



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 **Landscape**

58%

of population lives in census tracts that are low income & have low access to healthy foods



35%

of adults have obesity



14%

of individuals are food insecure



14%

of households receive SNAP benefits



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, after-school programs, Head Start programs, senior meal programs, and food pantries to help make the healthy choice the easy choice in our communities.

Community Impacts **In 2022**



Collaborated with two other FoodWise teams to provide four virtual StrongBodies strength training series over Zoom.

Implemented the Harvest of the Month campaign in different settings, with messages to promote eating Wisconsin-grown fruits & vegetables. We included this information in our monthly newsletter to partners as well.

Our team attended the Native Nutrition Conference. This conference included sessions on healing from trauma, practical knowledge to return to traditional diets, and Indigenizing nutrition and food policy.

Harvest of the Month

Northern Wisconsin Style!

It started as an 'ask' from a partner: was our team doing anything with the Extension Harvest of the Month (HOM) campaign? We decided to start small and include it in our newsletter. Now we have implemented the HOM campaign in many different ways, with many different partners, across our three counties: Ashland, Bayfield, Iron.

Wisconsin HOM is a statewide campaign that encourages kids and families to eat more fruits and vegetables. Each month schools showcase one seasonal, Wisconsin-grown fruit or vegetable. Students taste, explore, and learn about the importance of eating fruits and vegetables.

Our team has shared information from the HOM campaign

- in our monthly newsletters.
- with posters in schools and postcards sent home to families.
- within our educational programming.
- by incorporating local produce into the school meal programs.
- by including HOM items into school garden plans and programming.
- through the creation of a local HOM partners group.
- by posting information on our different social media platforms.



To learn more about Harvest of the Month, visit <https://healthyliving.extension.wisc.edu/programs/harvest-of-the-month/> or <https://www.facebook.com/FoodWiseUWEX.North>

Fun in the Garden at the Hurley School

The garden started out this past spring with some new changes: Iron County 4-H built new raised garden beds. The school provided new soil and filled the beds. Highlights included the Hurley Summer Kid's Club planting the seeds and bedding plants, tending to the watering and weeding while having fun nutrition learning experiences with food samples from FoodWise Educators, Deb and Marisa. Harvest of the Month vegetables were highlighted. Onions, radishes, and tomatillo were entered at the recent Iron County Fair and all received blue ribbons. Produce was shared with Iron County Senior Dining site participants and the Hurley food service program, and students took some produce home!

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.

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