

# FoodWise Nutrition

## February 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.

#### 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](mailto: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](mailto:deborah.leonard@wisc.edu)

Lindsay Larson, FoodWise Nutrition Educator  
Extension Ashland, Bayfield, Iron Counties  
Phone: 715-682-7017 (Ashland County office)  
[lindsay.larson@wisc.edu](mailto:lindsay.larson@wisc.edu)

Marisa Perlberg, Healthy Communities  
Coordinator  
Phone: 715-682-7017 (Ashland County office)  
[marisa.perlberg@wisc.edu](mailto:marisa.perlberg@wisc.edu)

### TURTLE ISLAND TALES UPDATE

In January, we covered the topic of "Family Traditions."

We made ants on a log and did a fun handwashing activity with the youth at the Red Cliff ECC. February we will be discussing, "On Track Snacks," in the classrooms. Check out this fun video of Igmu washing his hands! [https://turtleislandtales.org/videos - "Igmu is Bored"](https://turtleislandtales.org/videos-Igmu-is-Bored)

Check out the entire site for Turtle Island Tales for other videos, recipes, and healthy activities!

<https://turtleislandtales.org/>

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### IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, February 24 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](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/>



## Beets are The Harvest of the Month!

### Add beets to your favorite family meals:

- Add grated raw beets to salad.
- Mix cooked beets into mashed potatoes for a pop of color.
- Add raw or leftover cooked beets to canned vegetable beef soup and simmer until tender.

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

**Select** – Choose beets with firm, smooth skins and crisp leaves. Smaller beets are more tender.

**Store** – Remove greens leaving about 1 inch of stem. Store beets in a plastic bag in the refrigerator for up to 2 weeks.

**Prepare** – Rinse beets under cool running water and scrub with a vegetable brush. Beets can be eaten raw or cooked. You can eat the beet greens too!

### Did you know?

Most of the beets grown in Wisconsin are red beets, but there are also pink, purple, white, and yellow beets. Try a rainbow of beet colors!



Nutritious, Delicious, Wisconsin!  
#WIHarvestoftheMonth



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## HOW TO MAKE BEET HEART STAMPS

If you are looking for a sweet card idea for your kids or grandkids this Valentines Day, these Beet Heart Stamps may be the thing!

### MATERIALS

- Beets
- Heart cookie cutter pattern
- White paper
- Black permanent marker

### TOOLS

- Knife
- Cutting board

### INSTRUCTIONS

1. Grab a sharp knife and cut off the stalk and stem of your beet. Then using a pattern, or a cookie cutter, or free handing, cut a heart shape into the largest smooth side of the beet.
2. While the beet is still freshly cut, immediately position it onto the white paper and press down with medium pressure. Lift it up to reveal a pretty magenta colored heart. Add as many hearts to your paper as you wish!
3. Allow it to dry for a minute or two, and then grab a black permanent marker to make your heart print unique. Write a sweet Valentine's Day message, draw a silly face, draw a funny scene! Whatever your little heart desires!





## WISCONSIN CHILI LUNCH—MARK YOUR CALENDARS!

The Wisconsin (WI) Chili Lunch is an annual event designed to promote healthy eating and support local agriculture in institutions like early care and education settings, schools, hospitals, and community-based organizations. Institutions across the state prepare

and serve chili made with locally sourced ingredients, encouraging diners to appreciate fresh, local produce and fostering connections between schools and local farmers. **This event highlights the importance of nutritious meals in educational settings and supports Wisconsin's agricultural community by boosting demand for local products.**

The WI Chili Lunch is part of a broader initiative to improve school nutrition and food education. **By participating on February 27 (or any day in February!), schools can enhance their meal programs, offer students delicious and nutritious meals, and contribute to the local economy.** The event is supported by various educational and agricultural organizations dedicated to promoting healthy eating habits and local food systems.

If your organization would like to register for this event, visit: <https://health.extension.wisc.edu/wi-chili-lunch/>

## EASY WHITE CHICKEN CHILI

This white chicken chili has a wonderful flavor and is especially good for a quick and hearty meal on a cold winter day.

### INGREDIENTS

- 1 tablespoon olive oil
- 3 skinless, boneless chicken breast halves
- 1 large onion
- 2 cloves garlic, minced
- 5 1/4 cups chicken broth
- 2 (4 ounce) cans chopped green chilis
- 1 tablespoon dried oregano
- 1 teaspoon ground cumin
- 2 pinches cayenne pepper, or to taste
- 1/4 cup chopped fresh cilantro, or to taste
- 1/2 cup shredded Monterey Jack cheese, or to taste
- Salt to taste



### DIRECTIONS

- Heat olive oil in a Dutch oven over medium heat. Cook chicken, onion, and garlic in hot oil until chicken is browned on both sides, about 5 minutes.
- Transfer chicken to a cutting board; cut into 1-inch pieces.
- Return chicken pieces to the Dutch oven. Add chicken broth, cannellini beans, green chiles, oregano, cumin, and cayenne pepper. Bring the mixture to a simmer and cook until the chicken is cooked through, 30 to 40 minutes.
- Divide cilantro among 4 bowls. Ladle chili over cilantro and top with cheese.
- Season with salt to serve.

Source: <https://www.allrecipes.com/recipe/228650/easy-white-chicken-chili/>

# Harvest of the Month

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FEBRUARY

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beets  
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**FOOD  
WISE**  
Healthy choices, healthy lives.



Extension  
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