

FoodWise Nutrition

September 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

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FOOD RESOURCES

Bad River Food Sovereignty had its first farmers market for the 2022 growing season! To keep tabs on when they will have future ones, join their Facebook page: <https://www.facebook.com/groups/246856588993961>



Senior Farmers' Market Nutrition Program

Providing eligible senior households with \$25 in vouchers to purchase fresh fruits, vegetables & herbs from local farmers' stands & markets



Eligibility:

- Ashland County Resident
- Age 60+ (or age 55+ if Native American)
- Household income no more than \$2,096 monthly income for one person or \$2,823 for two people— (add \$728 for each additional person in the household).

*There are still vouchers available if you missed the distribution dates.
Call the Ashland County Aging Unit at 715-682-4414, ext. 0.*

Individuals unable to register in person, such as homebound persons, may have an authorized representative (a proxy) apply for them. To designate a proxy, the applicant can ask the Aging Unit to send a proxy slip to them. The applicant will completely fill out the form and give it to the person designated as their proxy. That person must have the completed proxy with them when they pick up the vouchers.

Ashland County Aging Unit Inc.

400 Chapple Avenue, Ste.100
Ashland, WI 54806

This institution is an equal opportunity provider.

IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, September 26, 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



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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.

HURLEY SCHOOL GARDEN WRAP UP

Two classes of Hurley Kid's Club participated in great learning experiences at the Hurley School garden over the course of summer. With FoodWise educators, Deb Leonard and Marisa Perlberg and Coordinator, Stephanie Bakker taking the lead on a variety of activities.

Over the past few months, the students prepared the new garden beds for planting, planted and seeded the beds, cared for the plants and harvested some veggies. Onions, radishes and tomatillo were entered at the recent Iron County Fair and all received blue ribbons. What a way to finish the growing season!



COLORING ACTIVITY

Grab your markers or crayons to brighten up this garden scene.



TASTE A TOMATO



Select – Choose tomatoes with bright skin and firm flesh.

Store – Keep at room temperature and away from sunlight for up to one week.

Prepare – Rinse under cool, running water and enjoy!

Tomatoes are the Harvest of the Month!

Add tomatoes to your favorite family meals:

- Add fresh tomato to salads or sandwiches.
- Cook down tomatoes for a fresh pasta sauce.
- Dice tomatoes with garlic, onions, peppers, and cilantro or basil for a fresh salsa.

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

Did you know?

There are many types of tomatoes, including cherry, grape, beefsteak, plum, slicing, and pear. Tomatoes also come in different colors, such as red, orange, yellow, green, pink, and purple!



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—Pico de Gallo

A fantastic recipe to try when your garden or market is overflowing with fresh, flavorful, tomatoes!

INSTRUCTIONS

- 2 cups tomatoes (chopped ripe)
- 1 1/2 cups onion (chopped)
- 1/3 cup cilantro (chopped, fresh)
- 3 jalapeno peppers (seeded and chopped)
- 2 tablespoons lime juice
- 2 cloves garlic (minced)
- 1/4 teaspoon salt

DIRECTIONS

1. Combine all ingredients in a medium bowl.
2. Serve immediately or cover and refrigerate for up to 3 days.





LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES



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



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