

FoodWise Nutrition

January 2025 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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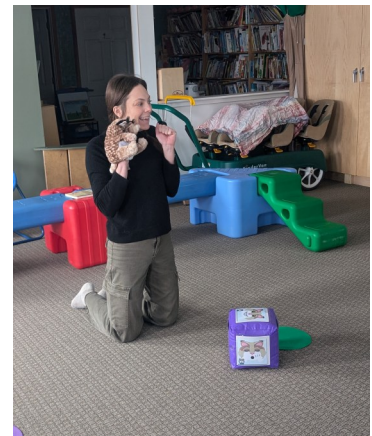
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TURTLE ISLAND TALES UPDATE

In December we talked about, "Feeling our Feelings," to reflect content for the packets we distributed in November.

We also gave out two month's worth of packets in December – Family Traditions and On Track Snacks. We hope families enjoy the fun activities over the winter break. Igmu will see in the new year!



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, January 27 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/>



Wiisinig

What's in the box?!

Cooking with Manzanita
Cheesy Jalapeno Corn Muffins

Directions:

1. Blend the 2 Eggs with the Olive Oil, Flour, Corn Mush Flour, Baking Soda, Salt, and Water
2. Gently fold in the Cheddar Cheese and Jalapeno
3. Pour into 12 lined muffin tins
4. Bake at 350° F for 15 minutes
5. Remove from oven, let cool, and enjoy!



Wiisinig

What's in the box?!

Cooking with Manzanita
Cheesy Jalapeno Corn Muffins

Waatebagaa giizis - Leaves changing color moon

Ingredients:

- 2 Eggs
- 3 Tablespoons Olive Oil
- 1 Cup Flour
- 1/3 Cup Corn Mush Flour
- 1 Tablespoon Baking Soda
- 1 Teaspoon salt
- 1 Cup Water
- 1 Jalapeno, minced
- 1 Cup Cheddar Cheese

CRUNCH into CARROTS



Carrots are the Harvest of the Month!

Add carrots to your favorite family meals:

- Add shredded carrots to salads, slaw, or sandwiches.
- Roast carrots and serve as veggie fries.
- Bake with carrots! Add shredded or cooked and mashed carrots to muffins, cakes, and cookies.

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

Select – Choose smooth and firm carrots with a deep color and fresh, green tops.

Store – Remove green tops and refrigerate in a plastic bag for up to 2 weeks.

Prepare – Scrub under running water to remove dirt. Peel if desired.

Did you know?

Carrots come in a rainbow of colors including purple, yellow, white, red, and orange. All carrots have many nutrients, but each color contains different phytochemicals. Phytochemicals act as antioxidants in our body and protect our cells from damage.



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth



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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.



HARVEST OF THE MONTH

2025

Enanjigeyang agoojing wa'aw giizis

JAN	Okaadaakoon	CARROTS
FEB	Misko-jiisan	BEETS
MAR	Wiishkobi-opiniig	SWEET POTATOES
APR	Ashkibagoon	GREENS
MAY	Bezbigogaawanzhiig	ASPARAGUS
JUN	Anijiiminan	PEAS
JUL	Bipakoombensan	CUCUMBERS
AUG	Mandaamin	CORN
SEP	Wiisagijiisimin	PEPPERS
OCT	Mishiiminag	APPLES
NOV	Mashkiigiminan	CRANBERRIES
DEC	Gichi-aniibiishan	KALE

FOOD WISE

Healthy choices, healthy lives.



Harvest of the Month

Enanjigeyang agoojing wa'aw giizis

JANUARY

Gichi-Manidoo-Giizis

great spirit moon

carrots

okaadaakoon



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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: Jan. 7-March 6, 2025

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

Register online at:

<https://go.wisc.edu/gb1m1k>



Questions? Contact

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Douglas County

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



More Information

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

**TUESDAYS &
THURSDAYS
JAN. 7-MARCH 6
2025**

**VIRTUAL CLASS
VIA ZOOM**



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