



Extension

UNIVERSITY OF WISCONSIN-MADISON
BAYFIELD COUNTY



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

In response to the ongoing challenges in reaching SNAP-Ed audiences with direct education during the pandemic, FoodWise increased the delivery of indirect education. This included an expanded social media and website presence, local online and print resources, electronic materials and handouts, and pre-recorded videos; all with the overall goal to continue to reach audiences with helpful nutrition information and resources empowering participants to live healthier lives.

Bayfield County continued to deliver nutrition education **reaching 1,049 participants** through the use of electronic and hard copy materials, such as our monthly newsletters.



Community IMPACTS 2021



- In response to the COVID-19 pandemic, our program assisted with several different food box distributions throughout the community.
- We continued to distribute our monthly Ashland/Bayfield/Iron County FoodWise newsletter.
- In collaboration with Douglas County FoodWise, we started offering a virtual StrongBodies strength training program, filling a need for strength training opportunities in the area.
- Programming with the School District of Bayfield included a Great Lakes Great Apple Crunch virtual event, school garden education, and purchasing harvesting supplies for the school garden.
- We welcomed a new Educator to our team, Marisa Perlberg! Marisa is from the area and comes to us with a background as a social worker.

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.

Virtual StrongBodies Strength Training Program a Success!

What is StrongBodies? The Extension StrongBodies Program is based on the StrongWomen Program that was created by Professors, Miriam E. Nelson and Rebecca Seguin. StrongBodies catalyzes positive changes in people of all ages to live stronger, healthier lives by providing knowledge, inspiration, access to programs, and ongoing support.



The Ashland/Bayfield/Iron County FoodWise team initiated its first StrongBodies series in January 2021. We have had two more series and are beginning a third. This programming is in collaboration with the Douglas County FoodWise team. It has been great to have their many years of experience and expertise with this program as we start implementing it in our counties.

With limited opportunities to participate in strength training programs in our rural counties, StrongBodies helps to fill part of that need. This program is for anyone 18 years or older and includes a nutrition education portion as well. Let's continue to get STRONG for years to come!



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School District of Bayfield – Garden Focused Programming

Even with the pandemic still present in 2021, we provided garden-based education with the School District of Bayfield.



FoodWise partnered with the School District of Bayfield staff/Farm-to-School program to provide several different programming events, such as a virtual Great Lakes Great Apple Crunch elementary event and a virtual seed planning event with 4K students.

In addition to educational events, our program purchased supplies to support school garden efforts, such as signage, watering pails, and harvesting bins.

We are excited to continue to support the Bayfield School Garden and more programming opportunities in this space!



Planting seeds virtually with Bayfield School 4K students