

FoodWise Nutrition

October 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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HONORING LINDSAY'S TIME WITH FOODWISE

As we approach October, we want to take a moment to recognize and celebrate the incredible contributions of our Educator, Lindsay Larson, during her time with FoodWise.

Lindsay's last day with our program will be October 1, and while we're sad to see her go, we are deeply grateful for the energy, creativity, and passion she brought to her work over the past year. Lindsay's programming has left a lasting impact on our community. Some of the highlights from her time with us include leading the Beaser Kids Garden Club, supporting wild food harvests with Bayfield School and the Boys and Girls Club, and actively participating in several food sovereignty coalitions. Her dedication to hands-on learning and community engagement has enriched our program and inspired many.

We wish Lindsay all the best in her next chapter and thank her for the meaningful work she's done with FoodWise. She will be missed!



IRON COUNTY MOBILE FOOD PANTRY

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





Apples are the Harvest of the Month!

Add apples to your favorite family meals:

- Mix apple chunks into your hot cereal.
- Pair apple slices with cheese.
- Add thin apple slices to chicken salad or peanut butter sandwich.

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

Select – Choose firm apples with smooth and shiny skin.

Store – Refrigerate in a plastic bag for up to 3 weeks.

Prepare – Eat whole or sliced. Leave on the skin for extra nutrients!

Did you know?

There are over 7,500 varieties of apples grown across the world. Some Wisconsin favorites include Gala, McIntosh, Golden Delicious, Honey Crisp, and Cortland.



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
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OCTOBER
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Falling Leaves Moon

apples
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GREAT APPLE CRUNCH

It's Crunch Time! We're thrilled to invite you to participate in the 12th annual Great Apple Crunch on Thursday, October 9, 2025, at noon. This event is a wonderful way to support Farm to School Month, Wisconsin farmers, and our resilient communities.

Help us spread the word about the Crunch through your networks! Please share the event information with your listservs, partners, newsletters, and social media channels.

We've made it easy with copy/paste text, social media posts, flyers, and images in the folder here: <https://drive.google.com/drive/folders/1Hj9HuAigsbO8kINXpewvcnKL6xZXbfoW>



Register your crunch, too! To register your Crunch, click here. For more information, visit <https://health.extension.wisc.edu/great-apple-crunch/>

Don't forget to share your Crunch photos on (or before) Crunch Day using #GreatAppleCrunch and #F2SMonth. Thank you for your continued support!



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.

FREE Virtual StrongBodies Class

Dates: Sept. 23-Nov. 20, 2025

Time: Tuesdays and Thursdays 9:00-10:20 am

To register online: go.wisc.edu/gb1m1k

Questions? Contact

Stephanie Bakker 715-682-7017 (Ashland, Bayfield, Iron)

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scan with your
smart phone
camera to register