

FoodWise Nutrition

March 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

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, Healthy Communities Coordinator
Phone: 715-682-7017 (Ashland County office)
marisa.perlberg@wisc.edu

CDC HOP GRANT UPDATE

As part of our first-year assessment, we will be engaging in partner mapping. We will likely reach out to local partners to engage in virtual, small group conversations during February through April. More information coming soon! Visit the website below for more information:

<https://www.cdc.gov/nccdphp/dnpao/state-local-programs/hop/high-obesity-program-2023-2028.html>



YOU'RE
A-MAZE-ING!



I'VE BEAN
THINKING
ABOUT YOU!



LOVE YOU,
GOURD-EOUS!

IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, March 25 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



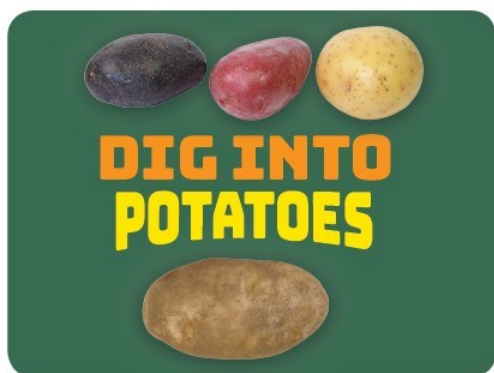
You can also visit the Extension Iron County website for more details, including income eligibility and other food resources available to Iron County residents.

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



Extension
UNIVERSITY OF WISCONSIN-MADISON

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.



Potatoes are The Harvest of the Month!

Add potatoes to your favorite family meals:

- Add cubed potatoes to soups and stews.
- Toss cooked, cubed potatoes with fresh garlic, lemon juice, salt and pepper.
- Make homemade potato wedges. Cut potatoes into wedges, toss with oil and seasonings, and bake 400°F for 20-30 minutes until tender and golden brown.

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

Select – Choose clean, smooth, firm-textured potatoes with no cuts, bruises, or discoloration.

Store – Store potatoes in a cool place with air flow. Do not refrigerate, freeze, or place in direct light.

Prepare – Rinse carefully under cool running water and allow it to dry well.

Did you know?

Potatoes were the first vegetable grown in space! The technology was developed by NASA and the University of Wisconsin-Madison.



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. Funding for this publication was made possible by the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant AM200100XXXXG060. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

OVEN BAKED SWEET POTATO FRIES

Sweet potato fries are a quick and delicious way to add flavor and color to your dinner plate.

INGREDIENTS

- 3 medium sweet potatoes, 5" long
- 3 tablespoons olive oil
- Salt and pepper (to taste)
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder

DIRECTIONS

- Wash hands with soap and water.
- Wash and peel sweet potatoes. Cut into 1/4 inch slices.
- In a large bowl, toss slices in olive oil until coated. Sprinkle with salt and pepper if desired.
- Spread in a single layer on a baking sheet.
- Bake at 425 °F until tender and golden brown (about 20 minutes), turning occasionally to brown evenly.



Makes:

6 Servings



Total Cost:

\$\$\$\$

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/oven-baked-sweet-potato-fries>

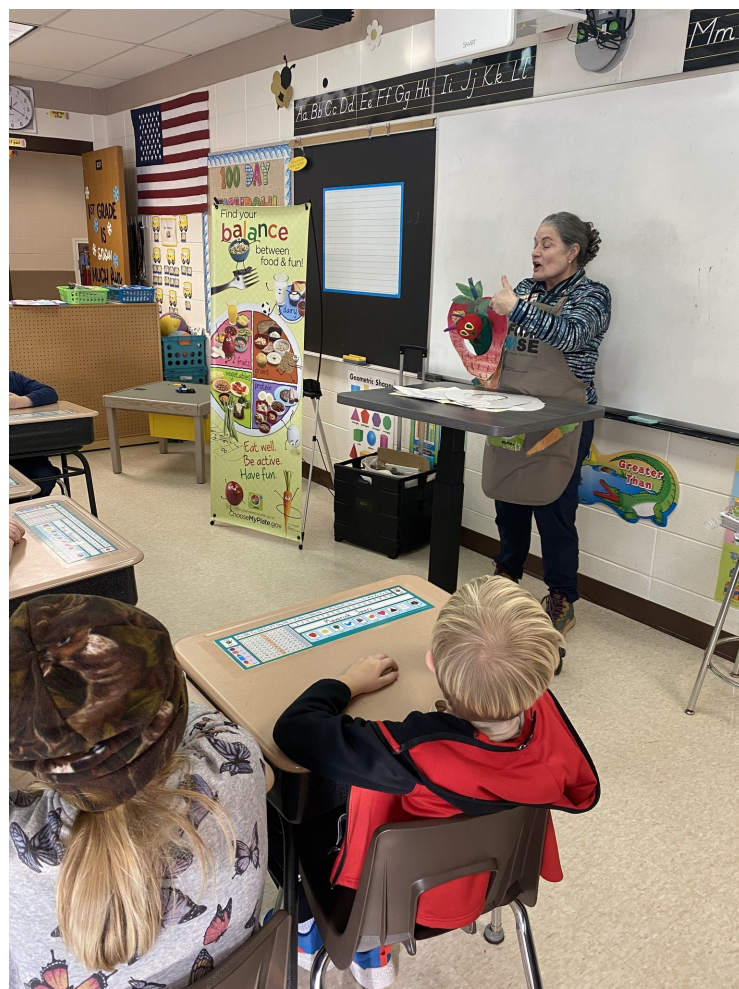
HURLEY AND MERCER SCHOOL NUTRITION EDUCATION

Deb Leonard continues to provide impactful programming to Hurley and Mercer elementary students in 2024.

Her half-hour nutrition education lessons with the Hurley and Mercer Schools take place on Wednesdays. Leonard meets with two 1st grade classes in Hurley and 4K, kindergarten and 1st grade classes at the Mercer School. Topics include:

- Finishing up Read for Health curricula.
- Exploring the MyPlate 5 food groups.
- Reading stories about food groups, followed by food adventures and games centered around the food group.
- Healthy food samples relating to the weekly food topic. Examples of recent foods include: sun butter, whole wheat bread, kiwi, pomegranates, and blood oranges.

Keep up the great work, Deb!



IRON COUNTY ACTION TRACKCHAIR AVAILABLE FOR COMMUNITY USE AT THE EXTENSION IRON COUNTY OFFICE

It has been a year since the Iron County 4-H program purchased an Action TrackChair to help address accessibility issues within Iron County and surrounding communities.

This purchase was made possible thanks to generous contributions from many donors including the Iron County Board of Supervisors, Iron County Health Department, Ironwood Area Chamber of Commerce, Gogebic Range United Way, as well as fundraising efforts of the Iron County 4-H program and a generous \$10,000 contribution from an anonymous donor.

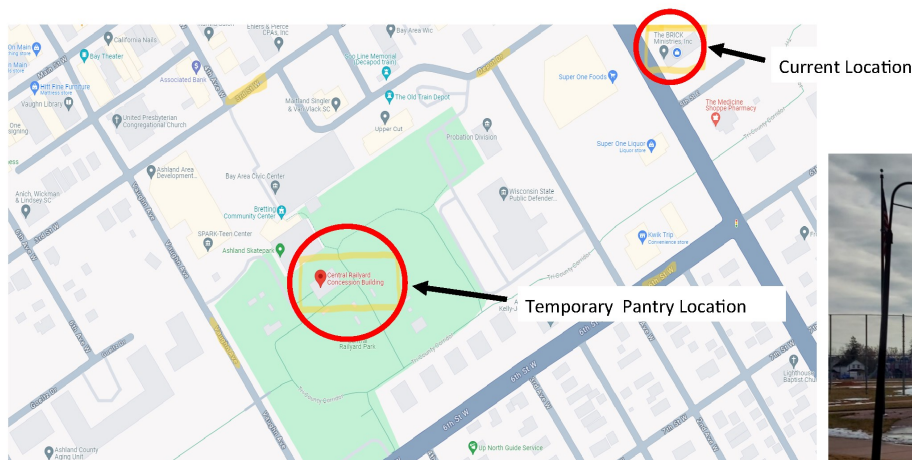
The Action TrackChair can be borrowed by individuals, organizations or groups to grant accessibility to people who may not have been able to participate in these types of events in the past.

For more information on how to reserve the Iron County Action TrackChair, visit:

<https://iron.extension.wisc.edu/iron-county-action-trackchair/>

You can also contact 4-H Youth Development Educator, Neil Klemme at 715-561-2695 if you have further questions.





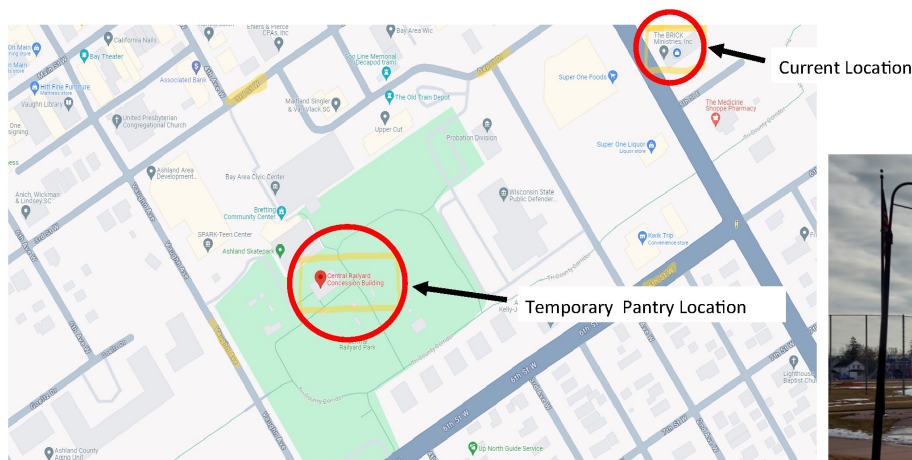
The BRICK's Ashland Food Shelf is Moving!

Find us at the Central Railway Concession Building starting Monday, 2/19/24.

The CRCB is conveniently located behind the Bretting Center (400 4th Ave W, Ashland) on the Tri-County Corridor.

It is fully accessible with public parking.

We'll be using this facility **temporarily** during construction.



The BRICK's Ashland Food Shelf is Moving!

Find us at the Central Railway Concession Building starting Monday, 2/19/24.

The CRCB is conveniently located behind the Bretting Center (400 4th Ave W, Ashland) on the Tri-County Corridor.

It is fully accessible with public parking.

We'll be using this facility **temporarily** during construction.