

FoodWise Nutrition

September 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

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

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What's in the box?!

All ages invited to come and cook with ingredients from the Elder Boxes once a month at the Elderly Feeding Center.

2:30pm - 4:00pm
July 29, 2024
August 26, 2024

4:30pm - 6:00pm
September 23, 2024
October 28, 2024
November 26, 2024
December 9, 2024

Please contact Manzanita Peterson at 715-779-3740 or manzanita.peterson@redcliff-nsn.gov with any questions.

IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, September 30 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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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.

Join via computer, phone or tablet.

FREE VIRTUAL STRONGBODIES CLASS

Dates: Sept. 10–Nov. 14, 2024

Time: Tuesdays and Thursdays,
9:00 a.m.–10:20 a.m.

Register online at:

<https://go.wisc.edu/bk6460>



Questions? Contact

Stephanie Bakker: 715-682-7017
Ashland, Bayfield, Iron Counties

Julie Montgomery: 715-395-1427
Douglas County

Bridget Rongner: 715-635-4444
Barron, Burnett, Rusk, Sawyer, Washburn
Counties



More Information

<https://go.wisc.edu/v9rku3>

**TUESDAYS &
THURSDAYS
SEPT. 10-NOV. 14
2024**

**VIRTUAL CLASS
VIA ZOOM**



TASTE A TOMATO



Select – Choose tomatoes with bright skin and firm flesh.

Store – Keep at room temperature and away from sunlight for up to one week.

Prepare – Rinse under cool, running water and enjoy!

Tomatoes are the Harvest of the Month!

Add tomatoes to your favorite family meals:

- Add fresh tomato to salads or sandwiches.
- Cook down tomatoes for a fresh pasta sauce.
- Dice tomatoes with garlic, onions, peppers, and cilantro or basil for a fresh salsa.

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

Did you know?

There are many types of tomatoes, including cherry, grape, beefsteak, plum, slicing, and pear. Tomatoes also come in different colors, such as red, orange, yellow, green, pink, and purple!



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth



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GREAT HEALTHY SNACKS!

- ➔ Dry cereal and dried cherries
- ➔ Oat-Os, peanuts, raisins and sunflower seeds
- ➔ Shredded wheat, low-fat milk and blueberries
- ➔ Layered yogurt, granola and strawberries
- ➔ Skewered cantaloupe and cheddar cheese cubes
- ➔ Air popped popcorn and roasted peanuts
- ➔ Banana dipped in peanut butter
- ➔ Strawberries dipped in vanilla yogurt
- ➔ Clementine and cheese stick
- ➔ Applesauce cup and graham crackers
- ➔ Hummus and pretzels
- ➔ Hummus and baby carrots
- ➔ Tortilla with melted cheese (quesadilla)
- ➔ Baked potato with shredded Monterey Jack cheese and salsa
- ➔ Whole wheat toast with jam
- ➔ Toast with peanut butter and banana slices
- ➔ English muffin with peanut butter and honey
- ➔ Banana or other fruited muffin and 6 oz. milk
- ➔ Snap peas and red peppers with cheddar cheese
- ➔ Coconut yogurt, pineapple chunks and kiwi slices
- ➔ Nuts and dried fruit
- ➔ Fresh pineapple with pomegranate seeds and mint
- ➔ Half of a sandwich and a 6 ounce glass of 100% fruit juice
- ➔ Cheese and whole grain crackers
- ➔ Peanut butter and pretzels
- ➔ Mini bagel and hard boiled egg
- ➔ Red grapes and cheese kabobs
- ➔ Pepperoni mini pizza (pita, sauce, sliced green peppers and turkey pepperoni)
- ➔ Frozen yogurt popsicle
- ➔ All fruit popsicle
- ➔ Oatmeal and berries
- ➔ Mozzarella and tomato skewers
- ➔ Tuna fish salad and crackers
- ➔ Tossed salad with cheese cubes and dressing
- ➔ Veggies with low fat ranch dressing
- ➔ Smoothie made with frozen berries, yogurt and banana
- ➔ Celery sticks with peanut butter and raisins
- ➔ Melon balls with a dollop of yogurt
- ➔ Avocado spread on whole grain crackers
- ➔ Whole grain waffle swiped with peanut butter
- ➔ Cherry tomatoes and cottage cheese



FOOD WISE
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UW-MADISON EXTENSION

Three Sisters Summer Salsa

Ingredients

- **Aabita minikwaagan** (1/2 cup) **maandaamin** (corn, canned or frozed), drained
- **Aabita minikwaagan** (1/2 cup) black **mashkodesiminag** (beans, canned or cooked), drained & rinsed
- 1 **gichi-ogin** (tomato)
- **Aaabita minikwaagan** (1/2 cup) **bipakombens** (cucumber) or **okosimaan** (zucchini)
- 1/4 cup **zhigaagawanzh** (onion)
- 1/4 fresh jalapeno pepper
- 1 clove **zhigaagawanzh** (garlic)
- 1 **gichi emikwaanens** (1 tablespoon) cilantro or parsley
- Juice from 1/2 lemon
- 1/2 teaspoon cumin
- **Zhiiwitaagan** (salt), **bangii etaago** (just a little)

Directions

1. Drain and rinse **manndaamin** (corn) and **mashkodesiminag** (beans) in large bowl.
2. **Bigishkizhan** (cut up) into small, uniform pieces and **ginigawinan** (mix): **gichi-ogin** (tomato), **bopakombens** (cucumber) or **okosimaan** (zucchini), **zhigaagawanzh** (onion), jalapeno pepper, **zhigaagawanzh** (garlic), and cilantro or parsley.
3. Add cumin and **bangii etaago** (just a little) **zhiiwitaagan** (salt), then **ginigawinan** (mix it).
4. Cut and squeeze the juice from the lemon into the salsa.
5. Eat with tortilla chips, on eggs, in tacos, on meat and fish.

FRTEP—Federally Recognized Tribal Extension Program



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