



# Extension

UNIVERSITY OF WISCONSIN-MADISON  
IRON COUNTY



## Healthy Choices, Healthy Lives



FoodWise is federally funded 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.

### The Challenge

In response to the ongoing challenges in reaching SNAP-Ed audiences with direct education during the pandemic, FoodWise increased the delivery of indirect education. This included an expanded social media and website presence, local online and print resources, electronic materials and handouts, and pre-recorded videos; all with the overall goal to continue to reach audiences with helpful nutrition information and resources empowering participants to live healthier lives.

**Iron County** continued to deliver nutrition education **reaching 779 participants** through the use of electronic and hard copy materials, such as our monthly newsletters.



### Community IMPACTS 2021



- In response to the COVID-19 pandemic, our program assisted with several different food box distributions throughout the community.
- We continued to distribute our monthly Ashland/Bayfield/Iron County FoodWise newsletter.
- In collaboration with Douglas County FoodWise, we started offering a virtual StrongBodies strength training program, filling a need for strength training opportunities in the area.
- Programming with Hurley and Mercer School Districts included virtual and in-person programming in the schools, programming in the Hurley school garden, and purchasing harvesting supplies for this space.
- We welcomed a new Educator to our team, Marisa Perlberg! Marisa is from the area and comes to us with a background as a social worker.

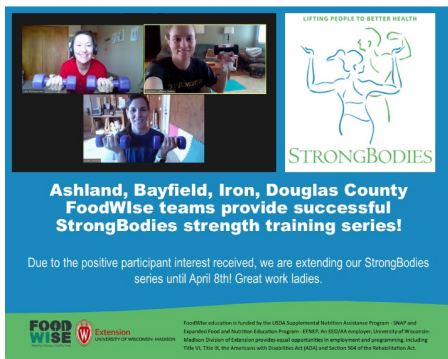
### ACHIEVING MORE TOGETHER



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 schools, Head Start, a mobile food pantry, and senior meal programs** to help make the healthy choice the easy choice in our communities.

# Virtual StrongBodies Strength Training Program a Success!

What is StrongBodies? The Extension StrongBodies Program is based on the StrongWomen Program that was created by Professors, Miriam E. Nelson and Rebecca Seguin. StrongBodies catalyzes positive changes in people of all ages to live stronger, healthier lives by providing knowledge, inspiration, access to programs, and ongoing support.



The Ashland/Bayfield/Iron County FoodWise team initiated its first StrongBodies series in January 2021 and since then, has had two more series and is beginning a third. This programming is in collaboration with the Douglas County FoodWise team. It has been great to have their many years of experience and expertise with this program as we start implementing it in our counties.

With limited opportunities to participate in strength training programs in our rural counties, StrongBodies helps to fill part of that need. This program is for anyone 18 years or older and includes a nutrition education portion as well. Let's continue to get STRONG for years to come!

## Hurley School Garden

Garden spaces have provided opportunities to do programming outside during the pandemic.

Our program provided a number of educational opportunities in the Hurley school garden. These education events were put together and led by the well-known and loved, Ms. Deb! Deb Leonard has provided education in the school garden for many years and plans to continue to do so.



In addition to the Kid's Club summer school class that she had provided programming for in the past, she put together some fun, informative, and innovative one-day events this past summer. Some examples include a school planting day, Cucumber Crunch/Summer Meals Day, and Harvesting Day, where students were able to take home fresh produce.

Our program purchased supplies to support school garden efforts. This included items such as plants, seeds, hand spades, harvesting bins, and watering pails.

We are excited to continue to support the Hurley School Garden and more programming opportunities in this space!



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