

# FoodWise Nutrition

## December 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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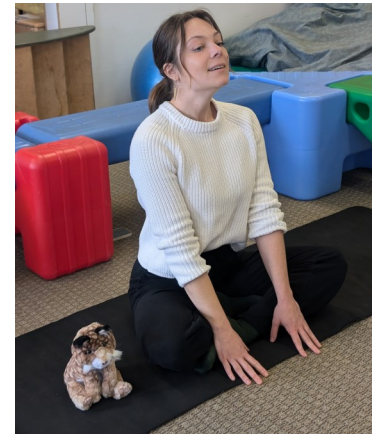
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#### TURTLE ISLAND TALES UPDATE

In November we distributed packets to families about the topic of "Feeling your Feelings."

For December, families will receive packets on the topic, "Family Traditions."

Pictured to the right is Igmu and Ashland, Bayfield, Iron County FoodWise Educator, Lindsay Larson leading an animal yoga activity with Red Cliff ECC.



*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, December 16 from 12:00-1:00 pm, which is one week earlier, due to the holidays.

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/>



## Winter Squash is the Harvest of the Month!

### Add winter squash to your favorite family meals:

- Dice, microwave or roast and add to salad, tacos, rice, or mac and cheese.
- Halve squash, roast cut side down, then add stuffing
- Puree microwaved or roasted squash for a soup or pie!

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

**Select** – Choose squash that are heavy, firm, and have a full stem.

**Store** – Store in a cool, dark place for up to one month.

**Prepare** – Squash with thinner skin, like delicata and sweet dumpling, can be eaten without being peeled. Other winter squash, like butternut or acorn, have a hard rind that can be peeled with a vegetable peeler or sharp knife. You can peel squash before or after cooking.

### Did you know?

In Aztec, Incan, Mayan, and Native American cultures, squash was grown in companionship with corn and beans. Squash, corn, and beans make up the traditional “Three Sisters”.



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.



# OKOSIMAAN

## YOGURT DIP RECIPE

### INGREDIENTS

- 1 C PLAIN YOGURT
- 3/4 C CANNED PUMPKIN OR SQUASH
- 1 T MAPLE SYRUP
- 1 t CINNAMON

### DIRECTIONS

1. COMBINE ALL INGREDIENTS IN A BOWL
2. SERVE WITH APPLES, GRAHAM CRACKERS, OR CINNAMON TORTILLAS



RECIPE ADAPTED FROM THELEANGREENBEAN.COM



# BUTTERNUT SQUASH & BLACK BEAN ENCHILADAS

## INGREDIENTS

- 3 tablespoons extra-virgin olive oil, divided
- 3 cups diced peeled butternut squash
- 2 medium poblano peppers, seeded and chopped
- 1 medium onion, chopped
- 1 (14 ounce) can no-salt-added black beans, rinsed
- 4 tablespoons chopped fresh cilantro, divided, plus more for serving
- 1 tablespoon ancho chile powder
- 8 corn tortillas, warmed
- 1 (10-ounce) can enchilada sauce (see tip)
- 1/2 cup shredded Monterey Jack cheese
- 2 cups shredded cabbage
- 1 tablespoon lime juice



## DIRECTIONS

1. Preheat oven to 425F. Lightly coat a 7-by-11-inch baking dish with cooking spray.
2. Heat 2 tablespoons oil in a large skillet over medium heat. Add squash and cook, covered, stirring occasionally, until tender and lightly browned, 8 to 10 minutes. Add peppers and onion and cook, uncovered, stirring occasionally, until tender, about 5 minutes. Remove from heat and stir in beans, 2 tablespoons cilantro and chile powder. Let cool for 5 minutes.
3. Heat 2 tablespoons oil in a large skillet over medium heat. Add squash and cook, covered, stirring occasionally, until tender and lightly browned, 8 to 10 minutes. Add peppers and onion and cook, uncovered, stirring occasionally, until tender, about 5 minutes. Remove from heat and stir in beans, 2 tablespoons cilantro and chile powder. Let cool for 5 minutes.
4. Meanwhile, toss cabbage with lime juice, the remaining 1 tablespoon oil and 2 tablespoons cilantro. Serve the enchiladas topped with the slaw and more cilantro, if desired.

## TIP

Store-bought enchilada sauce is a fast and easy way to add a ton of flavor to a dish, but it can be high in sodium, so look for one that has less than 300 milligrams per serving.



## FoodWise Team!

L-R, front row: Educator, Deb Leonard, Educator, Lindsay Larson, Coordinator, Stephanie Bakker

L-R, back row: Regional Program Manager, Jill Sanders, Healthy Communities Coordinator, Marisa Dyer



# HARVEST OF THE MONTH

ENANJIGEYANG AGOOJING WA'AW GIIZIS

GETE-OKOSIMIN



MANIDOO-GIIZISOONS

LITTLE SPIRIT MOON

DECEMBER

JARRAHDALÉ



DELICATA



OKOSIMAN

WINTER SQUASH



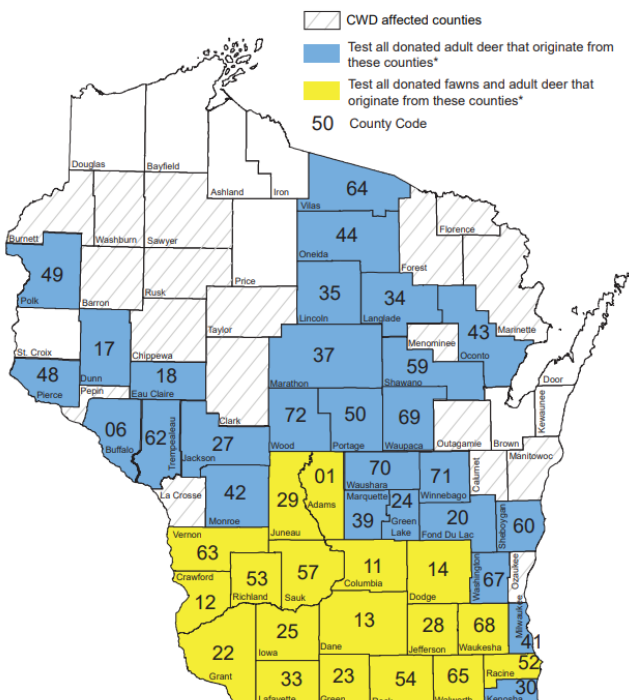
# 2024 Deer Donation Processors

Funded by Wisconsin's Wildlife Damage Program and Hunter Donations

**HUNTERS, you can help feed needy people throughout Wisconsin this fall by taking the following simple steps:**

- ♣ **Donate any legally harvested deer by dropping it off at a participating processor by January 7, 2025.**
- ♣ **All adult deer harvested in the following counties are required to be tested for CWD: Buffalo, Dunn, Eau Claire, Fond Du Lac, Green Lake, Jackson, Kenosha, Langlade, Lincoln, Marathon, Marquette, Milwaukee, Monroe, Oconto, Oneida, Pierce, Polk, Portage, Shawano, Sheboygan, Trempealeau, Vilas, Waupaca, Winnebago, Waushara, Washington, and Wood.**
- ♣ **All adult deer and fawns harvested from the following counties are required to be tested for CWD: Adams, Columbia, Crawford, Dane, Dodge, Grant, Green, Iowa, Jefferson, Juneau, Lafayette, Racine, Richland, Rock, Sauk, Vernon, Walworth, and Waukesha.**
- ♣ **Field-dress and register your deer prior to dropping it off at a participating processor. Handle the carcass as if it was destined for your own table. Write down your registration confirmation number as you will need it to fill out the Hunter Deer Donation Log Sheet; this number can also be retrieved through your GoWild account.**
- ♣ **Donate the entire deer to receive the processing costs for free (head & antlers may be kept for mounting).**
- ♣ **Call First!** Contact one of the participating processors before dropping the deer off to verify the processor has space to accept your deer. Some counties with metro deer management units may be accepting deer until the end of the metro hunts. Check locally with your processor.

## CWD sampling requirements for deer donation



## Partnering Processors/Drop Off Locations (Call Ahead):

### Ashland County:

Heritage Meats—103 S Main Street, Butternut  
Phone: 715-360-3427

Pearce's Sausage Kitchen—61327 Dahlstorm Rd, Ashland  
Phone: 715-682-3742

### Oneida County:

Lake Tomahawk Custom Processing—7259 Brandy Street,  
Lake Tomahawk  
Phone: 715-277-3337

### Vilas County:

Prime Choice Meat Market—1144 Hwy 45 S, Eagle River  
Phone: 715-479-4456

For more locations, visit: [https://widnr.widen.net/s/pg6zpgmgfj/processor\\_deer\\_donation\\_list](https://widnr.widen.net/s/pg6zpgmgfj/processor_deer_donation_list)