

FoodWise Nutrition

August 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.

University of Wisconsin-Madison Division of Extension Ashland, Bayfield, Iron County FoodWise Nutrition Team

Stephanie Bakker, FoodWise Nutrition Coordinator
Extension Ashland, Bayfield, Iron Counties
Phone: 715-682-7017 (Ashland County office)
stephanie.bakker@wisc.edu

Deborah Leonard, FoodWise Nutrition Educator
Extension Ashland, Bayfield, Iron Counties
Phone: 715-561-2695 (Iron County office)
deborah.leonard@wisc.edu

Marisa Perlberg, FoodWise Nutrition Educator
Extension Ashland, Bayfield, Iron Counties
Phone: 715-682-7017 (Ashland County office)
marisa.perlberg@wisc.edu



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FOOD RESOURCES

National Breastfeeding Month 2022

August is National Breastfeeding Month, a time to appreciate the hard work mothers put in so their babies can have a healthy start in life. Breastfeeding has numerous benefits, from aiding digestion to helping moms recover more quickly from childbirth.

Do you know someone who is currently breastfeeding? She could probably use some extra support – an encouraging text message, a shared meal, or some helpful breastfeeding advice. National Breastfeeding Month is the perfect time to reach out to parents who may be struggling, or to get together with other breastfeeding parents and celebrate how amazing you are!

To learn more about National Breastfeeding Month as well as other celebrations for breastfeeding populations, please visit the links below.

2022 Weekly Observances

- *National Breastfeeding Month* : [National Breastfeeding Month \(usbreastfeeding.org\)](https://usbreastfeeding.org)
- *World Breastfeeding Week* – August 1-7, 2022 : [World Breastfeeding Week 2022 – Step Up For Breastfeeding | Educate and Support](#)
- *Indigenous Milk Medicine Week* – August 8-14, 2022 : [Indigenous Milk Medicine Collective - Home | Facebook](#)
- *Asian American Native Hawaiian Pacific Islander Breastfeeding Week* - August 15 – 21, 2022 : [Asian & Pacific Islander Breastfeeding Task Force - Home | Facebook](#)



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- *Black Breastfeeding Week* – August 25-31, 2022 : <https://blackbreastfeedingweek.org/> and [Black Breastfeeding Week - Home | Facebook](#)

The Bay Area Women, Infants and Children Supplemental Nutrition program or WIC, serves Ashland, Bayfield, and Iron Counties in Northern Wisconsin. To find out more about WIC or see if you qualify, please call our WIC office at 715-682-6661, visit <https://bit.ly/WiscWIC>, or scan to QR Code below.



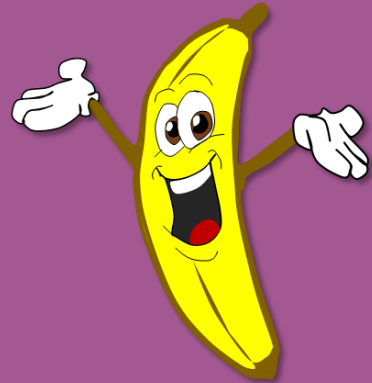
IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, August 29, from 12:00-1:00 pm.

For more information about this program, contact Extension Iron County office manager, Rebecca Holm at:

Phone: 715-561-2695

Email: rebecca.holm@wisc.edu





WE'RE HIRING

FARM TO SCHOOL
SPECIALIST



AMERICORPS FARM TO SCHOOL AT
THE SCHOOL DISTRICT OF BAYFIELD

QUESTIONS?

KRAKOWSKI@BAYFIELD.K12.WI.US





Work with kids
and plants!

\$18/HOUR
+ BENEFITS

- AUGUST 2022-2023
 - FLEXIBILITY
 - CAN SERVE 2 YEARS
- \$30,600 - YEARLY
- \$6,495 - EDUCATION AWARD AT END
- HEALTH INSURANCE
- CHILD CARE BENEFITS
- ON-THE-JOB TRAINING
- PROFESSIONAL DVLPMNT OPPORTUNITIES
- STUDENT LOAN DEFERMENT



APPLY TODAY



NCFSEN

NCFSEN



NEWSLETTER

PRESERVE IT FRESH,
PRESERVE IT SAFE



➤

SCAN AND
SIGN UP HERE!

C	B	F	L	A	K	E	O	C
T	O	E	L	M	A	E	R	C
E	R	B	E	O	M	R	A	F
E	N	S	Y	R	U	P	S	W
W	I	D	T	G	L	R	R	O
S	A	A	L	A	N	N	A	L
H	R	E	N	E	R	U	E	L
U	G	R	O	W	I	C	O	E
S	E	B	A	K	E	F	H	Y
K	C	O	T	S	E	V	I	L

CORN WORD SEARCH

BAKE	GRAIN
BREAD	GROW
COB	HUSK
CREAM	LIVESTOCK
EARS	STARCH
FARM	SWEET
FIELD	SYRUP
FLAKE	YELLOW
FLOUR	YOUNG





Corn is The Harvest of the Month!

Add corn to your favorite family meals:

- Add frozen corn to chili or chowder.
- Make a delicious salad with corn, black beans, onions, tomatoes, peppers, cilantro, lime juice, olive oil, garlic, cumin, salt & pepper.
- Add fresh or canned corn to guacamole or taco salad.

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

Select – Sweet corn is available fresh, frozen, and canned. If selecting fresh corn, choose ears with bright green husks, fresh silks, and tight rows of plump kernels.

Store – Refrigerate corn with husks on and use within 1-2 days.

Prepare – Peel husks and silks from ears of corn. Break off the stalk at the base of the ear of corn. Rinse under cool running water. Boil, microwave, grill, or roast!

Did you know?

In Aztec, Incan, Mayan, and Native American cultures, corn was grown in companionship with squash and beans. Corn, squash, and beans make up the traditional "Three Sisters".



Nutritious, Delicious, Wisconsin!
#WIharvestofthemoth



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RECIPE OF THE MONTH—Farmers Market Salsa

Lime, garlic, and fresh vegetables give this black bean and corn salsa a kick of flavor.

INSTRUCTIONS

- 1/2 cup corn (fresh cooked or frozen)
- 1 can black beans (15 ounce, drained and rinsed)
- 1 cup tomatoes (fresh diced)
- 1/2 cup onion (yellow or red) (diced)
- 1/2 cup green pepper (diced)
- 2 tablespoons lime juice
- 2 garlic cloves (finely chopped)
- 1/2 cup picante sauce



DIRECTIONS

1. Combine all ingredients in a large bowl. Chill until serving time.
2. Drain before serving.
3. Serve with low-fat baked tortilla chips or fresh vegetables.

This salsa uses fresh vegetables that are available year-round and add flavor and beautiful color. Kids and grown-ups alike can't resist how good it tastes. If you have a hand-held chopper, this is an easy task for kids in helping with the recipe.



FREE Virtual Strength-Training Class for adults

Strength training has been shown to:

- Reduce the risk of chronic diseases
- Improve bone density
- Reduce falls
- Reduce arthritis symptoms
- Improve mood

TUESDAYS AND THURSDAYS
SEPTEMBER 13 - NOVEMBER 17, 2022
9:00 AM - 10:15 AM

Limited amount of equipment (hand and ankle weights) available to be loaned out free of charge, if needed, for the duration of the class.

Contact your local FoodWise Coordinator for more information

Stephanie Bakker 715-682-7017; stephanie.bakker@wisc.edu (Ashland, Bayfield, Iron)

Julie Montgomery 715-395-1427; julie.montgomery@wisc.edu (Douglas)

Bridget Rongner 715-635-4444; bridget.rongner@wisc.edu (Burnett, Sawyer, Washburn)



To Register:

Click here: StrongBodies Registration

<https://go.wisc.edu/4wy08r>

Or Scan QR Code



AN AA/EEO EMPLOYER, UNIVERSITY OF WISCONSIN-MADISON PROVIDES EQUAL OPPORTUNITIES IN EMPLOYMENT AND PROGRAMMING, INCLUDING TITLE VI, TITLE IX AND ADA REQUIREMENTS. REQUESTS FOR REASONABLE ACCOMMODATIONS FOR DISABILITIES OR LIMITATIONS SHOULD BE MADE PRIOR TO THE DATE OF THE PROGRAM OR ACTIVITY FOR WHICH IT IS NEEDED BY CALLING 715-343-6254. FOODWISE IS FUNDED BY THE USDA SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM - SNAP AND THE EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM - EFNEP.