

# FoodWise Nutrition

## January 2024 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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### IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, January 29, from 12:00-1:00 pm.

For more information about this program, contact Extension Iron County office manager, Rebecca Holm at:

Phone: 715-561-2695  
Email: [rebecca.holm@wisc.edu](mailto:rebecca.holm@wisc.edu)

You can also visit the Extension Iron County website for more details, including income eligibility and other food resources available to Iron County residents.

<https://iron.extension.wisc.edu/>



### MARK YOUR CALENDARS!

Below are the 2024 distribution dates for the Iron County Mobile Food Pantry.

January 29	July 29
February 26	August 26
March 25	September 30
April 29	October 28
May 20*	November 25
June 24	December 16*

*\*Please note that the May and December distributions will be one week early due to the holidays.*

*Pictured above: Dedicated Iron County Mobile Food Pantry volunteers sorted a pallet of potatoes into bags prior to the start of the November 2023 distribution. Did you know that the majority of our volunteers are proxies for other clients, some delivering to multiple families each month?*

*FoodWise Coordinator, Stephanie Bakker joined in on the fun by also volunteering!*



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.

## CRUNCH into CARROTS



## Carrots are the Harvest of the Month!

### Add carrots to your favorite family meals:

- Add shredded carrots to salads, slaw, or sandwiches.
- Roast carrots and serve as veggie fries.
- Bake with carrots! Add shredded or cooked and mashed carrots to muffins, cakes, and cookies.

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

**Select** – Choose smooth and firm carrots with a deep color and fresh, green tops.

**Store** – Remove green tops and refrigerate in a plastic bag for up to 2 weeks.

**Prepare** – Scrub under running water to remove dirt. Peel if desired.

### Did you know?

Carrots come in a rainbow of colors including purple, yellow, white, red, and orange. All carrots have many nutrients, but each color contains different phytochemicals. Phytochemicals act as antioxidants in our body and protect our cells from damage.



Nutritious, Delicious, Wisconsin!  
#WIHarvestoftheMonth



Extension  
UNIVERSITY OF WISCONSIN-MADISON

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.

## FUN CARROT BOOKS FOR KIDS

Looking for some reading material for your kids or grandkids? Look no further! We have some ideas below and guess what? They are all centered around our Harvest of the Month vegetable, CARROTS!

### READ



### books

- *The Giant Carrot* by Jan Peck
- *Carrot Soup* by John Segal
- *The Carrot Seed* by Ruth Krauss
- *Tops and Bottoms* by Janet Stevens
- *Carrots Grow Underground* by Mari Schuh



- *Carrots* by Inez Snyder
- *Oliver's Vegetables* by Vivian French
- *The Life Cycle of a Carrot* by Linda Tagliaferro





## EXTENSION IRON COUNTY COMMUNITY SNOWSHOES

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

Well, we have you covered! Did you know that the Extension Iron County office has community snowshoes that individuals, families, groups, organizations and schools can check out? And the best part... IT'S FREE (must provide a copy of your drivers license)!

For more information, feel free to contact Extension Iron County Office Manager, Rebecca Holm at 715-561-2695 or [rebecca.holm@wisc.edu](mailto:rebecca.holm@wisc.edu). She might even have some ideas on some great places to visit while you use the snowshoes!

*Pictured below: FoodWise Educator and one of the Hurley Headstart classes snowshoeing at Wolverine Ski Trails, February 2019.  
Photo credit: Linda Slining*





### Stepping into the

# NEW YEAR

### with MyPlate

#### Step 1: Reflect & Take Action

Focus on where you are now and discover small changes you can make going forward. Take the [MyPlate Quiz](#) to see how your eating habits stack up against the MyPlate recommendations. For more information, make sure to check out all of the personalized resources on the quiz results page.





#### Step 2: Start Simple

Take it one day at a time and focus on small changes you can accomplish now, and then slowly build on those to meet your long-term goals. The [Start Simple with MyPlate app](#) can help you set and track daily food group goals as you work on eating healthier. Don't forget to use your custom MyPlate code to personalize your food group goals.

#### Step 3: Make a Plan for Home

Look for fun ways to eat at home more often. Theme-nights like homemade taco night can make things interesting and help make meal planning easier. Check out [MyPlate Kitchen](#) to discover over 1,000 healthy, budget-friendly recipes.





#### Step 4: Make a Plan for Grocery Shopping

Now that you have a meal plan, you're ready to shop. The [Shop Simple with MyPlate tool](#) can help you save money while shopping for healthy food choices. Use this tool to find cost-saving opportunities in your local area and discover new ways to prepare budget-friendly foods.

#### Step 5: Celebrate Success

As you build healthy habits and find ways to reach and keep your goals, make sure to celebrate your accomplishments along the way! And don't forget, MyPlate is here to help you! So, continue to visit [MyPlate.gov](#) for more information and resources to keep you eating healthy in the new year.



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# STRONG *People*™

## STRONG BODIES



### Join us for the StrongBodies Program!

StrongBodies has been shown to increase strength, muscle mass, and bone density. Classes are held twice weekly and include progressive resistance training, balance training, and flexibility exercises.

### FREE Virtual StrongBodies Class

**Dates:** January 16-March 28, 2024

**Time:** Tuesdays and Thursdays 9:00-10:15 am

**To register online:** [go.wisc.edu/9e2x84](https://go.wisc.edu/9e2x84)



scan with your  
smart phone  
camera to register

#### Questions? Contact

**Stephanie Bakker** 715-682-7017 (Ashland, Bayfield, Iron)

**Julie Montgomery** 715-395-1427 (Douglas)

**Bridget Rongner** 715-635-4444 (Burnett, Sawyer, Washburn)

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## EXTENSION RECEIVES CDC HIGH OBESITY PROGRAM GRANT

Extension is thrilled to be awarded a 5 year [CDC High Obesity Program \(HOP\)](#) grant with activities focused in Ashland and Menominee Counties! Grant strategies are focused on food and nutrition security through food service and nutrition guidelines plus fruit and vegetable vouchers and produce prescriptions, safe and accessible physical activity, and early care and education (ECE) settings.

The grant started in September 2023 and this first year we are focusing on assessment to guide our planning for future years. We are currently gathering existing community and state assessment efforts to inform programming.

We are also hiring a new Healthy Communities Coordinator who will coordinate project activities. We look forward to sharing more of this work with you!

## RECIPE OF THE MONTH—Vegetable Fried Rice

This easy and delicious meal comes together quickly and can be easily adapted to use up whatever vegetables you have on hand along with leftover rice! Serves 4.

### INSTRUCTIONS

- 2 Tbsp vegetable oil (divided)
- 4 - 6 eggs (beaten)
- 4 cups rice, cooked and cooled (brown or white rice)
- 2 cloves garlic, minced
- 3 c mixed vegetables\*, cut into 1/2" - 1" pieces (\*use what you have available: zucchini, carrots, green beans, peppers, kale, peas, frozen veggies, etc.)
- 1 Tbsp soy sauce
- 2 green onions (sliced)
- Salt & pepper, to taste



### DIRECTIONS

1. Prepare vegetables by rinsing then cutting into bite-sized pieces (1/2" - 1" dice).
2. Heat 1 Tbsp of oil in a large skillet (non-stick works great here) over medium heat. When the oil is hot, add the eggs and scramble, then transfer to a bowl and set aside.
3. Wipe out skillet (no need to wash) and heat remaining 1 Tbsp of oil over medium heat. Once hot, add the vegetables that will take the longest to cook to the pan (zucchini, carrots, and/or green beans). Cook 3 - 5 minutes then add remaining vegetables (peppers, kales, and/or peas) and cook an additional 3 - 5 minutes, stirring occasionally.
4. Add cooked rice to the pan and stir continually to break up the rice and prevent it from sticking. If it does start to stick, add a little more oil or a Tbsp of water to the pan.
5. Once heated through, add soy sauce, green onions, and scrambled eggs and stir gently to combine. Taste and adjust seasoning with salt and pepper.
6. Serve on its own or with hot sauce, sliced radish, and/or microgreens.

