

FoodWise Nutrition

April 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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FOOD RESOURCES

The Chequamegon Food Co-op has a new program called "Produce Double Dollars"! The program allows households that are on SNAP to get twice as much produce. Each dollar spent on fruits and vegetables will be matched! Customers just have to show their EBT card to the cashier, and the cashier will apply a 50% discount to all produce purchased. Households are able to get the discount whether they are using the EBT card to pay for their purchase or not. Customers must tell the cashier *before* they pay to receive the discount. It's that easy!



Produce Double Dollars started this January is already seeing wonderful success. Within the first two months, the co-op has been able to save people over \$10,000 on fresh produce. The co-op is seeing many new faces in the doors for the program, which is exciting to show people just how good fresh, organic, and local produce is. As always – everyone is welcome at the Chequamegon Food Co-op.

This program is only possible through the co-op's partnership with Hunger Task Force, and a non-profit out of Milwaukee fighting for food security for all. The co-op is excited to be able to provide this program for our community and is grateful for Hunger Task Force for making this dream come true!

For more information, please contact:

Phone: 715-682-8251
Email: outreach@cheqfood.coop
Address: 700 Main St. W, Ashland WI 54806

IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, April 25 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.



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.

EASTER EGG FOOD SAFETY

Between

If dyeing Easter eggs is a tradition in your family, make sure to keep food safety in mind as you carry out your annual ritual. Eggs can contain bacteria such as Salmonella. Make sure you are handling your eggs correctly, keeping them stored in the refrigerator until ready to use, and following good hand washing practices before and after handling the eggs. If you wish to eat the eggs after dyeing them or hiding them, then you must follow good food safety and food storage practices. The Partnership for Food Safety Education provides the following tips for keeping your Easter eggs safe:

- Only use eggs that have been refrigerated, and discard eggs that are cracked or dirty.
- Be sure to use food-grade dyes. It is safe to use commercial egg dyes, liquid food coloring, and fruit-drink powders. When handling eggs, be careful not to crack them. Otherwise, bacteria could enter the egg through the cracks in the shell.
- Keep hard-cooked eggs chilled on a shelf inside the refrigerator. Be sure your refrigerator is 40°F or less by using a refrigerator thermometer.
- Hide the eggs in places that are protected from dirt, pets and other potential sources of bacteria.
- Remember the two-hour rule. Eggs should only be out of the refrigerator for a maximum of two hours. Make sure the "found" eggs are back in the refrigerator or consumed within two hours.
- Remember that hard-boiled eggs are only safe to eat for one week after cooking.

Source: *Preserve It Fresh, Preserve it Safe, Volume 8, Issue 2, April/March 2022*



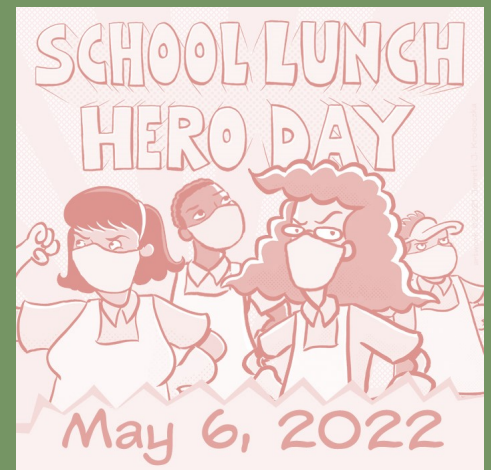
SCHOOL LUNCH HERO DAY

Between preparing healthy meals for America's students, adhering to strict nutrition standards, navigating student food allergies, and offering service with a smile, school nutrition professionals are true heroes.

On Friday, May 6, 2022, we will celebrate the 8th Annual School Lunch Hero Day! School Lunch Hero Day is a chance to showcase the difference school nutrition professionals make for every child who comes through the cafeteria.

School Lunch Hero Day provides you with the perfect opportunity to recognize the hardworking professionals in your school cafeterias.

For more details, visit: <https://schoolnutrition.org/schoollunchheroday/>



THANK YOU

Ever wonder how we put this newsletter together each month? Our FoodWise team researches resources, events, and information and sends it all to Extension Iron County Office Manager, Rebecca Holm, who transforms it into our beautiful newsletter!



Holm supports our team in designing our monthly newsletter, recipe cards and other programming materials for our FoodWise team.

Thank you, Rebecca Holm!

WISONSIN CHILI LUNCH WRAP UP

Ashland/Bayfield/Iron County FoodWise celebrated the Wisconsin Chili Lunch event, which took place on Thursday, February 24, with Hurley Head Start and Bayfield School.

Hurley Head Start featured local honey and Wisconsin cheese and Bayfield School used local beef in their chili recipe.

Thank your local farmers!

Pictured right: Hurley Head Start's delicious lunch featured chili, berries, cornbread with honey. Looks delicious!





Greens are the Harvest of the Month!

Add greens to your favorite family meals:

- Add fresh spinach to your smoothie.
- Use fresh or frozen spinach in lasagna, casseroles, or soups.
- Saute Swiss chard with garlic and add to eggs or top a pizza.

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

Select – Look for greens that are a deep green color and have crisp leaves.

Store – Refrigerate in a plastic bag for 3-5 days.

Prepare – Rinse, then tear or chop the leaves.

Did you know?

“Super green” refers to dark green vegetables that contain extra amounts of key nutrients like vitamins A and C, potassium, and dietary fiber. These dark green vegetables are important to eat often to grow and stay healthy. Try a variety of “super green” vegetables including spinach, Swiss chard, kale, collard greens, romaine lettuce, watercress, bok choy, and mustard greens.



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.

RECIPE OF THE MONTH—Berry & Greens Smoothie

INGREDIENTS

- 2 medium bananas
- 2 containers (6 ounces each) nonfat vanilla yogurt
- 3 cups leafy greens, washed (kale or spinach)
- 1 package (16 ounces) frozen berries
- 1 cup nonfat milk

DIRECTIONS

- Put bananas, yogurt, and greens in a blender. Blend until smooth.
- Add berries to blender. Blend until smooth.
- Add milk to blender. Blend until smooth.
- Serve immediately or freeze in individual servings.

TIPS

- Add up to 1 cup more of nonfat milk if smoothie is too thick.
- Put frozen smoothies in the refrigerator for at least 12 hours to thaw them before serving. Shake well to mix ingredients before serving.
- Use half of each ingredient to make four servings if this recipe makes too much.
- This is a good recipe to use over-ripe or frozen bananas.



Source: <https://spendsmart.extension.iastate.edu/recipe/berry-and-greens-smoothies/>