

FoodWise Nutrition

July 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



Summer EBT is Here to Support Your Family!

The Summer EBT program is now available to help eligible families in Wisconsin buy food for their children during the summer months. Each eligible school-age child will receive \$120 in benefits automatically at the end of June.

Summer EBT is income-based and helps families buy food while school is out. Receiving Summer EBT will not affect your family or child's immigration status. For more details on eligibility and how to apply, visit dhs.wisconsin.gov/forwardhealth/summerebt.htm

Join us in spreading the word! Share this with your school communities and partners.



@WISCONSINEXTENSIONHEALTH

IRON COUNTY MOBILE FOOD PANTRY

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



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/>



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Cucumbers are The Harvest of the Month!

Add cucumbers to your favorite family meals:

- Add cucumbers to pasta salad for a cool crunch.
- Pair with tomatoes and feta cheese for a simple salad.
- Use cucumber slices instead of crackers for dips and spreads.

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

Select – Choose firm cucumbers with dark green color.

Store – Refrigerate in a plastic bag for up to 1 week.

Prepare – Rinse with cool running water and slice. Keep the skin on for extra nutrients!

Did you know?

Have you heard the phrase “cool as a cucumber”? The inside of a cucumber is 20 degrees cooler than outside temperatures during the summer. You can cool off with cucumber!



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth



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CUCUMBER AND RED ONION SALAD

INGREDIENTS (4 servings)

- 2 cucumbers
- 3 tablespoons vinegar
- 1 tablespoon sugar
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 red onion, peeled and sliced
- 1 teaspoon dry dill (optional)

DIRECTIONS

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Rinse and scrub cucumbers.
3. Thinly slice the cucumbers crosswise into circles.
4. Place the vinegar, sugar, salt and pepper in a bowl and mix until sugar is dissolved.
5. Add the cucumber and onion; if using dill, add that too. Toss well.



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!

Register for the crunch! Registrants will receive free stickers and a packet of cucumber seeds for registering on a first-come, first-serve basis. Register here: https://widpi.co1.qualtrics.com/jfe/form/SV_55zYTj2dh1mryjc

WISCONSIN CUCUMBER CRUNCH



STORING AND KEEPING FRESH FRUITS AND VEGETABLES

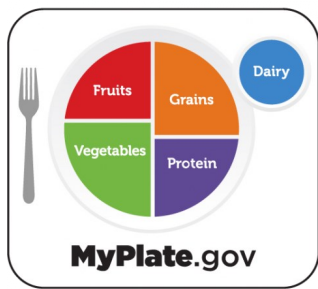
Make the most of the delicious Wisconsin produce. Follow these tips to keep fresh fruits and vegetables safe for eating:

- **Wash hands with soap and warm water** for 20 seconds before and after handling produce.
- **Wash all surfaces** and utensils (cutting boards, counter tops, knives, etc.) with hot water and soap before and after preparing fruits and vegetables.
- **Rinse all fresh fruits and vegetables** under cool running tap water, even those with skins and rinds that are not eaten.
- **Rub or scrub firm-skinned fruits and vegetables** with a clean vegetable brush while rinsing under running tap water.
- **Never use dish soap or bleach** to wash fruits and vegetables.
- **Store fresh fruits and vegetables separate** from eggs, raw meat, poultry, or seafood in the refrigerator.



Source: <https://wiharvestofthemonth.org/>

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**COOKING
MATTERS**

**SPEND SMART.
EAT SMART.**

**MyPlate
KITCHEN**

EXPLORE PARTNER RESOURCES

MYPLATE

MyPlate is a website to help you build healthy eating habits. MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future.

For more details, visit: <https://www.myplate.gov/>

COOKING MATTERS

Cooking Matters provides recipes, tips and videos to inspire families to make healthy, affordable food choices.

For more details, visit: <https://cookingmatters.org/>

SPEND SMART. EAT SMART.

Spend Smart. Eat Smart. by Iowa State University Extension and Outreach provides resources to help you plan, shop and cook healthy meals on a tight grocery budget.

For more details, visit: <https://spendsmart.extension.iastate.edu/>

MYPLATE KITCHEN

MyPlate Kitchen provides recipes and resources to support building healthy and budget-friendly meals. Recipes are inspired by MyPlate and include healthy options from the food groups including vegetables, fruits, whole grains, lean proteins, and fat-free and low-fat dairy.

For more details, visit: <https://www.myplate.gov/myplate-kitchen>



HURLEY SCHOOL GARDEN—FUN WITH FOODWISE

Summer programming has started in the Hurley School Garden! To jump start the season, our FoodWise team and Hurley 4th graders planted potatoes, radishes, and onions. The apple orchard is also growing nicely from last year's planting.