

FoodWise Nutrition

March 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.

Fit Families, funded by SNAP-Ed, is a successful behavior change program for families with 2-4-year-old children enrolled in WIC and staff at Fit Families Projects and their organization).



Eat healthy • Be active • Your kids are watching

Fit Families partners with community organizations to help implement policy, systems, and environmental changes to encourage healthy choices. Children enrolled in Fit Families at WIC receive nutrition education reinforcement items (incentives) for working on one of three core messages of Fit Families.

Core Messages: Move More...Watch Less, Make Every Bite Count...More Fruits & Veggies, Make Every Sip Count...Healthy Beverages. Overarching Message: Eat Healthy, Be Active...Your Kids are Watching

Bay Area WIC covers Ashland, Bayfield and Iron Counties. If you are interested in applying, please call their office at 715-682-6661.

This institution is an equal opportunity provider.

IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, March 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.

Pictured right: Longtime Iron County Mobile Food Pantry volunteer, Paul Mullard collects the numbers from client vehicles each month. The numbers help our volunteers know how many family portions need to be loaded into client vehicles. Many clients sign on as "proxies" and pick up food boxes for other families who may not have transportation or have to work.



MARCH HEALTH TIP

Stay healthy during cold season by keeping your hands clean!



The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a nutrition program for pregnant women, infants, women who are breastfeeding, postpartum women, and children younger than 5. WIC provides nutrition education, breastfeeding education and support, supplemental nutritious foods, and connections to other community services. In summer, WIC also provides Farmers Market Nutrition Program dollars to spend at local farmers' markets. Approximately 1,000 Wisconsin farmers currently participate in the program.



To qualify for WIC, you must: live in Wisconsin, meet the income guidelines, and be in any of the following categories: pregnant, breastfeeding a baby under 1 year of age, had a baby, was pregnant in the past six months, or have a baby or child younger than age 5.

You may qualify if anyone in your family is receiving FoodShare, Medicaid, BadgerCare Plus, Wisconsin Works Program (W2), Temporary Assistance to Needy Families (TANF), or Food Distribution Program on Indian Reservations (FDPIR). Foster children and Kinship Care recipients under age 5, and foster teens who are pregnant are eligible for WIC.

ASHLAND/BAYFIELD/IRON COUNTY FOODWISE HAPPENINGS

The week of January 31 was a big week in the Bayfield School cafeteria. Several events were highlighted and promoted: **Around the World in 80 Trays**, the start of the **school composting program**, and the **Wisconsin Harvest of the Month** campaign.

Throughout the week, Agriculture Coordinator, Katherine Rakowski, along with the Ashland/Bayfield/Iron County FoodWise program (Stephanie Bakker and Marisa Perlberg) and Red Cliff Food Distribution SNAP-ED Educator, Larkin Smith, helped to promote these events with an interactive resource table for students and staff to learn more about what was happening in the cafeteria throughout the week.

A little bit more about the programming that occurred:

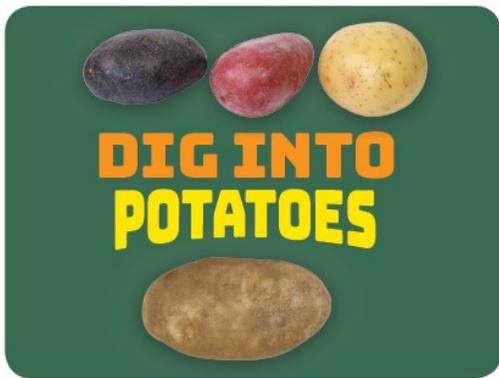
- **Around the World in 80 Trays** is a state-wide event with the purpose of increasing global flavors in USDA School Meals Programs! Students were able to try foods from different cultures/countries.
- Students and staff were able to start utilizing the **school composting program** which will further support efforts for the school garden.
- Lastly, Ms. Kat, the food service staff and food service director Karen Boutin, in collaboration with the FoodWise program, are working to implement a new campaign called **Wisconsin Harvest of the Month**. It 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. Students were able to try local cabbage from Great Oak Farm in the form of egg rolls for February.

A special shout out to the amazing Bayfield School food service program and workers for all of their support and work to help make these events happen! We appreciate you all!



Lucien LaPointe said he enjoyed the egg rolls made with local cabbage from Great Oak Farm.





Potatoes are The Harvest of the Month!

Add potatoes to your favorite family meals:

- Add cubed potatoes to soups and stews.
- Toss cooked, cubed potatoes with fresh garlic, lemon juice, salt and pepper.
- Make homemade potato wedges. Cut potatoes into wedges, toss with oil and seasonings, and bake 400°F for 20-30 minutes until tender and golden brown.

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

Select – Choose clean, smooth, firm-textured potatoes with no cuts, bruises, or discoloration.

Store – Store potatoes in a cool place with air flow. Do not refrigerate, freeze, or place in direct light.

Prepare – Rinse carefully under cool running water and allow it to dry well.

Did you know?

Potatoes were the first vegetable grown in space! The technology was developed by NASA and the University of Wisconsin-Madison.



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth



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RECIPE OF THE MONTH—SPEEDY BURRITOS

Looking for another way to incorporate potatoes into your life? These speedy potato and egg burritos are great for breakfast, lunch, or dinner. Enjoy them with your favorite fruit on the side.

INGREDIENTS

- 4 cups potatoes (finely chopped)
- 1 onion (chopped)
- 1 bell pepper (red or green, chopped)
- 2 garlic cloves
- 2 eggs beaten
- 1 teaspoon black pepper
- 1/2 teaspoon salt
- 1 tablespoon vegetable oil
- 1/2 cup cheddar cheese (shredded)
- hot sauce (as needed, or salsa)
- 9 tortillas



DIRECTIONS

1. In a large skillet, heat oil on medium-high setting.
2. Add onion, green pepper, potatoes, and garlic. Cook until potatoes are tender, about 10 minutes. Raw potatoes may need longer; check if done with a fork.
3. Reduce heat to medium setting, spread potato mix out to the sides of the skillet, leaving a space in the middle for the eggs. Add the eggs and scramble them until cooked (do not mix the potatoes until eggs are cooked firm). Stir all ingredients together.
4. Wrap tortillas around the filling and top with salsa and cheese.