

# FoodWise Nutrition

## February 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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Around the  
**WORLD**  
in 80 Trays

FoodWise caught up with Katherine Rakowski, Education and Agriculture Coordinator at the School District of Bayfield, about a creative event they are doing to celebrate school meals and culture called **Around the World in 80 Trays!**

This week-long culinary adventure serves to increase international flavors in USDA School Meal Programs.

Mark your calendars for the week of January 31 - February 4, 2022, as we honor cultures through food. **#WISchoolMealsRock**

For more information about culture and food, visit:

<https://www.nutrition.gov/topics/shopping-cooking-and-meal-planning/culture-and-food>



*Pictured above: Bayfield School lunchroom with flags from the countries that they will be featuring meals from.*

### IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, February 28 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: The December Iron County Mobile Food Pantry received some extra help from FoodWise Coordinator, Stephanie Bakker and FoodWise Educator, Marisa Perlberg.*

## EXTENSION IRON COUNTY COMMUNITY SNOWSHOES

Have you ever wanted to try snowshoeing but haven't had the opportunity?

Well, you're in luck! The Extension Iron County office has snowshoes available for families to use for FREE! Youth and adult sizes available.

They can be checked out by schools, and other organizations that would like to get out and enjoy the snow. For more information, contact:

Extension Iron County  
300 Taconite Street, Suite 118  
Hurley, WI 54534  
Phone: 715-561-2695  
Email: [rebecca.holm@wisc.edu](mailto:rebecca.holm@wisc.edu)



*Pictured above: FoodWise Educator, Deb Leonard leading the Hurley Head Start class on a snowshoe adventure at Wolverine Ski Trails, Feb. 2019 (photo credit: Hurley Head Start teacher, Linda Slining)*



Like our new Facebook page to see what we are up to and sharing!

Visit: **FoodWise, Extension-Ashland, Bayfield, & Iron Counties**

[@facebook.com/FoodWiseUWEX.North](https://www.facebook.com/FoodWiseUWEX.North)



## RECIPE OF THE MONTH

### VEGETABLE FRIED RICE



Looking for more ways to incorporate cabbage into what you eat? Try it in this healthy fried rice recipe. It's also a good way to use those frozen veggies up from your garden this summer.

### INGREDIENTS

- 3 eggs (lightly beaten)
- 1 TBS oil (canola or vegetable)
- 1/2 cup onion, chopped
- 2 cloves garlic, minced or 1/2 tsp garlic powder
- 3 cups brown rice, cooked (instant or regular)
- 2 cups frozen vegetables, thawed
- 1 TBS low sodium soy sauce
- Ground black pepper (optional)

### DIRECTIONS

1. Spray a deep 12" skillet with cooking spray and place over medium heat.
2. Pour the lightly beaten eggs into skillet. Cook without stirring until eggs are completely cooked (2-3 minutes). Remove the eggs to a plate and cut into strips. Set aside.
3. Return the skillet to the burner and add the oil. Heat to medium high and add the onion and garlic. Cook, stirring occasionally, until onion is softened.
4. Stir in the rice, vegetables, and soy sauce. Heat through, stirring occasionally.
5. Add the egg strips and heat through. Sprinkle with pepper, if desired, before serving.

For more healthy recipes, visit: [www.spendsmart.extension.iastate.edu](http://www.spendsmart.extension.iastate.edu)



**Select** – Choose cabbage heads with compact leaves.

**Store** – Tightly wrap in plastic and refrigerate for up to 7 days.

**Prepare** – Carefully run a small knife around the core to remove it. Slice or chop the leaves.

## Cabbage is the Harvest of the Month!

### Add cabbage to your favorite family meals:

- Add cabbage to your favorite veggie soup, stew, or stir fry.
- Use cabbage leaves as a tortilla or wrap.
- Add raw cabbage to salad.

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

### Did you know?

Green and red cabbage are the most common, but other types of cabbage include Napa (Chinese cabbage) and Savoy.



Nutritious, Delicious, Wisconsin!  
#WIharvestoftheMonth



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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.



Free



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

UW-MADISON EXTENSION

# StrongBodies Virtual Strength Training Class

Lifting Wisconsin to Better Health



**STRONGBODIES**

*The WI StrongBodies Program is based on the StrongWomen™ Program created by Rebecca Seguin (Cornell University) and Miriam Nelson (Hampshire College).*

**Sign Up Today!**

**New class from Jan. 18th– March 10th, 2022**

**Tuesdays and Thursdays from 9:00 am –10:20 am**

Join us from the comfort of your home

**Participants Register at:**

<https://go.wisc.edu/745t99>

Limited exercise equipment available for  
participant use



**SCAN ME**

## Benefits of Strength Training:

### Reduced risk for chronic disease

- ◆ Diabetes
- ◆ High Blood Pressure
- ◆ Heart Disease
- ◆ Osteoporosis
- ◆ Arthritis
- ◆ Some Cancers

### Increased

- ◆ Strength
- ◆ Muscle mass
- ◆ Bone density
- ◆ Ability for daily physical activity

**Questions? Contact your local FoodWise Program**

**Julie: 715-395-1427, [julie.montgomery@wisc.edu](mailto:julie.montgomery@wisc.edu) - Douglas County**

**Stephanie: 715-682-7017, [stephanie.bakker@wisc.edu](mailto:stephanie.bakker@wisc.edu) - Ashland, Bayfield, Iron County**

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**Ashland, Bayfield, Douglas & Iron Counties**

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