

FoodWise Nutrition

November 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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TURTLE ISLAND TALES UPDATE

We are excited to share that we distributed packets for the month of October! The topic was, "Sleep Tight." For November, the topic will be, "Feeling your Feelings."

Igmu stopped to see his friends at the Red Cliff Early Childhood Center to celebrate apples in the month of October! Cortland ended up being the favorite apple for the taste test. Igmu agrees!



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.

IRON COUNTY MOBILE FOOD PANTRY

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



Wiisining

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

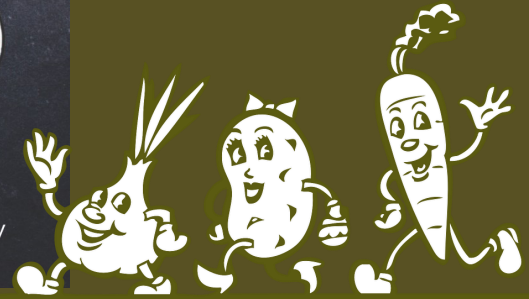
October 28, 2024

November 26, 2024

December 9, 2024



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



WORLDS SIMPLEST TURKEY RECIPE

Preheat the oven to 325 degrees F. Pull the neck and giblets out of the cavity; ditch the liver and save the rest of the giblets for gravy. Dry the turkey with paper towels, then season inside and out with salt and pepper. Fill the turkey with aromatics like chopped onions, carrots, apples and herbs, then place breast-side up in a roasting pan and brush with melted butter. Tent with foil and roast for 2 hours (for a 10- to 12-pound turkey; add an extra 15 minutes per pound for larger birds). Remove the foil, baste with more melted butter and crank the oven to 425 degrees F. Roast for another hour or until the meat at the thigh registers 165 degrees F. Let rest while you make the gravy.

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



**BAD RIVER FISH HOUSE
65239 US HIGHWAY 2
ASHLAND, WI 54806**



VOLUNTEERS NEEDED



**TO HELP PACK
FOOD BOXES FOR THE
BAD RIVER LOCAL FOOD
MARKET**

**WEDNESDAYS - PACKING BOXES
THURSDAYS - DISTRIBUTING
FRIDAYS - UNPACKING STOCK**

10AM - 4PM

**FOR MORE INFO:
CALL LINTON (715) 979-1010
[HTTPS://FOODSOV.LOCALFOODMARKETPLACE.COM/INDEX](https://foodsov.localfoodmarketplace.com/index)**

CRAVE CRANBERRIES



Cranberries are The Harvest of the Month!

Add cranberries to your favorite family meals:

- Toss cranberries on oatmeal or cold cereal.
- Mix dried cranberries, raisins, cereal, and nuts for a healthy snack mix.
- Add cranberries to salads for a refreshing punch of tartness.

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

Select – Cranberries are available fresh, frozen, canned, dried, and as 100% juice. If selecting fresh, choose plump, firm berries with a deep red color.

Store – Refrigerate cranberries for up to 2 months or freeze for up to 9 months.

Prepare – Sort and discard bruised cranberries. Do not thaw frozen cranberries. Simply rinse the frozen berry and add to your favorite muffin or stuffing recipe.

Did you Know?

Cranberries are the state fruit of Wisconsin! 62% of the cranberries grown in the United States come from Wisconsin.



Nutritious, Delicious, Wisconsin!
#WIharvestoftheMonth



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APPLE-SAGE WILD RICE STUFFING

INGREDIENTS

- 4 ounces chopped pecans
- 4 teaspoons canola oil (divided)
- 1 1/2 cups diced celery
- 1 1/2 cups diced onions
- 1 medium red apple (halved, cored, and diced about 1 1/2 cups)
- 2 cups hot cooked brown rice
- 1 cup hot cooked wild rice
- 1/2 cup dried cranberries
- 1 medium jalapeno pepper (seeded (if desired) and finely chopped or 1/4 tsp dried pepper flakes)
- 1 1/2 tablespoons chopped fresh sage (or 1 1/2 tsp dried rubbed sage).
- 3/4 teaspoon salt

DIRECTIONS

1. Heat large skillet over medium-high heat. Add the pecans and cook 2-3 minutes or until beginning to brown, stirring frequently. Set aside on separate plate.
2. Heat 1 teaspoon of the oil over medium heat. Cook the celery and onion 8 minutes or until beginning to lightly brown on edge, stirring occasionally.
3. Add the apples and cook 4 minutes or until tender crisp.
4. Stir in the pecans and the remaining ingredients and cook 3-4 minutes until the rice mixture is heated, stirring occasionally.

Source: <https://www.myplate.gov/recipes/myplate-cnpp/apple-sage-wild-rice-stuffing>

schedule change



Bad River Local Food Market orders and pick up are now bi-weekly starting Oct. 15:

Tuesdays – Place Order: 8am-4pm

Thursdays – Pick up: 8am-4pm

2024 Schedule

OCTOBER 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOVEMBER 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

DECEMBER 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Go to this website to order:

<https://foodsov.localfoodmarketplace.com/Index>



This program is for Bad River tribal members, tribal departments & programs, those with kids who are tribal members, or live in tribal housing.