

# FoodWise Nutrition

## April 2024 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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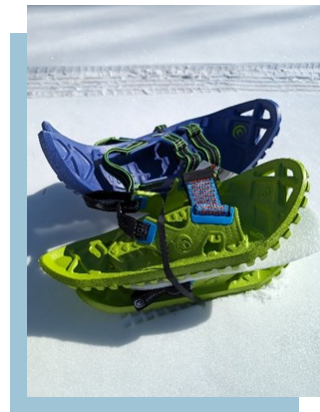
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### SNOWSHOES TO BAYFIELD ELEMENTARY STUDENTS

Our program was so excited to contribute 16 pairs of youth snowshoes to the Bayfield School Garden program for elementary students to use!

Thank you Howl Adventure Center for being a great local business to work with!



### CDC HOP GRANT UPDATE

We continue to meet with partners and engage in partner mapping during this time. Our Healthy Communities Coordinator attended the Youth and Families Open House in Bad River on March 13<sup>th</sup> to share more about her position and gather community input. More information coming soon!

### IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, April 29 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](mailto: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/>



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.



## Greens are the Harvest of the Month!

### Add greens to your favorite family meals:

- Add fresh spinach to your smoothie.
- Use fresh or frozen spinach in lasagna, casseroles, or soups.
- Saute Swiss chard with garlic and add to eggs or top a pizza.

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

- Select** – Look for greens that are a deep green color and have crisp leaves.
- Store** – Refrigerate in a plastic bag for 3-5 days.
- Prepare** – Rinse, then tear or chop the leaves.

### Did you Know?

“Super green” refers to dark green vegetables that contain extra amounts of key nutrients like vitamins A and C, potassium, and dietary fiber. These dark green vegetables are important to eat often to grow and stay healthy. Try a variety of “super green” vegetables including spinach, Swiss chard, kale, collard greens, romaine lettuce, watercress, bok choy, and mustard greens.



Nutritious, Delicious, Wisconsin!  
#WHarvestofTheMonth



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.



## 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:** April 2-May 23, 2024  
**Time:** Tuesdays and Thursdays 9:00-10:15 am  
**To register online:** [go.wisc.edu/9e2x84](https://go.wisc.edu/9e2x84)



scan with your smart phone camera to register

**Questions? Contact**  
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## POTATO BLACK BEAN KALE SKILLET

A lively Southwestern skillet dish featuring diced potatoes, kale, and black beans, spiced up with garlic, chili, and cayenne, and topped with a dollop of non-fat Greek yogurt.

### INGREDIENTS

- 4 red potatoes
- 2 1/2 cups kale (curly Italian or other variety, approx. 6 oz.)
- 2 tablespoons olive oil
- 1 clove garlic, minced
- 1/4 cup chopped onion
- 1 teaspoon chili powder
- 1/4 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1 can 15 oz. no salt added black beans (drained and rinsed)
- 1/2 cup nonfat plain Greek yogurt

### DIRECTIONS

1. Dice potatoes into 1/4 inch pieces.
2. Chop kale.
3. Heat oil, in large skillet over medium heat. Add garlic and onions; cook 2-3 minutes until just starting to brown.
4. Add diced potatoes, chili powder, salt, and pepper to skillet, cover with lid and cook 8-10 minutes, stirring occasionally.
5. Add chopped kale and black beans. Cook about 3-5 more minutes, stirring gently.
6. Serve with Greek yogurt.

Source: <https://www.myplate.gov/recipes/myplate-cnpp/potato-black-bean-kale-skillet>



Makes:

4 Servings



Total Cost:

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## COOKING LESSONS WITH BAYFIELD SCHOOL ALTERNATIVE EDUCATION HIGH SCHOOL STUDENTS

FoodWise Coordinator Stephanie Bakker completed a series of cooking lessons with Bayfield School Alternative Education High School students. We tried out a new curricula called Leah's Pantry – Around the Table (it was a hit!).

Students were able to learn mindfulness techniques, food safety, cooking skills, try new foods, and discuss a variety of nutrition topics.

Miigwech Mino Bimaadiziwin Gitigaanin for opening your space for us to use and for your donation of cultural foods.

