

# FoodWise Nutrition

## January 2022 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.

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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.

### JOIN THE WISCONSIN CHILI LUNCH!

THURSDAY, FEBRUARY 24, 2022

Celebrate Wisconsin-grown foods and farm to institution efforts by joining the 2022 Wisconsin Chili Lunch. Join K-12 schools, early care and education programs, hospitals, colleges, and more by cooking and serving a chili recipe made with local ingredients on National Chili Day—Thursday, February 24th, 2022!



Participation is simple: Prepare and serve your Wisconsin Chili Lunch using as many locally grown ingredients as possible, and customize it to meet your needs! Add local meats, cheese, or yogurt! Serve it in a bowl, on a baked potato, or with a cinnamon roll! Use a recipe listed below, or cook up your own favorite chili recipe. The key is to source as many Wisconsin-grown products as you can. Register to get the Chili Lunch Guide, supply chain help, more recipes and get connected to other farm to institution efforts in the state.

For more information and registration, feel free to visit the Wisconsin Chili Lunch event page at:  
<https://cias.wisc.edu/our-events/chililunch/>

### IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, January 31 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).



*Pictured right: Our volunteers were hard at work at last month's blustery Iron County Mobile Food Pantry. Clients received a variety of items including carrots, onions, miscellaneous nonperishables, meatballs, ground beef and cereal.*

## INTRODUCING NEW HARVEST OF THE MONTH CAMPAIGN

The Ashland/Bayfield/Iron County FoodWise team, in collaboration with local partners, will start implementing the Wisconsin Harvest of the Month campaign. This campaign is administrated through the University of Wisconsin-Madison Division of Extension FoodWise program.

If you are interested in learning more or participating in this campaign, please contact FoodWise Coordinator Stephanie Bakker at [stephanie.bakker@wisc.edu](mailto:stephanie.bakker@wisc.edu). You can also find out more information about this program through the outreach flier on pages 3/4 of this newsletter. Or by visiting this website and signing up:

<https://healthyliving.extension.wisc.edu/programs/harvest-of-the-month/>

We will start our campaign by featuring our January Harvest of the Month item, Carrots!

## LOCAL PRODUCE IN SCHOOLS

Contact Greta Kochevar if you're a local farmer interested growing Harvest of the Month items for local schools, or if you're from a school interested in collaborative purchasing Harvest of the Month items.

Greta Kochevar, Washburn School District  
Green and Healthy/Food Services Liaison  
Phone: 715-373-6199, extension 212  
Email: [gkochevar@washburn.k12.wi.us](mailto:gkochevar@washburn.k12.wi.us)

## RECIPE OF THE MONTH

The sweet and crunchy coleslaw blends cabbage, carrot, apple, and green pepper for a colorful side dish. You can also try it without the mayonnaise!



### INGREDIENTS

- 2 cups cabbage
- 1 carrot (medium, grated)
- 1/2 green pepper (chopped)
- 1 apple (chopped)
- 5 tablespoons yogurt, low-fat
- 1 tablespoon mayonnaise, low-fat
- 1 teaspoon lemon juice
- 1/4 teaspoon dill weed

### DIRECTIONS

1. Wash hands with soap and water.
2. Wash the cabbage. Cut into fine shreds, until you have 2 cups.
3. Peel the carrot. Grate with grater.
4. Chop half a green pepper into small pieces.
5. Remove core, and chop the apple.
6. Put the cabbage, carrot, green pepper, and apple in large mixing bowl, stir together.
7. Put the yogurt, mayonnaise, lemon juice and dill weed in a small bowl, stir together.
8. Pour the dressing over the salad. Toss to mix.
9. Add salt and pepper to taste.

Recipe link: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-coleslaw>

# Healthy Choices – Healthy Lives

**CRUNCH**  
into  
**CARROTS**



### Carrots are the Harvest of the Month!

#### Add carrots to your favorite family meals:

- Add shredded carrots to salads, slaw, or sandwiches.
- Roast carrots and serve as veggie fries.
- Bake with carrots! Add shredded or cooked and mashed carrots to muffins, cakes, and cookies.

*Make meals and memories together. It's a lesson kids will use for life.*

**Select** – Choose smooth and firm carrots with a deep color and fresh, green tops.

**Store** – Remove green tops and refrigerate in a plastic bag for up to 2 weeks.

**Prepare** – Scrub under running water to remove dirt. Peel if desired.

#### Did you know?

Carrots come in a rainbow of colors including purple, yellow, white, red, and orange. All carrots have many nutrients, but each color contains different phytochemicals. Phytochemicals act as antioxidants in our body and protect our cells from damage.



Nutritious, Delicious, Wisconsin!  
#WIHarvestoftheMonth



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.





**Wisconsin Harvest of the Month** is a statewide campaign that empowers students to eat more fruits and vegetables. Each month, schools showcase one seasonal, Wisconsin-grown fruit or vegetable and encourage students to taste, explore, and learn about the importance of eating fruits and vegetables. Harvest of the Month is easy to bring to your school because it provides a flexible framework and ready-to-use materials.

### Research shows the benefits of Harvest of the Month include:

- Encouraging students to try new fruits and vegetables
- Increasing the amount of fruits and vegetables students eat
- Reducing food waste
- Growing school meal participation
- Supporting Wisconsin farmers and local economy

### Participation in Harvest of the Month is as easy as...

- 1 Promoting the featured fruit or vegetable in the cafeteria**  
Each month, serve the featured fruit or vegetable in at least one meal or snack, lead a taste test, and display promotional materials.
- 2 Expanding education about healthy eating**  
Engage students in educational activities about the featured fruit or vegetable.
- 3 Reinforcing healthy eating in the home**  
Share information about Harvest of the Month and healthy eating with families through school newsletters and social media posts.






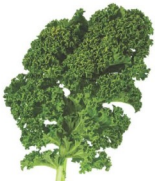















School nutrition professionals, educators, family members, and peers all play a role in promoting healthy eating habits. Connecting the cafeteria with the classroom and the home leads to maximum impact.

### Monthly Promotional Materials

- Posters (3 sizes, English and Spanish)
- Menu graphics
- Activity guides
- Digital graphics (English and Spanish)
- Postcards for families (English and Spanish)







**Participation** in Harvest of the Month is flexible and customizable, allowing schools to tailor the program to meet local needs and goals. Harvest of the Month is administered through the University of Wisconsin-Madison Division of Extension FoodWise program.

	FEATURED FRUITS & VEGGIES					
autumn	<ul style="list-style-type: none"> <li>• apples</li> <li>• winter squash</li> <li>• broccoli</li> <li>• cranberries</li> <li>• kale</li> </ul>					
winter	<ul style="list-style-type: none"> <li>• carrots</li> <li>• sweet potatoes</li> <li>• cabbage</li> <li>• potatoes</li> <li>• beets</li> </ul>					
spring	<ul style="list-style-type: none"> <li>• greens</li> <li>• asparagus</li> <li>• sweet peas</li> <li>• lettuce</li> <li>• radish</li> </ul>					
summer	<ul style="list-style-type: none"> <li>• summer squash</li> <li>• peppers</li> <li>• tomatoes</li> <li>• corn</li> <li>• cucumber</li> </ul>					

\* For flexibility, promotional materials are not branded with seasons or months.

### Connect to more

-  **Nutrition Education** - Harvest of the Month can be integrated into nutrition education taught by teachers, FoodWise Educators, or Farm to School AmeriCorps members.
-  **Wellness Policy** - Harvest of the Month can support nutrition promotion and education goals included in the school wellness policy.
-  **Farm to School and Farm to ECE** - Harvest of the Month is a perfect way to launch or grow Farm to School or Farm to ECE activities.
-  **School Gardens** - Maximize learning potential by connecting Harvest of the Month to the school garden. Planting and harvesting information is included in the Activity Guides.

To learn more about Harvest of the Month and download promotional materials, visit <https://healthyliving.extension.wisc.edu/programs/harvest-of-the-month/>

### For more information, contact:

Emily Latham, MPH Health Communications Outreach Specialist UW-Madison Division of Extension at [emily.latham@wisc.edu](mailto:emily.latham@wisc.edu)