

# FoodWise Nutrition

## October 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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### CONGRATULATIONS MARISA!

Exciting news to share from our team - Marisa has received the **FoodWise Community Engagement Golden Award!**

The Golden Awards are about celebrating our outstanding colleagues within FoodWise and recognizing their exceptional work.

Marisa is actively involved in collaborative efforts contributing to advancing policy, systems and environmental changes and community-focused work.

She has built strong relationships with our partners and has demonstrated strong leadership and commitment toward furthering FoodWise community impact.

She steps beyond required efforts in programming to enhance, sustain and support community change.

Additionally, she has showed commitment to expanding access, outreach and inclusion in programming.

Thank you, Marisa, for the work you do in our communities!



### IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, October 30th 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](mailto:rebecca.holm@wisc.edu)



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.

## GET READY TO CRUNCH!

Looking for a fun way to support farm to school, your Wisconsin farmers, and resilient communities? Extension is excited to host the 10th annual Great Apple Crunch this October! Crunch into local apples at noon on Thursday, October 12th at schools, early care sites, colleges, and hospitals across the Midwest region to celebrate Farm to School Month and local food in cafeterias. Everyone is invited to Crunch!

Register at [healthyliving.extension.wisc.edu/events/apple-crunch/](https://healthyliving.extension.wisc.edu/events/apple-crunch/), purchase local apples, and Crunch in October. Access numerous resources from the website, including the Crunch Guide,

tasty apple recipes, and outreach materials. The Crunch Guide includes tools to find local apples, social media tips, and student lesson plans listed by age group. Wisconsin Harvest of the Month apple materials are also fantastic complimentary resources to celebrate local apples!

Share your Apple Crunch with us! Join the Facebook event (<https://www.facebook.com/events/105784112261280>) and take a photo or video and share to Facebook with the hashtags **#GreatAppleCrunch** and **#F2SMonth**.

Thank you for celebrating Wisconsin food and farms!



## BERRY FARM & ORCHARD REPORT

Looking for something fun to do this fall? Be sure to visit Bayfield, Wisconsin's farms and orchards! Visit the ORCHARD REPORT by scanning the QR code to the right or visit:

<https://www.bayfield.org/things-to-do/farms-orchards/berry-farm-orchard-report/>



**Select** – Choose firm apples with smooth and shiny skin.

**Store** – Refrigerate in a plastic bag for up to 3 weeks.

**Prepare** – Eat whole or sliced. Leave on the skin for extra nutrients!

## Apples are the Harvest of the Month!

### Add apples to your favorite family meals:

- Mix apple chunks into your hot cereal.
- Pair apple slices with cheese.
- Add thin apple slices to chicken salad or peanut butter sandwich.

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

### Did you know?

There are over 7,500 varieties of apples grown across the world. Some Wisconsin favorites include Gala, McIntosh, Golden Delicious, Honey Crisp, and Cortland.



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.

## TOP 10 WAYS TO ENJOY FROZEN FRUIT

### SNOW CONE

Blend in a blender with crushed ice to make a snow cone.

### SMOOTHIES

Use with 100% juice or skim milk to create delicious smoothie combinations.

### TOP YOUR CEREAL

Use on top of cereal.

### QUICKIE SALAD OR DESSERT

Create a last minute fruit salad for dessert with your favorite combination of frozen fruits.

### FRUIT SOUP

Use to make a fruit soup: **Recipe** Cold Honeydew-Lime Soup below

### BAKE THEM

Use in baked goods such as cobblers, fruit crisps or breads.

### MIX WITH YOGURT

Add to plain low-fat yogurt.

### FRUIT SAUCE

Thaw and mash through a strainer to make a fruit sauce. Use on pancakes, waffles or fat-free ice cream or sherbet.

### COOL YOUR DRINK

Use in place of ice cubes to cool a drink.

### RIGHT OUT OF THE BAG!

Enjoy as a snack right out of the bag.



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## HOW TO MAKE COLD HONEYDEW SOUP

### INGREDIENTS

- 1 small ripe Honeydew
- fresh mint leaves
- fresh basil leaves
- A couple of limes
- A pinch of salt

### DIRECTIONS

1. First, cut the melon in half. For this recipe, you will only need one-half of the honeydew, and you can reserve the other half for another time.
2. Remove the seeds from the center, slice the melon, and remove its skin. Discard all skins.
3. Toss honeydew into a blender with mint, basil, lime juice, and a pinch of salt. Blend to puree. Taste. Then divide and pour into individual soup bowls or ramekins.
4. Cover and chill for at least 30 minutes before serving. Garnish with a mint leaf in the center and a slice of lime on the side.

For more information, important tips about this recipe and nutritional information, visit::

<https://2sistersrecipes.com/cold-honeydew-soup/>

