

# FoodWise Nutrition

## June 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.

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The monthly FoodWise Newsletter is created in partnership with the Ashland, Bayfield, Iron County FoodWise Team and Extension Iron County Office Manager, Rebecca Holm

### WISCONSIN LOCAL FOOD PURCHASE ASSISTANCE PROGRAM

The Wisconsin LFPA program is strengthening food and agricultural supply chain resiliency, supporting Wisconsin farmers, and distributing fresh nutritious food to underserved communities.

If you are they are interested in learning more about this programming or would like to see if your program is eligible to receive fresh local produce, visit the following website or contact FoodWise Coordinator, Stephanie Bakker (contact info to the left of this column). <https://www.wilocalfood.org/>



### IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, June 24 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/>

## LET US EAT LETTUCE



- Select** – Choose lettuce with fresh, crisp leaves.
- Store** – Keep lettuce in a plastic bag with small holes. Store in refrigerator for up to 1 week.
- Prepare** – Rinse carefully under cool running water and allow it to dry well.



## Lettuce is The Harvest of the Month!

### Add lettuce to your favorite family meals:

- Serve tuna, chicken, or egg salad on a bed of lettuce.
- Use lettuce instead of a bun for a burger or sandwich.
- Ran out of tortillas? Use a large leaf as a taco shell for leftover fillings.

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

### Did you know?

The four main types of lettuce include butterhead (Boston, bibb), crisphead (iceberg), looseleaf (red leaf, green leaf) and romaine. Lettuce leaves that are darker in color contain more vitamins and minerals than the paler color varieties.



Nutritious, Delicious, Wisconsin!  
#WIharvestoftheMonth

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## STRAWBERRY SPINACH SALAD

### INGREDIENTS

- 1 pound spinach, torn
- 2 cups strawberries, diced
- 1/2 onion(s), diced
- 1/4 cup sugar
- 1/4 cup white distilled vinegar
- 2 tablespoons canola oil
- 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon yellow mustard
- 1/4 teaspoon paprika
- 1/4 cup pecans, chopped (optional)

### DIRECTIONS

1. For the salad, add spinach and strawberries to a mixing bowl
2. To make the dressing, add onion, sugar, vinegar, oil, Worcestershire sauce, mustard, and paprika to a separate bowl. Whisk until sugar is dissolved.
3. Drizzle dressing lightly over the salad and toss to coat. Sprinkle pecans on top, if using.



PREP TIME	5 MINUTES
TOTAL TIME	10 MINUTES
SERVINGS	6

## BLT SALAD

Inspired by everyone's favorite sandwich, the BLT Salad is a fresh take on a classic flavor combination! It would make a delicious lunch or side dish.

## INGREDIENTS

### For the Salad

- 8 slices of turkey bacon
- 1 head of Romaine Lettuce, washed and chopped (about 8 cups)
- 2 cups grape tomatoes, halved
- 1 large ripe avocado, pitted, peeled, and sliced
- 1-2 cups croutons
- 1/4 red onion, thinly sliced

### For the Dressing

- 1/2 cup plain Greek yogurt
- 2 tablespoons milk
- 1 teaspoon lemon juice
- 2 teaspoons chopped fresh chives
- 1/2 teaspoon dried dill
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon dried parsley
- Kosher salt and freshly ground pepper, to taste

## DIRECTIONS

1. First, make the dressing. In a small bowl, combine Greek yogurt, milk, lemon juice, chives, dill, garlic powder, onion powder, parsley, salt, and pepper. Whisk until smooth. Set aside.
2. Place bacon strips in cast-iron or nonstick skillet and heat over medium heat. Turn the strips as needed until they reach the desired crispness, 8-12 minutes. Drain well on paper-towel-lined plate.
3. Place chopped lettuce in a large bowl. Add tomatoes, avocado, croutons, and onion. Chop the cooked bacon strips and add them to the salad. Drizzle with dressing and serve immediately.



Source: <https://www.twopeasandtheirpod.com/blt-salad/>

## JOIN OUR TEAM!!



**JOBS AT UW**  
UNIVERSITY OF WISCONSIN-MADISON

Just wanted to share that there is a FoodWise Nutrition Educator job opening for Ashland & Bayfield Counties. FoodWise educators provide education related to basic nutrition, regular low-impact physical activity, food safety, and food budgeting for individuals and families living on limited economic resources.

Follow the link below or scan the QR code for more information!

<https://jobs.wisc.edu/jobs/foodwise-nutrition-educator-ashland-bayfield-and-iron-counties-iron-wisconsin-united-states-ashland-bayfield>

*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.*





## Resources for Answering Food Preservation & Food Safety Questions



### National Center for Home Food Preservation <https://nchfp.uga.edu>

#### Preserve By...

- Canning (fruits, vegetables, meats, etc)
- Freezing
- Drying
- Curing & Smoking
- Fermenting
- Pickling
- Jams & Jellies – ALL tested recipes!!

### North Central Food Safety Extension Network

Search: NCFSEN or [here](#)

- Jar it Right!
- Oops! Remaking Jams and Jellies
- Play it Safe! Safe Changes and Substitutions to Tested Canning Recipes
- Pressure Can it Right
- Steam Can it Right



### Safe Preserving Recipes – Wisconsin [here](#)

[Extension Healthy Eating & Active Living]

- Freezing Fruits & Vegetables (B3278)
- Canning Fruits Safely (B0430) – new 2020
- Canning Meat, Wild Game, Poultry & Fish Safely (B3345)
- Canning Salsa Safely (B3570)
- Canning Vegetables Safely (B1159)
- Tomatoes Tart & Tasty (B2605) – new 2021
- Care & Use of a Pressure Canner (B2593)

### Food Safety Basics

- Fight BAC! <https://fightbac.org>
  - Food safety basics
  - Illness symptoms
  - Recipe guide, cooking tips, & more..
- FoodSafety.gov <https://foodsafety.gov>
- Centers for Disease Control <https://cdc.gov>
  - Important food recalls
  - Outbreak alerts

- Stay informed! Subscribe to food safety updates:

Food Safety News (daily blog)

<https://www.foodsafetynews.com/>

### Need help? Try one of these resources:

Iowa State AnswerLine [800-262-3804](tel:800-262-3804)

USDA Meat and Poultry Hotline [888-674-6854](tel:888-674-6854)

**Food Businesses who need help:** Licensing Team  
608-224-4923 or [datcpdfslicensing@wi.gov](mailto:datcpdfslicensing@wi.gov)

# ADULT "WALK WITH EASE" WALKING PROGRAM & INTRO TO IRON COUNTY FITNESS COURT



Join us on a weekly walking program that will help you reduce pain, reduce discomfort of arthritis, increase balance, increase strength and walking pace, and build confidence in your ability to be physically active. Adults 60 and over will also learn how to use the new Fitness Court! This dynamic court uses only your body weight to learn how to properly move your muscles in a low impact way.

Starting June 5th-September 4th

Wednesdays 9am-10am

Hurley- Cary Park -1324 Cary Rd

Register with our ADRC Office @ 715-561-2108

60 and over contribution rate: \$10.00 for 14-week program

Under Age 60 \$30.00 limited spots are open!

Need Transportation to attend? Let us know we would be happy to get you there!

**JOIN  
NOW**

# Red Cliff Tribal Elder Food Box Program

**May 17, 2024 - December 6, 2024**

The Red Cliff Food Distribution Program is proud to announce the Tribal Elder Food Box Program is back with free distribution of local traditional foods! For Tribal Members aged 55+.

Our first giveaway will be on May 17 at the Food Distribution Center (88430 Pike Rd). The delivery truck arrival time is not yet set. Stay tuned for the giveaway time!

## **Tribal Elder Food Box Giveaway Dates (Each date is a Friday)**

May 17 and 31	September 6 and 20
June 14 and 28	October 11 and 25
July 12 and 26	November 8 and 22
August 9 and 23	December 6



Please reach out to the Food Distribution Program with any questions at 715-779-3740. Miigwech!

## **WISCONSIN CUCUMBER CRUNCH!**

Celebrate summer by participating in the Cucumber Crunch! This is a simple, celebratory event to promote local foods and farm to summer. Pick any date this summer and have staff and children crunch into local cucumbers. If cucumbers are not available during your summer programming, choose another local, in-season fruit or vegetable to crunch!

**WISCONSIN  
CUCUMBER  
CRUNCH**



Register your program for the Crunch! here: <https://dpi.wi.gov/community-nutrition/sfsp/celebrate-summer>

Registrants will receive free stickers and a packet of cucumber seeds for registering on a first-come, first-serve basis.