

FoodWise Nutrition

July 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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Now Offering Senior Farmer's Market Vouchers



FREE!
Expanded
registration
locations.

June 14th- 11-1pm
Springstead Sherman
Town Hall

June 26th- Southgate
Apartments 9:30-10:30am
(Main dining kitchen area)

June 27th- Garden Estates
1-2 pm
(Upstairs dining room)

June 28th- Villa Vista
1-2pm (main dining room)

WISCONSIN RESIDENTS
60 AND OVER
OR 55+ NATIVE AMERICAN

REGISTRATION
STARTING JUNE
1ST, 2023

BOOKLETS
AVAILABLE
\$35.00
VALUE

Wisconsin Farmer's Market Vouchers will be now available for seniors 60+. Voucher coupons can be used at any Wisconsin registered farmer's market accepting produce stand. Those interested must register for their voucher booklet and meet the income guidelines per federal poverty level.

Call 715-561-2108 ext. 4 Trista Olson ADRC/Aging Manager

ONE BOOKLET PER RECEIPT- MUST REGISTER WITH ADRC COUPONS
CAN BE USED ANYTIME BETWEEN JUNE-OCTOBER 2023 FARM SEASON

IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on
Monday, July 31 from 12:00-1:00 pm.

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

SWEET, YET HEALTHY TREATS—PATRIOTIC POPS

INGREDIENTS

- 1-3/4 cups vanilla yogurt, divided.
- 2 tbsp honey, divided
- 1-1/4 cups sliced fresh strawberries, divided
- 1-1/4 cups fresh or frozen blueberries, thawed, divided
- 12 freezer pop molds or 12-3 oz paper cups
- 12 wooden pop sticks

DIRECTIONS

1. Place 2 tablespoons yogurt, 1 tablespoon honey and 1 cup strawberries in a blender; cover and process until blended. Remove to a small bowl. Chop remaining strawberries; stir into strawberry mixture.
2. In blender, process 2 tablespoons yogurt, remaining honey and 1 cup blueberries until blended; remove to another bowl. Stir in remaining blueberries.
3. In each mold, layer 1 tablespoon strawberry mixture, 2 tablespoons yogurt and 1 tablespoon blueberry mixture. Top with holders. (If using paper cups, top with foil and insert sticks through the foil.) Freeze until firm.



"DANGER ZONE" (40 °F - 140 °F)

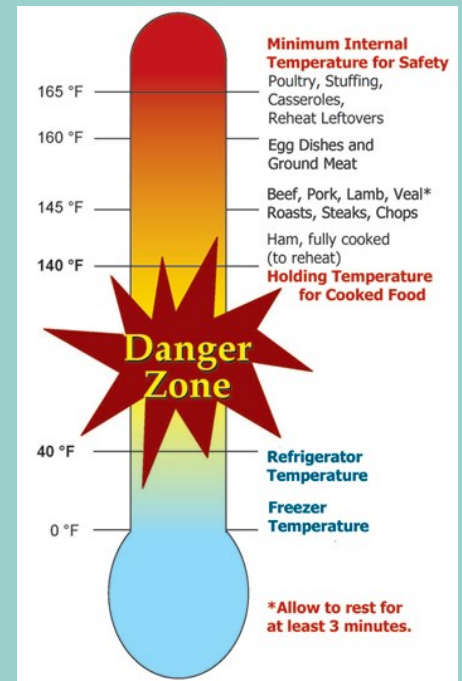
Leaving food out too long at room temperature can cause bacteria (such as *Staphylococcus aureus*, *Salmonella* Enteritidis, *Escherichia coli* O157:H7, and *Campylobacter*) to grow to dangerous levels that can cause illness. Bacteria grow most rapidly in the range of temperatures between 40 °F and 140 °F, doubling in number in as little as 20 minutes. This range of temperatures is often called the "Danger Zone."

KEEP FOOD OUT OF THE "DANGER ZONE"

Never leave food out of refrigeration over 2 hours. If the temperature is above 90 °F, food should not be left out more than 1 hour. Keep hot food hot—at or above 140 °F. Place cooked food in chafing dishes, preheated steam tables, warming trays, and/or slow cookers. Keep cold food cold—at or below 40 °F. Place food in containers on ice.

COOKING

Raw meat and poultry should always be cooked to a safe minimum internal temperature (see graphic). When roasting meat and poultry, use an oven temperature no lower than 325 °F.



If you aren't going to serve hot food right away, it's important to keep it at 140 °F or above.

STORING LEFTOVERS

One of the most common causes of foodborne illness is improper cooling of cooked foods. Bacteria can be reintroduced to food after it is safely cooked. For this reason leftovers must be put in shallow containers for quick cooling and refrigerated at 40 °F or below within two hours.

REHEATING

Foods should be reheated thoroughly to an internal temperature of 165 °F or until hot and steaming. In the microwave oven, cover food and rotate so it heats evenly.

Source:
<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/danger-zone-40f-140f>



Cucumbers are The Harvest of the Month!

Add cucumbers to your favorite family meals:

- Add cucumbers to pasta salad for a cool crunch.
- Pair with tomatoes and feta cheese for a simple salad.
- Use cucumber slices instead of crackers for dips and spreads.

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

Select – Choose firm cucumbers with dark green color.

Store – Refrigerate in a plastic bag for up to 1 week.

Prepare – Rinse with cool running water and slice. Keep the skin on for extra nutrients!

Did you know?

Have you heard the phrase “cool as a cucumber”? The inside of a cucumber is 20 degrees cooler than outside temperatures during the summer. You can cool off with cucumber!



Nutritious, Delicious, Wisconsin!
#WIHarvestOfTheMonth



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RECIPE OF THE MONTH—Cucumber Blueberry Salad

VINAIGRETTE

- 1 1/2 tablespoons extra virgin olive oil
- 2 tablespoons white balsamic (or other vinegar)
- 1 tablespoon lime juice, freshly squeezed or bottled
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

SALAD

- 1 cup fresh blueberries
- 1 medium greenhouse-grown cucumber, cut into small chunks
- 4 cups fresh arugula
- 1/4 medium red onion, thinly sliced
- 1/4 cup crumbled reduced-fat Feta cheese
- 2 tablespoons coarsely chopping walnuts (toasted optional)
- 4 slices whole grain bread



DIRECTIONS

1. In a small bowl whisk together vinaigrette ingredients.
2. In a large bowl mix together all salad ingredients, except bread.
3. When ready to serve, add vinaigrette to salad and toss.
4. Toast bread, then cut into four pieces.

Source:

<https://www.myplate.gov/recipes/myplate-cnpp/cucumber-blueberry-salad>