

FoodWise Nutrition

December 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

Stephanie Bakker, FoodWise Nutrition Coordinator
Extension Ashland, Bayfield, Iron Counties
Phone: 715-373-3294 (Bayfield County office)
stephanie.bakker@wisc.edu

Deborah Leonard, FoodWise Nutrition Educator
Extension Ashland, Bayfield, Iron Counties
Phone: 715-561-2695 (Iron County office)
deborah.leonard@wisc.edu

Marisa Perlberg, FoodWise Nutrition Educator
Extension Ashland, Bayfield, Iron Counties
Phone: 715-682-7017 (Ashland County office)
marisa.perlberg@wisc.edu

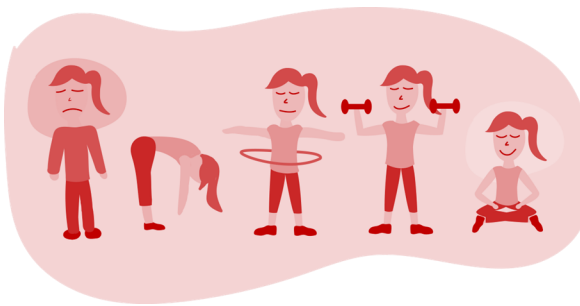
STAY ACTIVE DURING THE WINTER MONTHS TO BEAT THE WINTER BLUES

Looking for ways to stay active indoors this winter? Here are some videos to help get you started and keep you motivated.

Visit the link for more details or you can scan the QR code!

Or you can check out one of our upcoming StrongBodies virtual strength training classes! We will be starting a new series in the new year so stay tuned for announcements!

Video library link: <https://spendsmart.extension.iastate.edu/video-category/physical-activity/>



IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, December 18 from 12:00-1:00 pm, which is one week earlier due to the holidays.

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



Pictured right: Volunteers Sammie Ratkowski, Extension Iron County Office Manager, Rebecca Holm, and Joyce Gayan were all bundled up at the October distribution.



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.

SPAGHETTI SQUASH WITH TOMATOES, BASIL, AND PARMESAN

INGREDIENTS

- 1 1/2 pounds spaghetti squash (about 1 squash)
- 1 tablespoon olive oil
- 3 tablespoons Parmesan cheese
- 1/4 teaspoon dried oregano
- 2 teaspoons dried basil (or 1/2 cup fresh basil, chopped)
- 1 cup cherry tomatoes (thinly sliced)
- Salt and pepper (to taste, optional)

DIRECTIONS

1. Place the 2 squash halves, cut side down, in glass baking dish. Add about 1/4 cup water and cover with plastic wrap. Microwave on high 12 minutes or until soft when pressed. Let stand covered for 3 minutes.
2. In a large bowl, whisk oil, basil, oregano and 2 tablespoons parmesan. Stir in tomatoes and season lightly with salt and pepper to taste.
3. Scrape squash out with a fork, add strands to tomato mixture and toss until combined. Sprinkle with remaining 1 tablespoon parmesan cheese.



Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/spaghetti-squash-tomatoes-basil-and-parmesan>



Select – Choose squash that are heavy, firm, and have a full stem.

Store – Store in a cool, dark place for up to one month.

Prepare – Squash with thinner skin, like delicata and sweet dumpling, can be eaten without being peeled. Other winter squash, like butternut or acorn, have a hard rind that can be peeled with a vegetable peeler or sharp knife. You can peel squash before or after cooking.

Winter Squash is the Harvest of the Month!

Add winter squash to your favorite family meals:

- Dice, microwave or roast and add to salad, tacos, rice, or mac and cheese.
- Halve squash, roast cut side down, then add stuffing
- Puree microwaved or roasted squash for a soup or pie!

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

Did you know?

In Aztec, Incan, Mayan, and Native American cultures, squash was grown in companionship with corn and beans. Squash, corn, and beans make up the traditional "Three Sisters".



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.



UNIVERSITY OF WISCONSIN-MADISON

UW-Madison Extension Educational Programs



Extension

UNIVERSITY OF WISCONSIN-MADISON
BAYFIELD COUNTY



Aging Mastery Program

National Council on Aging

Aging Mastery is a 10-week series that explores small lifestyle changes that lead to better outcomes in aging. Classes are offered virtually statewide, with some in-person options available.



Money Matters is an online resource with educational modules on managing finances, credit & debt, health care, retirement, and more. Follow-up financial coaching is available with a trained UW-Madison Extension educator.

planning **AHEAD** PROGRAM TOPICS:

Handling Financial Changes

Advance Medical and Legal Directives

Getting Started

Estate Planning

Choices in End-of-Life Care

Final Wishes

Understanding Grief

Planning AHEAD is an end-of-life planning curriculum for all ages that helps participants understand how to prepare for the end of life for themselves or a loved one. This 7-session research-based program is offered virtually statewide, with some in-person options available.



Rent Smart is a multi-session class focused on the knowledge and skills needed for a successful renting experience. Classes are offered virtually statewide, with some in-person options available.



Strong Bodies is a free virtual strength-training class to catalyze positive change in people of all ages to live stronger, healthier lives by providing knowledge, inspiration, access to programs, and ongoing support.



WeCOPE is a 6-week interactive virtual program that helps adults cope with life stress. WeCOPE has been shown to reduce stress and depression, increase positive mood, and improve health behaviors by managing life's challenges in healthy ways.

For More Information:



Extension
UNIVERSITY OF WISCONSIN-MADISON
BAYFIELD COUNTY

UW-Madison Extension Bayfield County ~ 117 E 5th St ~ Washburn, WI 54891

Theresa LaChappelle, Office Manager ~715-373-3285 or

theresa.lachappelle@wisc.edu

<https://bayfield.extension.wisc.edu/new-health-family-finance/>

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 requirements