

# FoodWise Nutrition

## March 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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### TURTLE ISLAND TALES UPDATE

In February, we visited Red Cliff ECC classrooms and highlighted the topic, “On Track Snacks.” Students got to make their own butterfly snack pack!

Students also received their next packets, “Active Anywhere.”



*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, March 31, 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/>

## With **POWER UP** **SWEET POTATO**



**Select** – Choose sweet potatoes that are firm and smooth.

**Store** – Store in a cool, dark place for 3-5 weeks.

**Prepare** – Rinse under cool, running water and scrub to remove dirt.

## Sweet Potatoes are the Harvest of the Month!

### Add sweet potatoes to your favorite family meals:

- Slice, toss with oil and seasonings, and bake to make sweet potato fries.
- Mash with butter and cinnamon for a sweet side dish.
- Bake whole and top with black beans & salsa or maple syrup & toasted pecans.

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

### Did you know?

Sometimes people call sweet potatoes yams, but yams and sweet potatoes are different vegetables! Sweet potatoes are root vegetables that came from the tropical regions of Central and South America. Yams are large, starchy roots from Africa and Asia.



Nutritious, Delicious, Wisconsin!  
#WIHarvestoftheMonth



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## BLACK BEAN AND SWEET POTATO QUESADILLAS

Enjoy a simple twist on classic quesadilla. These quesadillas can be served as a tasty lunch, dinner, or side dish.

### INGREDIENTS

- 2 sprays of nonstick cooking spray
- 1 small onion, chopped
- 1 clove garlic, minced
- 1 medium sweet potato, cooked and cut into pieces
- 1 cup black beans, canned low-sodium
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons paprika
- 1/2 large jalapeno pepper
- 8 whole wheat tortillas
- 1/2 cup baby spinach
- 1/4 cup cheddar cheese, reduced-fat
- Sour cream, low-fat (2 Tablespoons optional or reduced fat plain yogurt)



### INSTRUCTIONS

1. Wash hands with soap and water.
2. Sauté onion and garlic (using nonstick cooking spray) in medium size pan until soft.
3. Add sweet potatoes, black beans, garlic, onions, spices, and jalapeno, heat until just warm.
4. Spread potato mixture over tortilla, top with bay spinach and cheese, then top with second tortilla.
5. Heat pan on high heat and spray with nonstick cooking spray.
6. Brown quesadilla about one minute on each side until the inside is warm and the cheese is melted.

Source: <https://www.myplate.gov/recipes/black-bean-and-sweet-potato-quesadillas>

# EXTENSION IRON COUNTY

## Community Snowshoes



Photo credit: Linda Slining



Have you ever wanted to try snowshoeing but haven't had the opportunity?

Extension Iron County has snowshoes available that individuals, families, schools and organizations can check out for **FREE!**

For more information, please contact:  
Extension Iron County  
Phone: **715-561-2695**  
Email: [rebecca.holm@wisc.edu](mailto:rebecca.holm@wisc.edu)



## HOW TO MAKE A BUTTERFLY SNACK BAG

Do you have picky eaters who don't like to eat their fruits and vegetables? A **Butterfly Snack Bag** is a fun and creative way to get your children to eat a healthy and nutritious snack. Kids will enjoy making these adorable Springtime treats too. These butterfly snacks for kids are perfect for picnics, parties, or just for fun.

### SUPPLIES

- Clothes pin
- Small googly eyes
- Pipe cleaner
- Snack bag
- Healthy snack

### DIRECTIONS

1. Fill the snack bag with a healthy snack. We filled our snack bag with cheese and carrots. You can use any healthy snack that will fit into the snack bag, but pick one that is age appropriate for your child.
2. Pinch the middle of the snack bag so that the top and bottom of the bag come together. There should be about the same or equal amount of snack in each side of the bag.
3. Put the snack bag in the clothes pin then glue on two small googly eyes on the end of the clothes pin.
4. Cut a pipe cleaner in half. Fold the pipe cleaner in half and clip it in the clothes pin. Curl the ends of the pipe cleaner.



Source: <https://raisinglittlesuperheroes.com/butterfly-snack-bag/>



# Harvest of the Month

Enanjigeyang agoojing wa'aw giizis

MARCH

Onaabani-Giizis

Hard Crust on  
the Snow Moon



sweet potatoes

Wiishkobi-opiniig



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



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# WE'RE HIRING!

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