

FoodWise Nutrition

February 2023 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

Iron County Mobile Food Pantry

The partnership between Extension Iron County, Iron County Human Services, community volunteers and Second Harvest Northern Lakes Food Bank make the Iron County Mobile Food Pantry a very successful program. Together, they address the needs of Iron County residents and work towards building a community where healthy, nutritious foods are available to everyone, even when times are tough.

Iron County Mobile Food Pantry partners take pride in their work and are there, rain, shine or snow on the last Monday of the month from 12:00-1:00 pm (excluding December and May, at which time the mobile food pantry is one week earlier due to the holidays). Pick up is simple. Participants check in using their name and receive their food as they drive through the Iron County Recycling Center parking lot in Hurley, without ever having to leave their vehicle.

In order to be eligible to receive this service, client income must be 300% or less of the Federal Poverty Guidelines. Clients who may be experiencing a crisis and are in need of emergency food also qualify. Registration can easily be done over the phone by calling the Extension Iron County office at 715-561-2695 OR by completing the registration form found in the link below. Completed forms can be dropped off or mailed to the Extension Iron County office (300 Taconite Street, Suite 118, Hurley WI 54534) or emailed to rebecca.holm@wisc.edu.

<https://iron.extension.wisc.edu/foodwise/iron-county-foods-security-resources/>

The next Iron County Mobile Food Pantry takes place on Monday, February 27 from 12:00—1:00 pm.



Throughout January-December 2022, the Iron County Mobile Food Pantry served meals to an average of 211 households per month. Which totals approximately 77,591 meals for the year.



JOIN WISCONSIN CHILI LUNCH! - THURSDAY, FEBRUARY 23, 2023

Celebrate Wisconsin-grown foods and farm to institution efforts by joining the 2023 Wisconsin Chili Lunch. Join K-12 schools, early care and education programs, hospitals, colleges, and more by cooking and serving a chili recipe made with local ingredients on National Chili Day—Thursday, February 23rd, 2023!

Participation is simple: Prepare and serve your Wisconsin Chili Lunch using as many locally grown ingredients as possible, and customize it to meet your needs! Add local meats, cheese, or yogurt! Serve it in a bowl, on a baked potato, or with a cinnamon roll! The key is to source as many Wisconsin-grown products as you can. Register today to get the Chili Lunch Guide, supply chain help, more recipes and get connected to other farm to institution efforts in the state.

Register here: https://uwmadison.co1.qualtrics.com/jfe/form/SV_9tpGMIYFjdF2Gqy



With foodservice operations experiencing so many supply chain disruptions right now, local foods may provide an opportunity to source reliable, high-quality ingredients that also support our local communities.

In 2022 Wisconsin Chili Lunch participants served up 67,877 bowls of local chili at 365 different cafeteria sites across the state, this includes programming provided by the Ashland, Bayfield, and Iron County FoodWise Team!

This information is being shared from the following website: <https://cias.wisc.edu/our-events/chililunch/>

EXTENSION IRON COUNTY FREE COMMUNITY SNOWSHOES

Have you ever wanted to try snowshoeing but haven't had the opportunity?

The Extension Iron County office has snowshoes available that individuals, families, schools, and organizations can use for **FREE!**

What a great way to get outside, be healthy and enjoy what winter months in Northern WI have to offer!

There are around 50 pairs available to check out, mostly youth and small adult sizes, which can be loaned out for a week at a time.

If you are interested in checking out a pair, please contact the Extension Iron County office at 715-561-2695 or contact rebecca.holm@wisc.edu for more details.



WINTER WELLNESS WITH RED CLIFF BOYS & GIRLS CLUB OF GITCHIGAMI

FoodWise educator, Marisa Perlberg facilitated a fun Winter Wellness event, in partnership with the Red Cliff Community Health Center, Zaagichigaazowin

Home Visiting Program, Mino Bimaadiziwin Gitigaanin (Red Cliff Community Farm), Boys & Girls of Gitchigami, Tribal Historic Preservation Office, Junior Tribal Council and the Bayfield School District.

The snowshoe event was created to promote physical activity, movement, health and well-being for children and



families. Extension Iron County's community snowshoes were available for families to use at the event. A Maternal and Child Health Grant was awarded to the Red Cliff Health Center with grant funds being used to purchase snowshoes to raffle out to the kids who participated.





Beets are The Harvest of the Month!

Add beets to your favorite family meals:

- Add grated raw beets to salad.
- Mix cooked beets into mashed potatoes for a pop of color.
- Add raw or leftover cooked beets to canned vegetable beef soup and simmer until tender.

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

Select – Choose beets with firm, smooth skins and crisp leaves. Smaller beets are more tender.

Store – Remove greens leaving about 1 inch of stem. Store beets in a plastic bag in the refrigerator for up to 2 weeks.

Prepare – Rinse beets under cool running water and scrub with a vegetable brush. Beets can be eaten raw or cooked. You can eat the beet greens too!

Did you know?

Most of the beets grown in Wisconsin are red beets, but there are also pink, purple, white, and yellow beets. Try a rainbow of beet colors!



Nutritious, Delicious, Wisconsin!
#WIharvestoftheMonth



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RECIPE OF THE MONTH — Beet Chips

INSTRUCTIONS

- 6 medium beets, scrubbed and ends trimmed
- 1/2 teaspoon salt, or more to taste
- 1 tablespoon olive oil
- 1/4 teaspoon garlic powder
- 1/8 teaspoon cracked black pepper
- 1/4 teaspoon dill

DIRECTIONS

1. Thinly slice beets to about 1/16-inch thickness using a mandoline slicer. Place beet slices in a bowl and add salt. Toss to combine. Allow beets to sit about 30 minutes. Drain excess liquid.
2. Preheat oven to 300 degrees F (150 degrees C). Line two baking sheets with parchment paper.
3. Pour olive oil over beats and toss to combine. Mix together garlic powder, black pepper, and dill in a small bowl. Sprinkle over beets and toss to coat. Place beet slices on baking sheets in a single layer.
4. Bake in the preheated oven until crispy, 40 to 50 minutes. Sprinkle with additional salt, if desired.

NOTES

Make sure to slice beets as thinly as you can, or they will not get crispy. You can choose to leave the skin on or peel them before slicing. Watch beets closely after 40 minutes to avoid burning.

Recipe link: <https://www.allrecipes.com/recipe/268655/easy-beet-chips/>

