

# FoodWise Nutrition

## August 2021 Newsletter



### Healthy Choices, Healthy Lives

#### WHAT IS FOODWISE?

FoodWise is federally funded statewide 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.

#### University of Wisconsin-Madison Division of Extension Ashland, Bayfield, Iron County FoodWise Nutrition Team

Stephanie Bakker, FoodWise Nutrition Coordinator  
Extension Ashland, Bayfield, Iron Counties  
Phone: 715-682-7017 (Ashland County office)  
[stephanie.bakker@wisc.edu](mailto:stephanie.bakker@wisc.edu)

Deborah Leonard, FoodWise Nutrition Educator  
Extension Ashland, Bayfield, Iron Counties  
Phone: 715-561-2695 (Iron County office)  
[deborah.leonard@wisc.edu](mailto:deborah.leonard@wisc.edu)



FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act.

### FOOD RESOURCES

Sarah Smith, Policy, Systems and Environment Specialist for FoodWise (a SNAP-Ed and EFNEP funded program), University of Wisconsin-Madison Division of Extension, shared some helpful information in regards to School Age Pandemic-EBT.

#### SCHOOL AGE PANDEMIC-EBT

School Pandemic EBT (P-EBT) is a program that provides benefits for families to buy food if their children were not getting free or reduced price meals because they were learning from home during the COVID-19 pandemic. Your child is eligible to receive School P-EBT benefits if:

- They qualify for free or reduced price meals through the National School Lunch Program at their school.
- Their school confirms the child learned from home for at least part of the 2020-2021 school year.

Benefits are provided through either a family's Quest card or a Pandemic EBT card. Benefits can then be used at any place where SNAP benefits are accepted.

#### PRE-6 PANDEMIC-EBT

Pre-6 Pandemic EBT (Pre-6 P-EBT) is a program that provides benefits for families in FoodShare to buy food for their children under the age of 6 who are not enrolled in school. These young children may have been at home more because child care facilities were closed or had reduced in-person capacity due to the COVID-19 pandemic.

*Continued on page 2*

### IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, August 30th from 12:00-1:00 pm.

For more information, contact Extension Iron County office manager, Rebecca Holm at 715-561-2695 or email [rebecca.holm@wisc.edu](mailto:rebecca.holm@wisc.edu).



## RECIPES OF THE MONTH

### BLUEBERRY WILD RICE MUFFINS

The best ingredients come from nature! Use wild blueberries if you have them.

#### INGREDIENTS

- 1 cup cooked wild rice
- 2 eggs lightly beaten
- 5 tbsp oil
- 1 cup low-fat milk
- 1 1/4 cup flour
- 1 tbsp baking powder
- 1/2 tsp salt, optional
- 3 tbsp brown sugar
- 1 cup blueberries, frozen or fresh (wild is best!)

#### DIRECTIONS

Sift dry ingredients together. Stir eggs, oil and milk together; add wild rice. Add liquid mixture into the dry mixture; stir well. Carefully add the berries.

Spoon into lightly greased muffin cups. Bake at 425 degrees for 15-18 minutes.



Makes: 18 muffins

### Pandemic EBT—continued from page 1

Pre-6 P-EBT is designed to specifically assist families who received FoodShare for part or all of the 2020-2021 school year. There is no application for Pre-6 P-EBT. Your child is eligible to receive Pre-6 P-EBT benefits in a given month of the 2020-2021 school year if:

- Your child was under 6 as of October 1, 2020.
- Your household received FoodShare benefits in that month.
- The school-age children in your region were learning from home part-time or full-time in that month, as reported by their schools.
- Your child is not eligible for the 2020-2021 school-age P-EBT program.

Benefits will be automatically uploaded to a family's Quest card.

### SUMMER PANDEMIC-EBT

Summer P-EBT will provide food benefits to cover the time between the 2020-2021 school year and the next school year. These benefits will be made available to both eligible school-age students and eligible young children who were under the age of 6 as of October 1, 2020. Each eligible child will receive a one time benefit of \$375 in August. It will be automatically uploaded to either their Quest card or P-EBT card.

If families have questions they can contact DHS at 1-833-431-2224 or email [PEBTsupport@wisconsin.gov](mailto:PEBTsupport@wisconsin.gov)

# BERRIES 5 WAYS

### WHAT YOU'LL NEED:

- + Frozen raspberries
- + Lowfat milk
- + Greek yogurt (lowfat)
- + Uncooked rolled oats
- + Honey
- + Vanilla extract
- + Cinnamon

### Overnight Oats & Berries

### WHAT YOU'LL NEED:

- + Orzo pasta
- + Broccoli
- + Strawberries
- + Sunflower seeds
- + Poppy seeds
- + Lemon juice
- + Apple cider vinegar
- + Olive oil
- + Sugar

### Broccoli Strawberry Orzo Salad

### WHAT YOU'LL NEED:

- + Flour
- + Sugar
- + Baking powder
- + Buttermilk (lowfat)
- + Margarine
- + Egg
- + Vanilla extract
- + Frozen strawberries

### Fabulous Fruit Muffins

### WHAT YOU'LL NEED:

- + Strawberries
- + Mandarin oranges
- + Pears
- + Orange juice
- + Pineapple chunks
- + Cinnamon
- + Nutmeg

### Very Berry Smoothie

### WHAT YOU'LL NEED:

- + Frozen strawberries
- + Frozen raspberries
- + Banana
- + Milk (lowfat)
- + Ice



## HARVEST OF THE MONTH



# BERRIES

### Nutritional Benefits

Besides being delicious, one of the reasons berries are so popular is that they continue to be named “superfoods” by food researchers. In the past two decades, scientific studies have been done that show the fruits as having potential benefits for fighting chronic disease due to berries’ high levels of antioxidants.

### How to Select

Fresh berries are typically in season from late May through September. Look for berries with bright, even coloring and no visible decay. Be sure to turn plastic clamshells of berries over to check all sides, as they are very delicate and bruise and spoil easily.

### How to Store

When you get them home, keep refrigerated until just before use, and only wash when ready to eat. Wet berries spoil much faster in the refrigerator. Be sure to freeze whatever you can’t use in a few days, and enjoy luscious, delicious berries year-round!

### How to Eat

Most people are familiar with the classic ways to use berries: cobblers, crisps, pies and sorbets, but berries go far beyond sweet in the kitchen. Berries pair well with most savory proteins, including pork and chicken. Smoothies are fun to improvise with at home. Berries also complement many types of salad greens.

### Did you know?

- ✓ These classic fruits, many of which are native to North America, are grown in the U.S. from coast-to-coast, quite literally!
- ✓ Strawberries are the most popular fruit worldwide.
- ✓ A South Dakota State University study found that ice crystals formed during the freezing process makes the antioxidants in berries more readily available to the body.
- ✓ The antioxidants in berries are real brain boosters because they reduce inflammation, provide protection from free radicals, and improve brain function (neuroplasticity).

Brought to you by the  
Healthy CHANGE Coalition



## HARVEST OF THE MONTH

### Get Local Berries



Northern Wisconsin's climate is perfect for berry growing. The cool, moist weather is just right for them. If you'd like to pick your own or just grab a pint of already-picked, here's a list of local berry farms.

**Apple Hill Orchard**

34980 County Road J  
Bayfield, WI 54814  
715-779-0276

**Bayfield Apple Company**

87540 County Highway J  
Bayfield, WI 54814  
715-779-5700

**Blue Vista Farm**

34045 County Highway J  
Bayfield, WI 54814

**Erickson's Orchards & Country Store**

86600 Betzold Road  
Bayfield, WI 54814  
(715) 913-0717

**Hauser's Superior View Farm**

86565 County Highway J  
Bayfield, WI 54814  
(715) 779-5404

**Hillcrest Orchards**

35025 County Highway I  
Bayfield, WI 54814  
(715) 779-5756

**Homestead Gardens**

77065 State Highway 13  
Washburn, WI 54891  
(715) 373-2770

**North Wind Organic Farm**

86760 Valley Road  
Bayfield, WI 54814  
(715) 779-3254

**Rocky Acres Berry Farm**

87340 County Hwy J  
Bayfield, WI 54814  
(715) 779-3332

**Sunset Valley Orchard**

86520 Valley Road  
Bayfield, WI 54814  
(715) 779-5510

### Cooking Corner

#### BERRY COBBLER

**Ingredients**

5 cups berries, washed and dried  
1/2 cup sugar, divided  
1/2 cup whole wheat pastry flour  
1/2 cup unbleached flour  
1/4 cup sugar  
1/2 teaspoon baking powder  
1/4 teaspoon baking soda  
1/4 teaspoon salt  
1 large egg  
3/4 cup plain Greek yogurt, fat free  
1/4 cup butter, melted

**Preparation**

1. Preheat the oven to 375 degrees F. Butter a 9-inch square baking pan. Spread the berries in the pan, and sprinkle on the first 1/4 cup of sugar.
2. In a medium bowl, stir the whole wheat pastry flour and unbleached flour, remaining 1/4 cup sugar, baking powder, baking soda, and salt. In a medium bowl, whisk the egg with the yogurt, then whisk in the melted butter.
3. Stir the yogurt mixture into the flour mixture, just until combined. Spoon by 2 tablespoon-sized dollops over the fruit, covering the fruit evenly.
4. Bake for 35-40 minutes, until bubbly and golden. Let cool for five minutes before serving.

Recipe courtesy of strongertogether.com



Created for the Healthy CHANGE Coalition by the Chequamegon Food Co-op.  
Questions? Email: outreach@cheqfood.coop