



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). With local strengths, we support healthy eating habits, active lifestyles, and healthy community environments for Wisconsin residents experiencing limited incomes through nutrition education at the individual, community, and systems levels.



Iron County Landscape

Whether people are healthy or not is affected by systems, policies, and environmental factors.

3%
of county residents experience limited income and low access to a grocery store.[^]



13%
of county residents use SNAP benefits to purchase food for themselves and their families.*



Achieving More Together

UW-Madison Division of Extension works alongside the people of Wisconsin throughout urban and rural communities to deliver practical educational programs where people live and work. 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 2023

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

Our team continues to create a monthly newsletter and distribute to partners with information on food security resources, Harvest of the Month content, recipes, and more!



Congratulations to Marisa for receiving the 2023 FoodWise Community Engagement Golden Award!



[^]County Health Rankings
* WI Dept of Administration and WI Dept of Health Services

Inspiring Collaborations

The partnership among Extension Iron County/FoodWise, Iron County programs, community volunteers, and Second Harvest Northern Lakes Food Bank make the **Iron County Mobile Food Pantry** successful!

Together, the partnership addresses needs of Iron County residents. Work continues towards building a community where everyone has access to healthy, nutritious foods.

Mobile Food Pantry partners take pride in their work and show up, whether rain, shine or snow, on the last Monday of each month.

Our program supports this effort by providing participants with our monthly newsletter that includes information about food security resources, recipes, and more. Our team also volunteers when able on distribution days.



Connect With Us

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Hurley School Garden Enhancement

This past year, our program supported the **Iron County Health Department** and the **Maternal and Child Health (MCH) grant** that they received. This grant aims to increase the percentage of children ages 6-11 who are physically active at least 60 min each day. It also encourages healthy eating and social connection.

FoodWise and the Health Department partnered to use these funds to **enhance the Hurley School Garden space in the following ways:**

- Distributing Grow Bags that youth took home, as well as their own kits
- Adding plants
- Building bench/table conversion units
- Increasing watering supplies
- Expanding food preparation resources for youth, such as potato bags and produce scrubbers

We also used funds **for the Kid's Club program.** Youth participated in an educational series to learn more about taking care of a garden, engaged in a physical activity challenge, and sampled healthy food samples.

We will keep helping this space **grow** in 2024!