

FoodWise Nutrition

May 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.

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DID YOU KNOW?

May is Mental Health Awareness Month!

Unsurprisingly, poor dietary habits have been linked to increased risk of low mood and what you choose to eat can help you feel at your best! Check out the Food Mood graphic below for suggestions on how to eat to improve your mood. This graphic was created by The Rooted Project (see link below):

<https://www.facebook.com/therootedproject>

FOOD MOOD

FOOD CAN AFFECT YOUR MOOD IN TWO WAYS

PHYSICAL INFLUENCES

FOODS YOU CHOOSE

Although low mood rarely has a single cause, your diet quality could affect your mood and increase your risk for depressive symptoms.

PSYCHOLOGICAL INFLUENCES

YOUR RELATIONSHIP WITH FOOD

The personal, cultural, religious and economic meaning of foods can influence how you feel when you eat them.

EATING TO IMPROVE YOUR MOOD



REGULAR MEALS

Eat regularly to provide a regular supply of energy to your brain.



BALANCED DIET

A balanced plate is split into 1/2 veg, 1/4 carbs (fist-sized), 1/4 protein (palm sized).



QUALITY CARBS

Choose quality carbs like whole-grains and potatoes and limit your intake of free sugars.



HEALTHY FATS

Aim for 2 portions of oily fish per week to get enough omega 3 fatty acids. E.g. Salmon, mackerel or sardines.



STAY HYDRATED

Dehydration can affect mood. Aim for 6-8 glasses per day.



LIMIT ALCOHOL

Alcohol can dehydrate you and exacerbate anxiety and low mood.



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THE ROOTED PROJECT
THEROOTEDPROJECT.CO.UK

IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, May 22 from 12:00-1:00 pm, which is one week early due to Memorial Day.

For more information about this program, contact Extension Iron County office manager, Rebecca Holm at 715-561-2695 or rebecca.holm@wisc.edu



DO YOU HAVE FOOD SECURITY RESOURCES OR IMPACTFUL STORIES YOU WOULD LIKE US TO SHARE?

If so, we would love to share them in future newsletters! Please contact FoodWise Coordinator, Stephanie Bakker at stephanie.bakker@wisc.edu.

WISCONSIN SCHOOL GARDEN DAY

Governor Tony Evers will declare Thursday, May 18, 2023 Wisconsin School Garden Day! Wisconsin is a leader in garden-based education.

This day brings recognition to the people and programs giving Wisconsin's youth access to innovative, hands-on educational opportunities.

You can participate in Wisconsin School Garden Day by engaging in some type of garden-based education activity or celebration on May 18, 2023 (or another day that week).

Be sure to follow the Ashland, Bayfield, Iron County Facebook page to see what we have in store for Wisconsin School Garden Day!

Link: <https://www.facebook.com/FoodWiseUWEX.North>



WISCONSIN SCHOOL GARDEN DAY

Gardening and Cooking Songs, Books, and Tips for Families

DIRT MADE MY LUNCH by the Banana Slug String Band

Dirt made my lunch
Dirt made my lunch
Thank you dirt, thanks a bunch
For my salad, my sandwich, my milk, and my munch,
Thanks dirt, you made my lunch!

THE BEET SONG

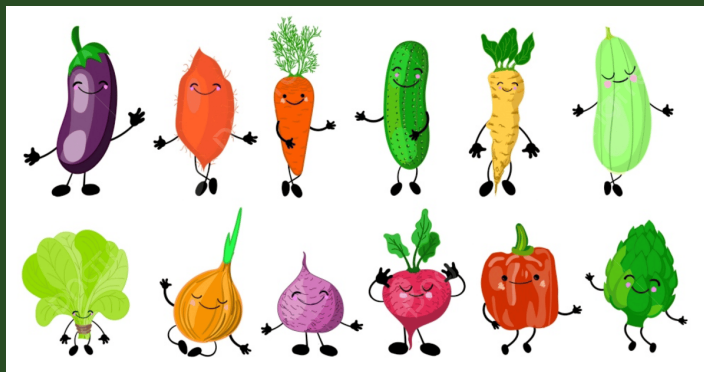
(to the tune of "If You're Happy and You Know It")

If you're hungry and you know it, eat a beet!
If you're hungry and you know it, eat a beet!
Beets are red, orange and striped; open wide and take a bite!
If you're hungry and you know it, eat a beet!

LOOK FOR THESE BOOKS AT THE LIBRARY:

Barnyard Banter – Denise Fleming
Bee Bim Bop – Linda Sue Park
Before We Eat: From Farm to Table – Pat Brisson
Eating the Alphabet – Louis Elhert
Sip, Slurp, Soup, Soup, Caldo, Caldo, Caldo – Diane Gonzales Bertrand

For more book titles and other tips for families, visit: <https://www.rootedwi.org/wp-content/uploads/2021/05/Gardening->



MOVING THROUGH THE
SEASONS...

Z I I G W A N

RED CLIFF COLOR 5K RUN/WALK + WELLNESS EVENT

RESCHEDULED



MAY 5TH
1PM-4PM

[Run begins at 1:30PM]

LOCATION: RED CLIFF BOYS AND GIRLS CLUB



BOYS & GIRLS CLUB
OF GITCHIGAMI



JOIN US FOR A
COLOR RUN,
PRIZES, FOOD, AND
MORE!

**LIMITED
T-SHIRTS**
FIRST COME, FIRST
SERVED

SCAN TO REGISTER

or call Wade at (715) 779-3722



SCAN Me

ASK FOR ASPARAGUS



Select – Choose asparagus stalks with dry, tight tips. Avoid limp or wilted stalks.

Store – Wrap the ends of stalks in a wet paper towel and place in a plastic bag. Refrigerate for up to 4 days.

Prepare – Snap off the woody ends, about 1-2 inches. Enjoy raw, steamed, boiled, grilled, or roasted!

Asparagus is the Harvest of the Month!

Add asparagus to your favorite family meals:

- Add bite-size pieces of asparagus to creamy soups.
- Dip asparagus spears in a healthy dip or dressing.
- Use leftover cooked asparagus in your scrambled eggs.
- Add asparagus to roasted potatoes, rice side dishes, or pasta salad.

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

Did you know?

Asparagus can be found in three colors: green, white, and purple. White asparagus is grown under the soil, so it is never exposed to sunlight and never turns green.



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth



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.

HARVEST OF THE MONTH

Wisconsin Harvest of the Month is a statewide campaign that encourages kids and families to eat more fruits and vegetables. Each month schools showcase one seasonal, Wisconsin-grown fruit or vegetable. Students taste, explore and learn about the importance of eating fruits and vegetables.

WHY HARVEST OF THE MONTH—Research shows the many benefits of the Harvest of the Month campaign:

- Encourages kids to try new fruits and vegetables
- Increased the amount of fruits and vegetables students eat
- Reduces food waste
- Grows school meal participation
- Supports Wisconsin farmers and local economy

HOW IT WORKS—We provide an assortment of promotional and educational materials for a comprehensive campaign. Participation is flexible so you can meet the needs of your school. The campaign provides three ways to engage:

- **School cafeteria promotions** – each month, schools serve the featured fruit or vegetable in at least one meal or snack, lead a taste test, and display posters.
- **Expanded education about healthy eating** – students engage in educational activities about the featured fruit or vegetable.
- **Resources to encourage healthy eating at home** – schools and partners share information about Harvest of the Month and healthy eating with families through school newsletters, social media posts and postcards.

Visit the link below to complete a brief survey on how to gain access to everything you need to implement Harvest of the Month campaign!

Link: <https://healthyliving.extension.wisc.edu/programs/harvest-of-the-month/>

