



# Extension

UNIVERSITY OF WISCONSIN-MADISON  
IRON COUNTY



## Healthy Choices, Healthy Lives



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.

### Who We Serve

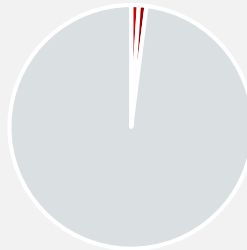


190

Total Learners

2

Hispanic



■ American Indian or Alaska Native

■ Black or African American

■ White



199

Total Learners

376

Not Hispanic/Latino



389

Direct Educational Contacts

### Program HIGHLIGHTS



- Our FoodWise program provided direct education at Hurley and Mercer School Districts, Hurley Head Start, and for five Iron County Aging Unit dining sites.
- FoodWise Nutrition Coordinator, Stephanie Bakker, took a Policy, Systems, and Environment (PSE) Cornell University course to start implementing these kind of changes in the county.
- Our educator, Deb Leonard, received the Golden FoodWise Community Engagement Award. This award was for her outstanding commitment to building, strengthening, and sustaining relationships between FoodWise and our communities. Thank you Deb for all of your great work!

*Photo: Deb receiving her award at the Northern Regional FoodWise Meeting. From left to right – Kathryn Boryc Smock (State Program Manager), Deb Leonard (Ashland, Bayfield, Iron County FoodWise Educator), Stephanie Bakker (Ashland, Bayfield, Iron County FoodWise Coordinator), and Jill Sanders (Northern Regional Program Manager).*

### ACHIEVING MORE TOGETHER



UW-Madison Division of Extension works alongside the people of Wisconsin to deliver practical educational programs where people live and work – on the farm, in schools and throughout urban and rural communities. In Iron County, FoodWise partners with Hurley and Mercer School Districts, Iron County Aging Unit, and Hurley Head Start to help make the healthy choice the easy choice in our communities.

# Finding Fruits and Veggies in Snowshoes

When asked by a Hurley Head Start teacher if they could have their nutrition education in an outdoor setting, Nutrition Educator Deb Leonard came up with the idea of having the students participate in a fruit and veggie scavenger hunt while they went snowshoeing with their teacher. The snowshoes were supplied by Extension Iron County and are available for community members to use free of charge.

**“One parent stated that she was so excited to see her child learn about fruits and veggies and a new way to be active outdoors.” –Deb Leonard**

Deb provided a nutrition education piece that included talking about the fruits and veggies that the kids found. She also talked about the importance and benefits of being physically active, specifically by snowshoeing!



*Hurley Head Start class going on their snowshoe adventure*

# From Seed to Classroom

Nutrition Educator Deb Leonard took her classroom education one step further when she incorporated the school garden into her lessons. An example of this is that at the end of the school year, she accompanied the 4th grade class while they planted carrots and potatoes in their school garden. Over the summer, the plants grew and when school rolled around the students, now 5th graders, harvested and sampled the produce. Deb further added to this experience by providing a nutrition education lesson, taking about the benefits of eating vegetables and the different ways to eat them.

**“I didn’t think that I would like the carrots or potatoes, but once I tried them, I realized I liked them!” -Hurley 5<sup>th</sup> Grade Student**

Many students shared how they were hesitant at first to try the vegetables. However, after Deb’s lesson they tried the produce and loved it.



*Carrots and potatoes that were grown in the Hurley School garden*



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