



Healthy Choices, Healthy Lives



FoodWise is federally funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). We advance healthy eating habits, active lifestyles and healthy community environments for Wisconsin residents with limited incomes through nutrition education at the individual, community and systems levels.

The Challenge

The COVID-19 pandemic impacted the food security of **Bayfield County** residents due to income and job loss, as well as significant changes in local, regional, and national food systems. Based on increases in **Bayfield County** residents participating in FoodShare and federal Pandemic EBT benefits, we see a greater need for members of our community in accessing food that is healthy, safe, and affordable. FoodWise educators support our community by providing education on how families can stretch their food dollars in these difficult times and continue to put healthy meals on the table in their homes.

Bayfield County has seen a **16% increase in Food Share participation** (including adults and children) from prior to the pandemic.



Based on comparison of FoodShare participation in February 2020 and September 2020. Data from Wisconsin Department of Health & Human Services.

Community IMPACTS

In response to COVID-19, we have:

- Created a monthly FoodWise newsletter that we distribute to our partners. Each month we highlight a different local food resource story, provide some new recipes, share tips on different health and wellness topics, and include the Harvest of the Month flier that is put together by the Chequamegon Food Co-op.
- During the summer we shared weekly recipes that were healthy, budget-friendly, and seasonal on our Extension County Facebook pages.
- Published an article in local newspapers on food security and what local entities are doing to help.
- Maintained strong partnerships within our community through regular communications and resource sharing.
- Transitioned direct education programming to virtual lessons!



ACHIEVING MORE TOGETHER



UW-Madison Division of Extension works alongside the people of Wisconsin to deliver practical educational programs where people live and work – on the farm, in schools and throughout urban and rural communities. In Bayfield County, FoodWise partners with schools, after-school programs, early childcare centers, senior meal programs, food distribution programs, and Farm-to-School to help make the healthy choice the easy choice in our communities.

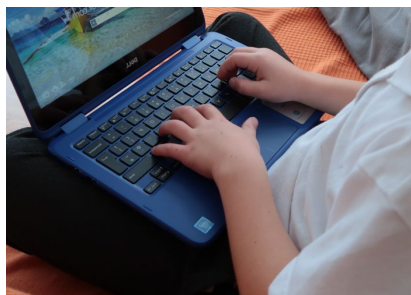
Learning about Nutrition Education from Home

Like many programs and partners during COVID-19, we have had to make changes to our programs. One of those changes includes shifting our direct education programming to a mostly virtual format.

We have had a number of successful virtual events. One example of this in **Bayfield County** was with the **Bayfield School District**.

Since COVID-19 hit, Bayfield School has been having their students learn virtually from home. At the start of the school year, some teachers reached out to our program about presenting a nutrition education lesson for students while they learned remotely. Nutrition Coordinator, Stephanie Bakker, provided a lesson for all classes K-5. Topics included tips they can use to improve wellness while learning from home.

After students participated in this nutrition education event, they were more prepared to make healthy choices.



Students learning from home were able to attend a nutrition education event hosted virtually by the Ashland/Bayfield/Iron County FoodWise program.

Great Lakes Great Apple Crunch-Bayfield School/Farm-to-School

For the past handful of years, the Ashland/Bayfield/Iron County FoodWise team has partnered with the **Bayfield School Farm-to-School program** to host a **Great Lakes Great Apple Crunch** day for its elementary students. This event celebrates National Farm-to-School month in October every year.

This past year, the Great Lakes Great Apple Crunch took place at the school garden site. Students started out by learning about some fun apple facts, played apple related games, and participated in a scavenger hunt. At the end, students and staff got to CRUNCH into locally grown apples and sip a cup of cider.

The Ashland/Bayfield/Iron County FoodWise team is engaged in a variety of policy, systems, and environment work. Partnering with Farm-to-School to provide education on local produce and making it more accessible to others is just one example of our mission.



Bayfield School students got to crunch into locally grown apples at the Great Lakes Great Apple Crunch event.



Stephanie Bakker
FoodWise Nutrition Coordinator
Ashland, Bayfield, Iron County



Deborah Leonard
FoodWise Nutrition Educator
Ashland, Bayfield, Iron County



Sarah Tarkington
FoodWise Nutrition Educator
Ashland, Bayfield, Iron County

CONTACT US

Extension Bayfield County
117 E 5th Street, PO Box 218
Washburn, WI 54891
715-373-6104

stephanie.bakker@wisc.edu

bayfield.extension.wisc.edu



UW-MADISON EXTENSION