FREE!



**Registration Required for all programs.
Check out our website for more info!
Questions? 920-232-1970**



<https://winnebago.extension.wisc.edu/wisconsin-idea-week-2026/>



You are invited to the 2026

Winnebago County HCE Spring Banquet

5:00 p.m. Registration & Cultural Arts

6:00 p.m. Dinner: Pizza Ranch chicken,
mashed potatoes, gravy, veggie,
and dessert

6:45 p.m. Entertainment by Fox Sounds

Cultural Arts awards, scholarship winner announcements,
and "pass the hat" scholarship fundraiser to follow.

Friday, May 8, 2026

5:00 p.m. - 8:00 p.m.

J.P. Coughlin Center

HCE Spring Banquet Registration:



RSVP by: Friday, May 1, 2026

Send To: Marilyn Holmes

1732 Dublin Tr., #37

Menasha, WI 54952

(920) 216-2975

Cost: \$15 cash or check

(Excess funds to scholarship fund)

Name: _____

2026 WAHCE Conference: September 20 – 23, 2026
Hotel Reservation Information

Hotel Specifics:

The Lismore-by Hilton

333 Gibson Street, Eau Claire, WI 54701.

Guests can start making their reservations now by calling the hotel directly at 1-715-835-8888 /option (0) and mentioning the WAHCE Conference.

Full bedrooms are at a rate of \$119 per night. Queen and King rooms are at a rate of \$139 per night. Ask the hotel when booking if you have questions about which size would suit your needs best.

The cut off date for reservations is August 21, 2026. Any remaining rooms will be released at that time.

Self-parking is available in the city owned parking ramp, attached to the hotel. Those staying at the hotel will receive a \$5 discount per day, which is credited to your room stay.

One day parking is available by registering your vehicle and paying at the kiosk, located at the base of the elevators off the parking ramp. Cost is 50 cents/hour (24 hours) which maxes out at \$10 per day.

Any questions, please contact us by phone or email.

Email specific to conference: wahce2026@yahoo.com

Roberta Shaffer, Conference Chair:

715-791-2476, bertashaffer@gmail.com

Kristy Sand, Conference Co-Chair:

715-554-1349, kcants@hotmail.com

Gillingham Club Meeting Minutes: February 16, 2026

Time: 1:00pm

Place: Home of Marilyn

of Members Present: 5

of Visitors: 0

Newsletter Discussed?: Yes Pennies for Friendship Collected?: Yes

This month's lesson/program (topic & brief summary): Focusing on upcoming Spring Banquet and any updates on our club's hostessing duties.

Presented by: All

of members who plan to use lesson information: All

What did members do as a result of last month's project lesson?:

Leader(s) attending next project lesson:

New member(s):

Member(s) lost:

Reason:

Minutes of regular business meeting: Marilyn (president) led the Pledge of Allegiance and opened the meeting. Roll call was documented with response to question of how the past winter cold was handled. Secretary and Treasurer reports were read, approved, and filed.

Reach and Teach booklet was corrected to remove Gloria Larsen from the Scholarship Committee and place Dar Schuff as member #3.

Marilyn will attempt to get a correct date for the Spring Banquet as current dates are conflicting. The theme is "Butterfly on My Shoulder."

Joan presented all with copy of Nuts for Nutrition, and Marilyn gave each a copy of Home Hints and Timeless Tips (a January on-your-own HCE lesson).

Prayer recitation concluded the meeting.

Secretary: Joan Bestler

Date Approved:



HCE Member Activities:

A special thanks to Bernice Labus for taking photographs at these events and sharing them for the newsletter!

Friendship Club: Salvation Army Service

Sarah Winkel, Kathy Wuest, Steve Labus, Rosemary Pionke, and Bernice Labus rang the bells for the Salvation Army.



Nuts for Nutrition

*Originally published by University of Nebraska—Lincoln Division of Extension
<https://www.slideshare.net/slideshow/nuts-for-nutrition/29918685#2>*

Can a handful of nuts a day help keep you healthy? And how much, exactly, is a handful?



Nuts and Your Health

The 2015 Dietary Guidelines All vegetables, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, fat-free and low-fat dairy products, and lean meats and poultry—when prepared with little or no added solid fats, sugars, refined starches, and sodium—are nutrient-dense foods.

Choose MyPlate (a recommended food pattern to help people implement the dietary guidelines) states, “In general, 1 ounce of meat, poultry, fish, ¼ cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds can be considered as ‘**1-ounce equivalent**’ from the Protein Foods Group”

Nuts, with their healthy fats, are higher in calories than some other sources of protein, and MyPlate recommends: “Choose unsalted nuts as a snack, on salads, or in main dishes. Use nuts to replace meat or poultry, not in addition to these items. At the 2,000 calorie level, MyPlate recommends approximately 5- ½ “**1-ounce equivalents**” from the Protein Group.”

A Handful of Nuts

How many nuts are in a handful of nuts? A handful equals about 1-ounce. This serving size corresponds to the serving size listed on the “Nutrition Facts” panel on food labels. The International Tree Nut Council Nutrition Research & Education Foundation gives these examples of the average number of nuts per 1-ounce portion:

- Almonds (20-24)
- Brazil Nuts (6-8)
- Cashews (16-18)
- Hazelnuts (18-20)
- Macadamia (10-12)
- Pecans (18-20)
- Pine Nuts (150-157)
- Pistachios (47-49)
- Walnuts (8-14)

Feel Like a Nut?

It’s easy to nibble on nuts. Here are two quick ideas. Store shelled or un-

shelled nuts in an airtight container in your refrigerator for up to 6 months or for a year in your freezer for best quality.

It's in the Bag

You don't have to fire up the stove or get out your cookbook to enjoy nuts. Your handful of nuts may be enjoyed—simply—out of hand.

Divide a container of nuts into small snack bags for easy snacking at home, the office, or on the road. Simply count, weigh 1 ounce of nuts on a kitchen scale, or grab a handful and store in each snack bag. Keep in the refrigerator until you're ready to enjoy! A handful of nuts may help you resist the gooey sweet roll in the break room at work.

Just a Sprinkle

Sprinkle nuts into these foods:

- Salads
- Yogurt
- Cereal
- Pasta
- Cooked vegetables
- Muffins and pancakes (toss a handful or two into your batter)

* For added flavor, try toasting nuts. View directions for toasting nuts on next page.

Here's a trail mix you can make with your favorite nut or combination of nuts:

Recipe: Trail Mix

(16 servings, Serving size: $\frac{1}{4}$ cup)

- 1 cup almonds
- $\frac{1}{2}$ cup chocolate chips or M&M's
- 1 cup dried fruit
- $\frac{1}{2}$ cup dried cranberries
- 1 cup oatmeal squares



Measure ingredients and put in a large zip-close bag. Shake to mix. Portion into single-serving zip-close bags.

Per serving: 140 calories, 20 grams (g) carbohydrate, 6 g fat, 3 g protein

Toasting Nuts and Seeds Using Microwave, Oven or Stove-Top

*Originally published by University of Nebraska—Lincoln Division of Extension
<https://food.unl.edu/article/toasting-nuts-and-seeds-using-microwave-oven-or-stovetop/>*

Enjoy the health benefits of a daily handful of nuts or a couple of tablespoons of seeds by sprinkling them on cereal, yogurt, salads, soups, pasta and vegetables. Toast them for added flavor. You can toast them using your microwave, oven or stove-top.

Microwave Toasting

Here's a quick and cool way (with minimal clean-up) to toast nuts and seeds:

This method works well for amounts ranging from a tablespoon to ½ cup. With larger amounts, some are likely to turn dark quicker than others. The time will vary depending on the size, type, and temperature of the nuts/seeds and also may be influenced by the type of microwave.

1. Spread from a tablespoon to ½ cup nuts or seeds evenly in a single layer in a flat, microwave-safe dish, such as a 9-inch microwave-safe pie plate.
2. Add a small amount of soft butter or margarine or add a small amount of oil to the nuts/seeds. Use about ½ teaspoon fat per ½ cup of nuts/seeds; use proportionally less for smaller amounts of nuts/seeds. Stir the nuts/seeds to thinly coat with the fat. This small amount of fat helps with browning and speeds up the toasting process.
3. Microwave on high for 1 minute. Stir and microwave for another minute.
4. Check to see how the toasting is proceeding. Add more microwave cooking time one minute at a time because nuts and seeds can burn quickly. Stir after each addition of time.
5. Small amounts of thin nuts/seeds (sliced almonds or sesame seeds) could be finished at 2 minutes. Larger amounts of nuts, such as sliced or whole almonds, walnuts, pecans and sunflower seeds will take an additional minute or two more microwaving to become lightly browned and smell fragrant.
6. Store any extra toasted nuts or seeds in an airtight container in the refrigerator for 1 to 2 weeks or freeze them in an airtight freezer container for 1 to 3 months.

Oven Toasting

1. Preheat oven to 350 °F.
2. Toast nuts BEFORE chopping them into smaller pieces.
3. Place nuts or seeds in a single layer in an ungreased shallow pan or RIMMED baking sheet such as a cookie sheet or jelly roll pan. (DO NOT use a baking sheet without sides. You may have nuts or seeds all over the oven if you accidentally tip the sheet when removing it from the oven.)
4. Bake 5 to 10 minutes or until they are GOLDEN brown. A toasted nut or seed may look more GOLDEN than BROWN. They will continue to brown slightly after they're removed from the oven. Stir once or twice or shake the pan during toasting to aid in even browning.
5. Remove from pan to cool.
6. Store any extra toasted nuts or seeds in an airtight container in the refrigerator for 1 to 2 weeks or freeze them in an airtight freezer container for 1 to 3 months.

NOTE: The first time you try toasting nuts or seeds, it's better to err on the side of under-toasting than over-toasting. As they toast, you'll notice a change in their fragrance as well as their color.

Stovetop Toasting

Stovetop toasting works well for small batches of nuts or seeds. With this method, the parts of the nuts or seeds touching the skillet may become darkest, unlike the oven method where they become more of an overall golden color.

1. Toast nuts BEFORE chopping them into smaller pieces.
2. Heat nuts or seeds in a dry, heavy skillet over medium heat for 1 to 2 minutes or until they're golden brown and they give off a rich, toasty fragrance. Watch them closely when using this method as it's easy to burn them.
3. Stir or toss nuts or seeds frequently for even toasting.
4. Remove from pan to cool.
5. Store any extra toasted nuts or seeds in an airtight container in the refrigerator for 1 to 2 weeks or freeze them in an airtight freezer container for 1 to 3 months.

Source:

[Go Nuts!](#) United States Department of Agriculture (USDA)

This article was originally written by Alice Henneman. It was reviewed and updated in 2022.

Cooking with Oils: Healthy or Not Waupaca County HCE Special Topic (February)

Originally published by Extension Waupaca County HCE

<https://waupaca.extension.wisc.edu/files/2025/12/Cooking-with-Oils-Factsheet-3-pg.pdf>



Many cooking oils are on the grocery store shelves, and it can get overwhelming when selecting the right oil for everyday cooking. All cooking oils are not created equal. So how do you create a delicious meal while still taking care of your body?

Some oils are best suited for sautéing, other oils may complement certain ingredients and boost flavor. Some oils work better as a light drizzle or as a base for a favorite dip and dressing.

Smoke point or “burning point” is one of the most important factors to consider when choosing an oil to cook with. That is the temperature at which an oil stops glistening and starts to break down, losing its integrity. This is when things start to get smoky. When this happens, the taste suffers and it can lose its nutritive value and produce free radicals that are very harmful to the body. Heat your pan first, then add your oil and then the ingredients to help prevent the oil from getting hot too quickly and burning.

To avoid the smoke, it's important to choose the right oil suitable for the different types of foods you are cooking. **Below, you'll find the best healthy oils to cook with, along with those you should avoid.**

Olive Oil

The Mediterranean diet has been linked to a reduction in chronic disease risk. Olive oil, known for its role in the Mediterranean diet, is abundant in healthy monounsaturated fatty acids and powerful antioxidants, like fat-soluble Vitamin E which helps to support the health of your skin, hair and nails. Olive oil is listed as the healthiest cooking oil. Extra virgin olive oil has a relatively low smoke point, so it's **best for sautéing over medium heat or roasting below those temps.** It's also a great addition to dressings because of its deep peppery flavor. Cooking vegetables in extra virgin olive oil can actually boost phytonutrients (types of antioxidants) in the vegetables.

- **Best for:** Salad dressings and sautéing
- **Smoke point:** Extra virgin 325-375°F, refined 465°F



Avocado Oil

This oil, derived from the flesh of pressed avocados, has a mild flavor and high smoke point so it's perfect for almost any cooking uses in the kitchen. **Avocado oil has one of the highest levels of healthy monounsaturated fats of all oils,** and it's also low in polyunsaturated fats. These combined fats

make avocado oil a heart-healthy choice. It also contains beneficial antioxidants like lutein, which is naturally found in the eyes. Some brands offer it in a spray container without propellants so you can control how much you use at a time.

- **Best for:** Frying, roasting, baked goods
- **Smoke point:** Virgin 375°F, refined 520°F

Sunflower Oil

This seed oil is a keeper when it comes to cooking oils that help you create the perfect meal without sabotaging your health. It's light and has a lovely buttery flavor, but the real selling point is that sunflower oil is high in unsaturated fats and low in heart-harming saturated fats. It also contains a bit of vitamins E and K. Sunflower oil has been **shown to have a positive effect on inflammation in the body and may support several aspects of heart health such as balanced cholesterol and blood lipid levels.**

- **Best for:** Frying, sautéing, grilled sandwiches
- **Smoke point:** 450°F

Untoasted Sesame Oil

Sesame oil is a favorite in Asian-inspired dishes. **It contains antioxidants and is higher in beneficial unsaturated fats than the harmful saturated kind, it has anti-inflammatory properties and may have a positive effect on heart-related factors** such as atherosclerosis (hardening of heart arteries) and cholesterol levels.

- **Best for:** Sautéing, roasting
- **Smoke point:** Refined 410°F, unrefined 350°F

Peanut Oil

A high-heat cooking oil, peanut oil is made from the seeds of a peanut plant. It's **budget-friendly and has a neutral flavor, making it a versatile option for many dishes.** Almost half of peanut oil is monounsaturated fats. Peanut oil has a relatively high smoke point and is ideal for searing meats, grilling, roasting vegetables and frying.

- **Best for:** Stir fry and sautéing
- **Smoke point:** 450°F



Chia Seed Oil

Known for its beauty and hair care uses, chia seeds can also be enjoyed in the form of a cooking oil. It's packed with omega-3 fatty acids that may benefit the brain with its neuroprotective effects.

- **Best for:** Sautéing and baking
- **Smoke point:** 400°F

Canola Oil

Canola oil is known to be a heart-healthy option because of its low saturated

fat content. Major health organizations recommend the use of canola oil, including the American Heart Association. A great substitute for vegetable oil, canola oil is made from rapeseed and has a high smoke point, so it can be used in a variety of ways in the kitchen, making it a staple in many homes. It's also budget-friendly. **One tablespoon of canola oil packs in 16% DV (daily value) of vitamin E, a nutrient that supports the immune system and promotes eye health.**



- **Best For:** Sautéing, frying, baking
- **Smoke Point:** 400°F

The worst oils to use with high heat

All cooking oils are not created equal. The key here is never to cook oils above their smoke point. With that said, there are many oils that are not ideal for high-heat cooking, but are perfect for enhancing low-temperature or cooler dishes.

Cooking oils with a low smoke point require refrigeration and are very sensitive to heat as it can go rancid and oxidize quickly. The great news is they are extremely nutrient-dense with a distinct flavor and aroma and are perfect for salad dressings, light drizzle on a favorite recipes.

Here are five cooking oils you don't want to use for high-heat cooking:

- Flaxseed oil
- Walnut oil
- Pistachio oil
- Hemp seed oil
- Pumpkin seed oil
- Coconut Oil

What to look for when shopping for oil

In addition to the smoke point, also consider -

- **Refined vs. unrefined:** Refined oils go through an extraction process using high heat. This technique may result in a loss of natural nutrients, flavor or aroma in the cooking oils. Unrefined or cold-pressed oils are extracted using pressure and no or little heat. Unrefined cooking oils are more nutrient-dense compared to refined cooking oils, but have a shorter shelf life. Refined cooking oils are best for cooking at high-heat temperatures with a longer shelf life.
- **How to store your cooking oil :** Don't store oil near or above the stove. Certain oils can become rancid if exposed to light, heat and oxygen. Instead, store oil in a **cool, dark place**. For best quality and flavor, use your oil within one year of purchase (some oils may need to be used even sooner). **While wine gets better with age, oil does not and the quality and flavor will weaken as the oil ages.**

Source: Valerie Agyeman, R.D.

2026 Upcoming Local Library Events

Neenah Library:

<https://neenahlibrary.org/events/adults/month>

Call 920-886-6315 or email library@neenahlibrary.org to register.

Join a Book Club: Check with the library for schedules and more info!

- Cookbook Book Club
- Monday Morning Book Klatch
- Not Quite Cozy Mystery Book Club

4/3 & 5/1 @ 9:15am—Fitness Friday—Boot Camp: Join an hour-long, full-body workout (cardio, core, upper, and lower body). This class is for all abilities. Remember to bring a towel or yoga mat and a water bottle.

4/3, 4/17, 5/1, & 5/15 @ 10:30am—Chair Yoga: Join a relaxing yet powerful 30-minute chair exercise experience! Learn how to engage your core while doing full body movements all while sitting down. Standing exercises will also be offered with modifications for using the chair.

@ 2:00pm—Concerts:

- **4/3—Christo Ruppenthal:** Christo presents a unique mixture of Jazz/ Vaudeville era novelty infused hot steel guitar and ukulele playing from the 1910s-30s "Hawaiian Craze" as well as the swinging sounds of Django Reinhardt's 1930s and 40s guitar-driven Hot Club jazz.
- **5/1—Beginner Line Dancing with Cindy Paulson:** Get ready to do some line dancing! Cindy will help participants learn a few new moves while playing classic country hits.
- **5/31—Walt Hamburger:** Local guitarist and singer-songwriter Walt brings an energetic afternoon of original music to the library stage with songs ranging from heartfelt ballads to driving rock 'n' roll, all marked by the wit and high-energy presence he honed in the punk rock scene.

4/6 & 5/4 @ 1:00pm—Stitching Group: Bring your crafting project (cross stitch, embroidery, knitting, crochet, or anything else you can bring along) and join us for an hour of crafting.

4/6 @ 2:00pm—Adult Afternoon Program: Hooked on History! Early Wisconsin Fishing Lures: A passionate "Wisconsin-made" fishing tackle collector and historian, Chris Slusar shares his decades of knowledge in this identification and historical compendium. Chris will share his knowledge and passion about the history of early WI fishing lures and implements.

4/7 & 5/5 @ 6:30pm—Powered by Yarn: Bring your own project and tools. We supply the company, as well as moral and technical support in knitting and crocheting. This is an open crafting group.

@ 6:30pm—Adult DIY Design Workshop: Join us to create a unique craft project. Registration is required. All supplies will be provided.

- 4/8—Air Dry Clay Trinket
- 5/13—Woven Paper Art

4/13, 4/20, 4/27, 4/27, 5/4, & 5/11 @ 6:00pm—Mindful Living: Explore the many benefits of living mindfully, resulting in a less stressful life. You'll learn how to meditate, manage emotions, and challenge negative thoughts.

4/14 @ 1:30pm Tech Talk Tuesday—Technology & Your Family Tree: Learn about a variety of digital library resources that are available to help you with your genealogy research.

4/14, 5/12, & 6/9 @ 4:30—6:30pm—Legal Clinic: Winnebago Free Legal Assistance Clinic is a non-profit organization consisting of volunteer attorneys and paralegals who provide free legal assistance to the community on most civil legal issues.

4/17 & 5/15 @ 9:15am—Fitness Friday—Balance & Strength: Join an hour of active stretching with balance exercises. This class is for all abilities. Remember to bring a towel or yoga mat and a water bottle.

@ 1:30pm—Memory Café: For those experiencing early stage dementia, mild memory loss, or cognitive impairment, and for family and friends of those affected. It's a great opportunity for lively discussions, information gathering, refreshments, camaraderie, and lots of creative fun thrown in!

- 4/20—Bingocize
- 6/15—Fishing

@ 6:30pm—Cookbook Book Club—Old Cookbooks We Love: Try some new recipes, share a dish, and talk about cooking.

- 4/21—Cook Like a Celebrity
- 5/19—Southeast Asian Food

@ 6:30pm—Suburban Homesteading: Presented by Jacob Kluza, Extension Winnebago County Horticulture Educator

- 4/22—Understanding Soil Health
- 5/27—All about Pollinators!

Menasha Library:

<https://www.menashalibrary.org/calendar#/events/>

Register for events online or call 920-967-3690.

Join a Book Club: *Check with the library for schedules and more info!*

- **Fiction Book Club Discussion**
- **First Thursday Books & Treats**

4/7, 5/5, & 6/2 @ 4:30pm—Legal Clinic: Winnebago Free Legal Assistance Clinic is a non-profit organization consisting of volunteer attorneys and paralegals who provide free legal assistance to the community on most civil legal issues.

4/9 @ 6:00pm—Menasha’s Prisoners of War: Join the Menasha Historical Society as we acknowledge National Former POW Recognition Day. The focus is on Menasha POWs, but the stories are universal. Family and friends of POWs everywhere are encouraged to attend.

4/18 & 5/16 @ 10:00am—Family Roots Genealogy Club: Everyone is invited to join the Family Roots Wisconsin when they hold their monthly genealogy meeting on the third Saturday of each month.

4/20 @ 1:00pm—Nature Talks with Rob Zimmer—Morel Mania and a Wild Spring Salad: Morel season has arrived and Rob will give many great tips on where to find these popular edible mushrooms. Also, as spring arrives, there are so many incredible edible plants to enjoy, and this includes many varieties of nutritious, edible, wild greens.

4/28 @ 6:00pm—Garden Planning—Designing a Productive & Manageable Garden: This program guides gardeners through the process of planning their garden for the season. It covers choosing the right site, mapping out beds, rotating crops, and selecting varieties that perform well in WI. The session includes timing charts, planting calendars, and practical strategies to maximize space and reduce maintenance. Learn how to match garden plans with their available time, resources, and garden goals.

5/13 @ 4:00pm—Fairy Wand Making –For Adults!: Spring is a magical time. Celebrate the season by making your own beautiful fairy wand to adorn plants or to hang as a colorful light catcher. Registration opens 4/22.

5/26 @ 6:00pm—Gardening in Small Spaces—Growing More in Less Space: Learn how to select compact plant varieties, manage soil health in small spaces, and choose the right containers and supports. Participants learn how to grow vegetables, herbs, and ornamentals in patios, balconies, and small yards with efficient use of space and water.

Oshkosh Public Library:

<https://www.oshkoshpubliclibrary.org/events>

Call 920-236-5205 to register for events.

Join a Book Club: Check with the library for schedules and more info!

- “Did You Finish the Book?” Club
- Not Your Classic Book Club
- Second Thursday Book Club
- Banned Book Club

April—July—250 Years of American Military History: To celebrate the nation's 250th anniversary, a curated collection of historical military items will be on display throughout the year, showcasing the history of the various branches of the United States Armed Forces and the stories of veterans. The display will be refreshed and updated throughout the year so be sure to check to see what is new.

4/4, 5/2, & 6/6 @ 11:00am—Oshkosh Community Jam: Find your musical crew at the library! Bring your guitar, harmonica, drum, banjo - whatever you play - and jam to the Oshkosh beat.

4/7, 4/25, 5/12, & 5/30 Adult DIY: Craft with us at the library! We provide the materials – you supply your creativity! Call to reserve your seat and supplies for these in-person, instructor-led workshops.

4/7 & 5/5 @ 6:00pm—Storytime for Grownups: Join librarian Sarah Read at Planet Perk for a monthly grownup storytime. Color, work on a puzzle, craft, or cuddle with a cat while Sarah reads you a short story. Stories will be a mixture of genres, classics and contemporary, with time for discussion afterwards. It's like listening to an audiobook, but with friends!

Adult DIY: Craft with us! Call us to reserve your seat and supplies for these in-person, instructor-led workshops.

- 4/7 & 5/12 @ 6:00pm
- 4/25 & 5/30 @ 1:00pm

4/14 & 5/12 @ 12:00pm or 5:30pm—Craft In Company: Are you looking for a craft community, camaraderie, or conversation? Join our craft circle! Bring your work-in-progress and join us in the first floor Reading Room. All tidy crafts are welcome! Beginners are welcome. Show off your creations, share tips and tricks, and join in our community projects!

4/21 & 5/19 @ 4:30pm—Winnebago Free Legal Assistance Clinic: Winnebago Free Legal Assistance Clinic is a non-profit organization consisting of volunteer attorneys and paralegals who provide free legal assistance to the community on most civil legal issues.

4/23 @ 6:00pm—Wisconsin's Gangster Past with Chad Lewis: Put on your zoot suit and follow in the footsteps of America's most infamous gangsters as they turn WI into their personal crime vacation land. Filled with deadly bank robberies, explosive shootouts, brutal murders, and daring kidnappings, this presentation lets the audience discover the grisly locations where the gangster history will never die.

Originally published by Winnebago County Public Health
<https://myemail.constantcontact.com/Public-Health-Happenings---March-2026.html?soid=1124680822228&aid=CiU-Ytp1cT4>

Volunteer with GROW this upcoming summer!



Launching June 2026, **GROW: Gardening for Resilience, Opportunity, & Wisdom** will give WALC learners a space to grow culturally meaningful foods that connect them to home, while also integrating English Language Learning.

Along the way, you'll teach, observe, and learn from the rich cultural practices and traditions behind each garden.

TUESDAYS/THURSDAYS

JUNE - SEPTEMBER

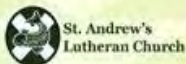
1:00 PM - 3:00 PM @ St. Andrews
Evangelical Lutheran Church

1100 E Murdock Ave,
Oshkosh, WI 54901

*** Volunteer hours can vary on
availability!*

Not interested in volunteering?
WALC is accepting donations for
any gardening materials!

Want to learn more? Email
kleon@winlit.org or call (920)479-3135



Fueling Longevity: Smart Nutrition Strategies for Older Adults

Originally published by Winnebago County Public Health

<https://myemail.constantcontact.com/Public-Health-Happenings---March-2026.html?soid=1124680822228&aid=CiU-Ytp1cT4>

As we age, our body needs different amounts of calories, nutrients, and vitamins to keep performing at our best. Muscle mass decreases, bones begin to thin, and some people may be less mobile. According to the American Heart Association, calories should come from nutrient-dense foods. Some examples of nutrient-dense foods include:

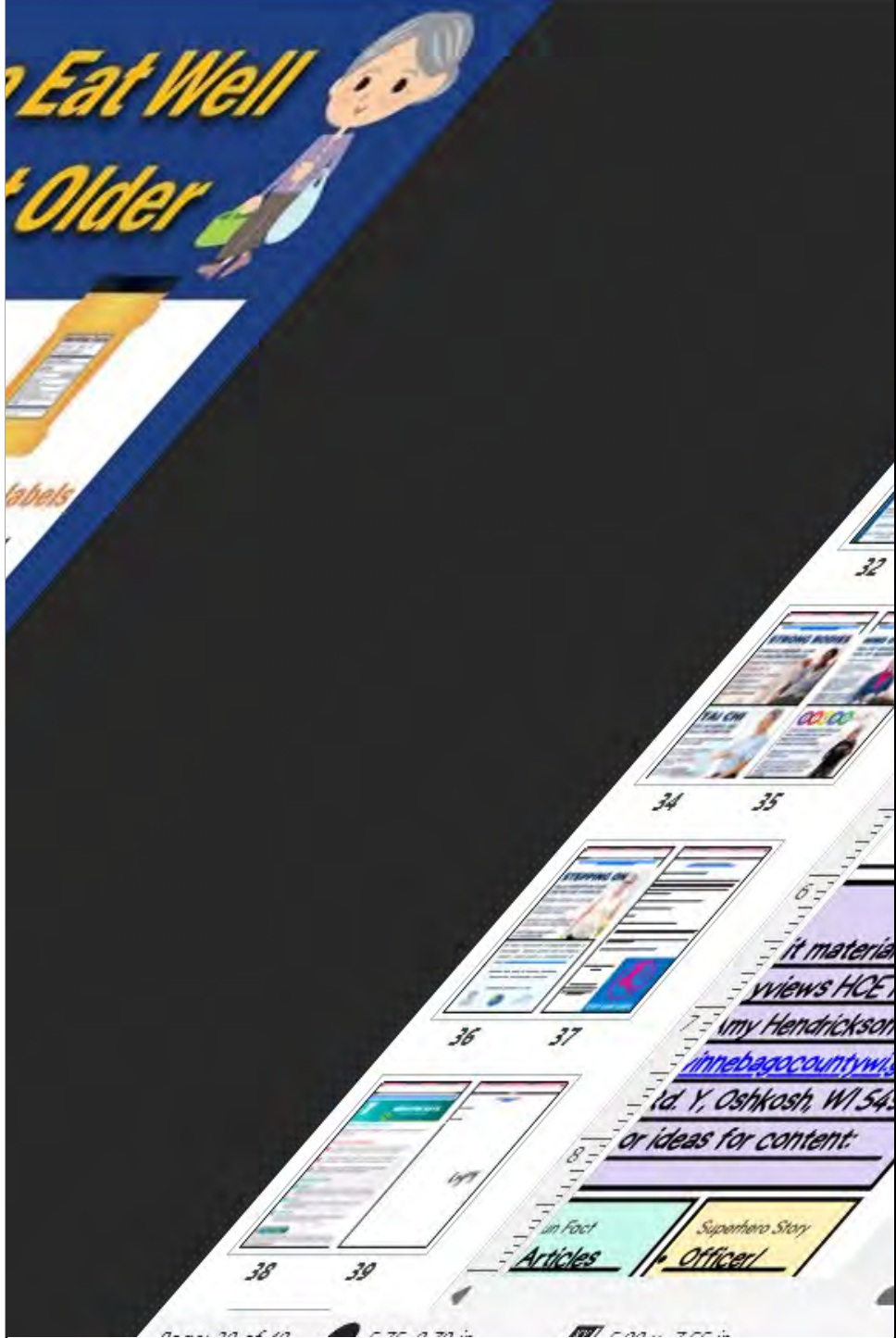
- Vegetables- spinach, carrots, broccoli, kale, beets, sweet potatoes
- Fruits- strawberries, oranges, limes, grapefruit, blackberries, apples, pomegranate, pineapple, banana, avocado, blueberries
- Whole grains- barley, quinoa, brown rice, farro, oatmeal, popcorn, whole-wheat flour
- Lean meat- skinless chicken breast, turkey breast, fish, seafood (salmon, cod, tuna, shrimp)
- Low-fat dairy- Greek yogurt, skim milk, low-fat cottage cheese

While older adults may need fewer calories each day compared to a younger person, they may have similar or even increased nutrient needs. This can place older adults at higher risk for malnutrition. Malnutrition can lead to health complications, such as diabetes, cancer, and heart disease, as well as increased chances of falls, leading to increased healthcare costs. So, what can you do to prevent these problems?

- Talk with your provider about dietary changes or adding supplements or vitamins
- Keep a food diary to help keep track of what you are eating. Review it to see if you are meeting dietary needs
- Spend Smart. Eat Smart. Make a food spending budget. Purchase items that are going to go the furthest. Cooking more at home will help you know exactly what is in the food you eat, and it saves costs in the long run.
- Read nutrition labels and look for whole foods, or foods that do not have many additives.

Learn More:

- *Nutrition & Exercise Resources from National Council on Aging*
Healthy eating, nutrition, and diet from National Institute on Aging:
<https://www.ncoa.org/nutrition-exercise/>
- *Spend Smart. Eat Smart - Recipes from Iowa State University*
Extension: <https://spendsmart.extension.iastate.edu/>



**Eat Well
Older**

Labels

32



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it material
 Sunnyviews HCE
 Amy Hendrickson
innebagoocountywi.com
 rd. Y, Oshkosh, WI 549
 or ideas for content:

in Fact
Articles

Superhero Story
Officer!

30 Day Positivity Challenge

Originally published by Winnebago County Public Health

<https://myemail.constantcontact.com/Public-Health-Happenings---March-2026.html?soid=1124680822228&aid=CiU-Ytp1cT4>

Positive thinking doesn't mean that you ignore hard things in your life. It simply means that you approach things - even the unpleasant ones - in a positive way. According to Mayo Clinic, there are proven health benefits to increasing your positive thinking (<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950>).

Those include:

- Increased life span
- Lower rates of depression
- Greater resistance to illness
- Better cardiovascular health and reduced risk of death from cardiovascular disease and stroke
- Reduced risk of death from cancer, respiratory conditions, and infections
- Better coping skills in times of stress

It's not yet clear why people who engage in positive thinking experience these health benefits. It may be that having a positive outlook enables you to cope better with stressful situations, reducing the harmful health effects of stress on your body. It could also be that positive people tend to live healthier lifestyles. The good news is that everyone can practice positive thinking. Use the attached 30 Day Positivity Challenge sheet (<https://files.constantcontact.com/4dd633cd501/30a57243-07cc-4088-9861-2337da91f7d4.pdf>) to guide you!

30 DAY

POSITIVITY CHALLENGE

Studies show that having a positive mindset leads to better health outcomes in the long run. This 30 day positivity challenge is an activity for you to do alone, or with a co-worker or friend. You may print it out and hang it up, or keep it as easy access on your computer. You do not need to do these in order, but rather try incorporating them into your normal routines.

<p>DAY 1</p> <p>Write Down 3 things you are grateful for today</p>	<p>DAY 2</p> <p>Send a message of appreciation to someone</p>	<p>DAY 3</p> <p>Notice something beautiful around you. How does it affect your mood?</p>	<p>DAY 4</p> <p>Give a genuine compliment to someone</p>	<p>DAY 5</p> <p>What is a routine that makes your life easier?</p>
<p>DAY 6</p> <p>Leave a positive note for someone to find</p>	<p>DAY 7</p> <p>Appreciate something about your personality today</p>	<p>DAY 8</p> <p>Try to smile at everyone you see today</p>	<p>DAY 9</p> <p>Do a small act of kindness for someone</p>	<p>DAY 10</p> <p>List 5 things you love about yourself. Why do you love them?</p>
<p>DAY 11</p> <p>Be grateful for a place that makes you feel calm</p>	<p>DAY 12</p> <p>Do something that makes you feel proud</p>	<p>DAY 13</p> <p>Think about a happy memory. What does it mean to you?</p>	<p>DAY 14</p> <p>Think of 3 moments that brought you joy today</p>	<p>DAY 15</p> <p>Be grateful for the food you eat today</p>
<p>DAY 16</p> <p>Make a list of 5 simple joys in your life.</p>	<p>DAY 17</p> <p>Talk kindly to yourself. Talk to yourself the way you would talk to a friend</p>	<p>DAY 18</p> <p>Write something about your health you appreciate</p>	<p>DAY 19</p> <p>Give someone your full attention today. Phone down and eye contact</p>	<p>DAY 20</p> <p>Think about someone you care about. How do you show them you care?</p>
<p>DAY 21</p> <p>Celebrate a personal victory</p>	<p>DAY 22</p> <p>Do something kind for yourself</p>	<p>DAY 23</p> <p>Say "thank you" out loud at least 3 times today</p>	<p>DAY 24</p> <p>Try to go the whole day without complaining. Notice more when you do complain</p>	<p>DAY 25</p> <p>Spend time with someone without screens</p>
<p>DAY 26</p> <p>Write a thank you note to a co-worker.</p>	<p>DAY 27</p> <p>Be grateful for something that made you laugh recently</p>	<p>DAY 28</p> <p>Spend 5 minutes noticing things that make you feel peaceful</p>	<p>DAY 29</p> <p>Thank someone who has helped you recently</p>	<p>DAY 30</p> <p>Think back about which ones of these were easy and hard for you. What ones can you keep doing on your own?</p>

Tips for the 30-Day Positivity Challenge:

- You do not have to do them all in order, and you can do more than one in a day
- Notice how you feel when you complete a task. Is this something you think you can do on a regular basis?
- Remember being kind to ourselves is just as important as being kind to others. Your mindset affects your mood.

Stimulate Your Mind with Brain Exercises (Use it or Lose it)

Originally published by Winnebago County Public Health

<https://myemail.constantcontact.com/Public-Health-Happenings---March-2026.html?soid=1124680822228&aid=CiU-Ytp1cT4>

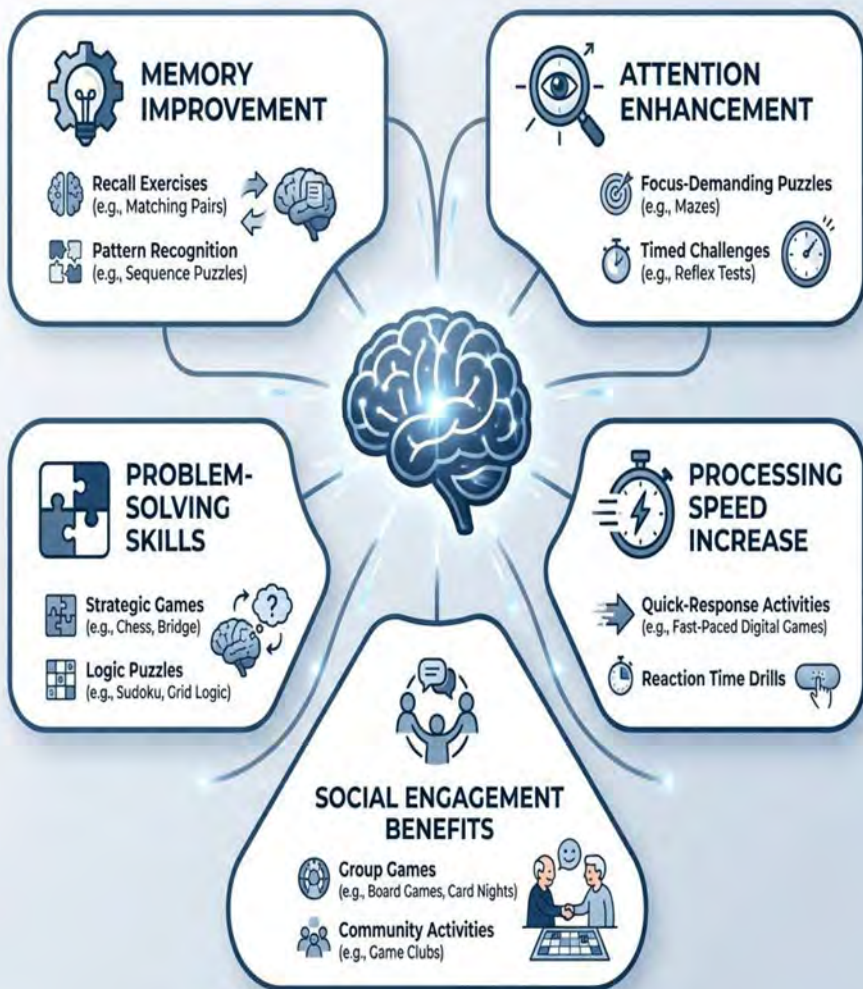
Everyone knows that physical exercise is important to keep the body healthy and strong. Did you know that your brain also benefits from exercise? Keeping your brain active and alert is a must as we get older. According to the American Academy of Neurology (<https://www.aan.com/PressRoom/Home/PressRelease/5008>), stimulating the brain improves its function and can protect against memory decline.

Although brain exercises are not going to prevent the severe mental decline that is caused by disease, most of the common age-related losses in memory or motor skills simply result from inactivity and a lack of mental exercise or stimulation. You can take simple steps to prevent them. Brain exercises don't take much time to accomplish and are fun! Take a few minutes out of your day and make these brain games part of your routine:

- **Classic Pen and Paper Games:** Complete the crossword puzzle or sudoku in the daily newspaper, or do a word search.
- **Card Games:** From Bridge to Solitaire, card games are excellent for developing strategic thinking and memory retention.
- **Digital Brain Games:** Apps like Lumosity, Peak, and BrainHQ are popular choices.

Learn More: [Which Leisure Activities Are Linked to Lower Risk of Dementia from the American Academy of Neurology](#)

COGNITIVE BENEFITS OF BRAIN GAMES FOR SENIORS



Originally published by Winnebago County Public Health
<https://myemail.constantcontact.com/Public-Health-Happenings---March-2026.html?soid=1124680822228&aid=CiU-Ytp1cT4>

Join Us

Alzheimer's and Dementia Caregiver Support Group



Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for family and friends who are caring for someone who has Alzheimer's or another dementia to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

This support group is offered in partnership with:



**4th Thursday of
Each Month**

3:30-5:00 PM

Valley VNA Senior Care

1535 Lyon Dr., Neenah

*Keller Community Center at Valley VNA

For more information contact Stephanie
at 920.422.8450

Designed for anyone who is caring for someone who has Alzheimer's or related dementia.

www.alz.org/wi
24/7 Helpline 800.272.3900
Hablamos Español 414.431.8811

**ALZHEIMER'S
ASSOCIATION**

Originally published Sept. 2023 by Aging & Disability Resource Center of Winnebago County
<https://www.winnebagoountywi.gov/DocumentCenter/View/3383/March-2026-PDF?bidId=>

Welcome to Medicare

Presented by Winnebago County Elder-Benefit Specialists

The Aging & Disability Resource Center of Winnebago County invites you to attend a presentation on Medicare for current and future Medicare beneficiaries and their families to learn more about Medicare coverage and options.

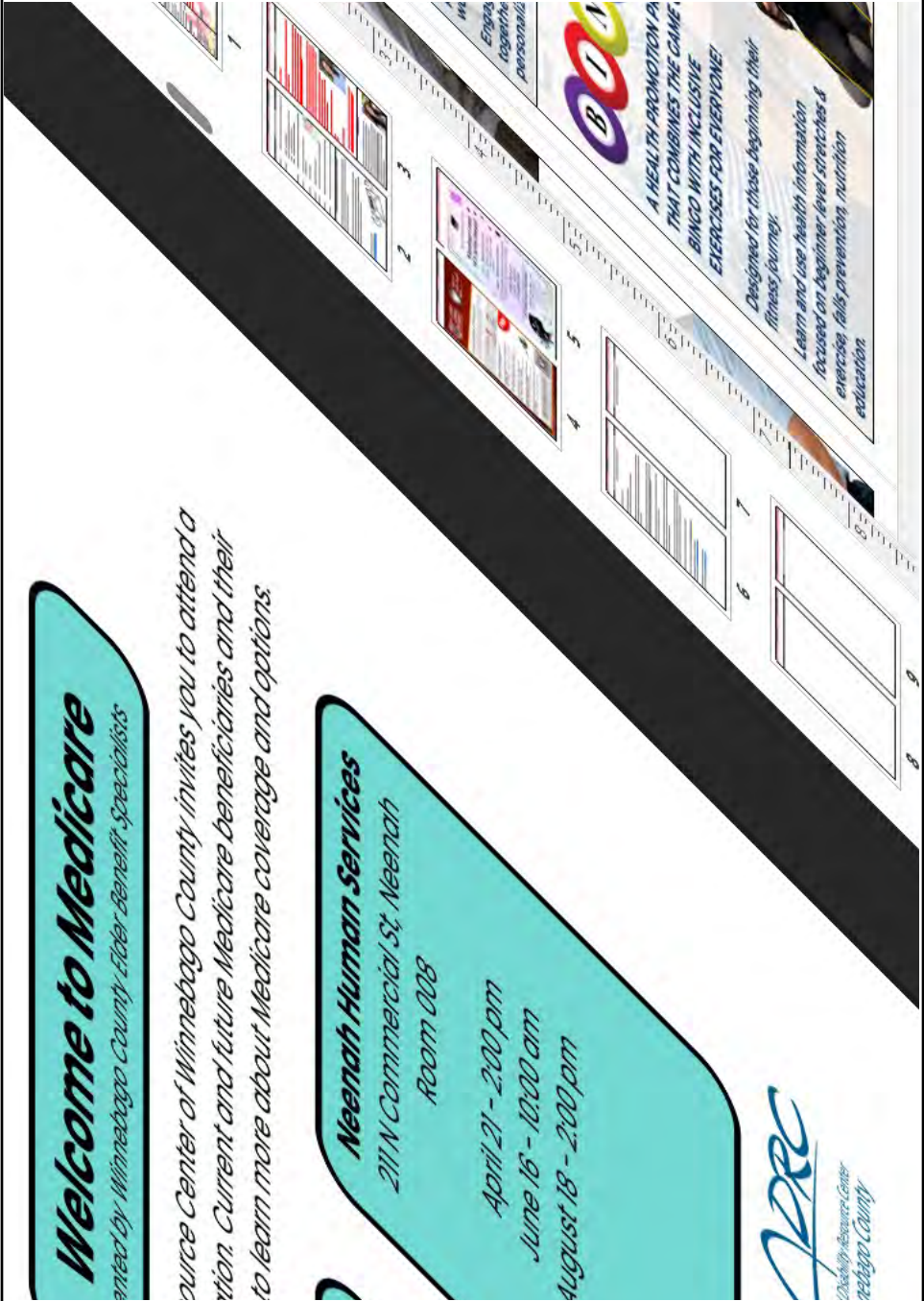
Neenah Human Services

211 N Commercial St, Neenah
Room 008

April 21 - 2:00 pm

June 16 - 10:00 am

August 18 - 2:00 pm



Winnebago County Health & Wellness Corner

Originally published Sept. 2023 by Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/09-2023.pdf>

Health & Wellness Corner



Looking for upcoming classes to improve your balance and strength? There are many programs and classes offered in our county designed to reduce falls.

Classes can also help improve your mood and introduce you to new people! Check out the below organizations who offer regular classes:

(SEE NEXT PAGE FOR LIST OF LOCATIONS AND CONTACT INFORMATION)

Menasha Senior Center

#920-967-3530

menashawi.gov/departments/senior_center**Oshkosh Senior Center**

#920-232-5300

ci.oshkosh.wi.us/seniorservices**Neenah-Menasha YMCA**

#920-729-9622

ymcafoxcities.org/foreverwell**Oshkosh YMCAs**

#920-230-8916

oshkoshymca.org/foreverwell-ages-55**Winnebago County Health Department -
Wellness Plus**

#920-232-3000

co.winnebago.wi.us/health/divisions-program-areas/your-health/adult/wellness-plus-healthy-aging-classes**Omro Community Center**

Please call #920-685-0380 for current activities.

Originally published January 2026 by Winnebago County Public Health
<https://myemail.constantcontact.com/Public-Health-Happenings--January-2026.html?soid=1124680822228&aid=erKkKURuqD4>

WELLNESS PLUS CLASSES

THROUGH
WINNEBAGO COUNTY
PUBLIC HEALTH



Wellness Plus Classes are designed to help you age well, be active, manage chronic conditions, and prevent falls. Classes are researched, tested, and proven to help you self-manage your health. Wellness Plus Classes are offered throughout Winnebago County. Find a class nearby and get started today!

CLASSES INCLUDE:

Strong Bodies: This simple scripted program can improve bone density, balance, and strength for participants.

Stepping On: This prevention program is aimed at educating participants and building confidence to reduce and eliminate falls.

Tai Chi: This class uses basic, fluid movements to help improve balance, stability and mental health. Movements can be adapted for those with walkers or canes.

Mind Over Matter (M.O.M): A program designed to give women the tools and skills they need to take control of bladder and bowel leakage.

Bingocize®: Improve and maintain mobility and independence with this new program! Learn and use health information focused on falls reduction and improved nutrition while playing Bingo!

 Find class schedules at www.winnebagocountywi.gov/health

Contact Winnebago County Public Health for more information or to register:
 920-232-3000 | health@winnebagocountywi.gov

Originally published January 2026 by Winnebago County Public Health
<https://myemail.constantcontact.com/Public-Health-Happenings---January-2026.html?soid=1124680822228&aid=erKkKURugD4>

STRONG BODIES

STRENGTH TRAINING CLASS FOR MEN AND WOMEN 55+

Increase muscle strength & mass

Decrease falls risk

Improve arthritis symptoms

Increase flexibility

Lower blood glucose levels

Increase bone density



TAI CHI

FOR ARTHRITIS AND FALLS PREVENTION

*Improve stability, strength, and
mental health.*

Enhance balance, mobility,
and coordination.

Reduce falls and fear
of falling.

Gain serenity through
gentle, flowing movements.



Originally published January 2026 by Winnebago County Public Health
<https://myemail.constantcontact.com/Public-Health-Happenings---January-2026.html?soid=1124680822228&aid=erKkKURugD4>

MIND OVER MATTER

HEALTHY BOWELS, HEALTHY BLADDER

Class for women 55+

Learn strategies for preventing or lessening symptoms.

Understand how our bladder, bowels, and pelvic floor muscles work together.

Engages women to work together to set and meet personalized goals.



**A HEALTH PROMOTION PROGRAM
THAT COMBINES THE GAME OF
BINGO WITH INCLUSIVE
EXERCISES FOR EVERYONE!**

Designed for those beginning their fitness journey.

Learn and use health information focused on beginner level stretches & exercise, falls prevention, nutrition education.



Originally published January 2026 by Winnebago County Public Health
<https://myemail.constantcontact.com/Public-Health-Happenings---January-2026.html?soid=1124680822228&aid=erKkKURuqD4>

STEPPING ON

FALLS PREVENTION CLASS FOR MEN AND WOMEN 55+

Strength and balance exercises.

Learn how to identify and
remove fall hazards.

Learn how vision, hearing, and
more affect your risk of falling.

Learn how to get back on
your feet if you fall.



For more information on wellness classes in Winnebago County, please call Winnebago County Public Health at 920-232-3000 or email health@winnebagocountywi.gov

Classes are held at various locations
throughout Winnebago County

Suggested donation of \$15



Public Health
Prevent. Promote. Protect.
Winnebago County, WI



Originally published Sept. 2023 by Aging & Disability Resource Center of Winnebago County
<https://www.winnebagoountywi.gov/DocumentCenter/View/3383/March-2026-PDF?bidId=>

LE MINDS SPORT



WHAT'S INCLUDED:

- Time with horses: grooming, walking, bonding
- Light physical movement and coordination
- & crafts, music, and
- onal presentations
- n and fun in a safe,

Pages



1



2

3



4

5



7

STRENGTH FOR MEN

- Increase muscle
- Decrease falls risk
- Improve arthritis symptoms
- Increase flexibility
- Lower blood glucose levels
- Increase bone density

TAI CHI

FOR ARTHRITIS AND FALLS PREVENTION

- Improve stability, strength, and mental health.
- Enhance balance, mobility, and coordination.
- Reduce falls and fear of falling.
- Gain serenity through gentle, flowing movements.



De
fitne
Learn and
focused on
exercise, falls
education.



Originally published Sept. 2023 by Aging & Disability Resource Center of Winnebago County
<https://www.winnebagoountywi.gov/DocumentCenter/View/3383/March-2026-PDF?bidId=>



Oshkosh Senior Cen

#920-232-5300

ci.oshkosh.wi.us/seniorservic

Neenah-Menasha YMCA

#920-729-9622

ymcafoxcities.org/foreverwell

Oshkosh YMCAs

#920-230-8916

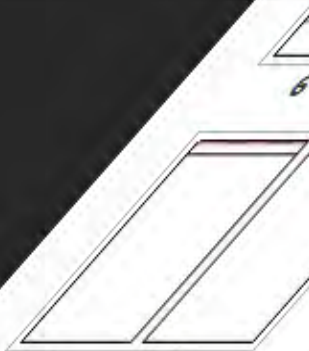
shkoshymca.org/foreverwell-ages-55

***County Health Department -
Wellness Plus***

920-232-3000

*tywi.gov/372/Wellness-
Aging-Classes*

ter



Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/April%202025%20FINAL.pdf>



Oshkosh Community YMCA
BRIGHTER DAYS
SUPPORT PROGRAM



WHAT IS BRIGHTER DAYS?

A support program for those ages 55+ that have experienced the loss of their partner.

GOALS OF THE PROGRAM:

- ✓ To support those, 55+ years old in their grief following the loss of their partner by bringing people of like experience together.
- ✓ To improve feelings of isolation and depression through social connectedness, mindfulness activities, and physical activity.
- ✓ To help participants maintain independence through regular physical activity and falls prevention measures.

PROGRAM OUTLINE

- ✓ **WEEKLY**
Support group led by YMCA staff following the GPS Model. Each session will include mindfulness, check in, discussion, and a closing.
- ✓ **WEEKLY**
Small Group Training with a Certified Personal Trainer or Group Exercise Instructor.
- ✓ **MONTHLY**
Monthly Enrichment Sessions such as bowling, visiting public attractions, potluck socials, and more!

NEXT STEPS

Please contact Brandy Hankey at brandyhankey@oshkoshymca.org or (920) 230-8439 to learn more about the program and to schedule an intake appointment.

Preserve It Fresh, Preserve It Safe: 2026, No. 2 (March/April)

Originally published March 2025 by the University of Missouri Extension
<https://extension.missouri.edu/publications/hes169>

Fermented Foods Around the World

The process of fermentation extends food shelf life, develops unique flavors, and adds nutritional benefits, including increased bioavailability of certain nutrients and the presence of compounds that support gut health.



Fermentation is an effective technique of preservation, but improperly fermented foods show signs of spoilage like surface molds and undesirable colors and flavors. Improper fermentation may also allow *Clostridium botulism* to produce botulism toxin, where contamination is not obvious by sight, smell, or taste. In recent decades, cases of poisoning in the U.S. have been reported on fermented gray mullet (fish), pruno (prison-made alcohol), and soy (tofu).

While their origins might not be American, sauerkraut, sourdough, kimchi, kombucha, and yogurt are a few recognizable (and trendy) fermented foods available for purchase or made at home in the U.S. While fermented foods may be attributed to one or two countries, regional variations exist in the types of ingredients or techniques used. Here is a short list of other fermented foods from across the globe.

- **Fish sauce** is a popular ingredient in Asian cuisine. The fermented mixture of salt and small fish, such as sardines, produce a flavorful liquid.
- **Injera**, a flatbread made from fermented teff, is attributed to Ethiopian cuisine.
- **Boza**, a drink made from fermented millet, is popular in Turkey and often topped with cinnamon and roasted chickpeas.
- **Tepache** is a sweet drink fermented with pineapple skins and cores popular in Mexico.
- **Gundruk**, fermented and dried leafy greens, are used as an ingredient in recipes in Nepal.
- **Idli**, a steamed cake-like food popular in India, is made from fermented rice and lentils.

References:

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2. Caffrey, EB, Perelman, D, Ward, CP, et al. *Unpacking Food Fermentation: Clinically Relevant Tools for Fermented Food Identification and Consumption*. *Advances in Nutrition* 2025;16:5.
3. Ganapathiraju PV, Gharpure R, Thomas D, et al. *Notes from the Field: Botulism Type E After Consumption of Salt-Cured Fish — New Jersey, 2018*. *MMWR* 2019;68:1008–1009.
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5. Walters M, Luquez C. *Botulism Associated with Home-Fermented Tofu in Two Chinese Immigrants — New York City, March–April 2012*. *MMWR* 2013;62(26):529–532.
6. Walters MS, Sreenivasan N, Person B, et al. *A Qualitative Inquiry About Pruno, an Illicit Alcoholic Beverage Linked to Botulism Outbreaks in United States Prisons*. *Am J Public Health*. 2015;105(11):2256–2261.

Getting Ready for the Summer Garden and Canning Season

Now is the perfect time to dream of warmer days and begin planning your summer garden. What will you grow? And once the harvest comes in, how will you preserve all that beautiful summer produce? The peace of mind that comes from knowing you have food on hand to carry you through the year is something you simply can't buy.



Before the garden is producing and it's time to fire up the canner, take a moment to inventory what you already have and what may need to be replenished. Have your pressure canner inspected and tested for accuracy at your local Extension office. Check your supply of jars, lids, and rings, and stock up if needed. Take a close look at your equipment as well—if anything has seen better days, now is the time to replace it, not when you're in the middle of a busy canning season.

Next, think about what you plan to preserve this year. For best quality, preserve only what you can realistically consume within a 12–18 month period. Did you run out of anything last year? Do you still have plenty of something sitting on the shelf? Grab a notepad and start tracking how many jars per month your family typically uses of the foods you preserve. This simple exercise will help you set realistic, practical goals for the upcoming season.



A newsletter for those
who preserve food
at home.

Extension Winnebago County Office

J. P. Coughlin Center
 625 E. County Road Y, Suite 600
 Oshkosh, WI 54901-8131
 (920) 232-1973 or 727-8643
 FAX (920) 232-1967
711 for Wisconsin Relay (TDD)

HOURS: 8:00 AM - 4:30 PM, Monday through Friday

Website: <https://winnebago.extension.wisc.edu/>



Extension

UNIVERSITY OF WISCONSIN-MADISON

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 Ashley Rolph
 Robin Franitza

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Liliana Ramirez

Positive Youth Development

Dana Berger
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 Sarah Thompson
Youth & Science Educator

Human Development & Relationships

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Financial Educator

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