



Healthy Choices Healthy Lives

FoodWise in **Iron County** is federally funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed). 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.

50%

of children in schools were eligible for free or reduced price meals.[^]



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.

2024 Updates

We continue to distribute our monthly newsletter throughout our three counties to a large number of partners and participants. We include information on food security resources, recipes, Harvest of the Month, program updates, and more.

We continue to offer a virtual StrongBodies strength training series throughout the year in collaboration with other FoodWise teams.

At the beginning of 2024, Marisa started in a new position on our team as a Healthy Communities Coordinator. She is overseeing the CDC HOP grant that Ashland County received, as well as creating Harvest of the Moon materials.

We are excited to share that we hired Lindsay Larson to fill the vacant Educator position! Lindsay has been an amazing addition to our team. She brings many experiences to her position, and has hit the ground running in her new role.

[^]Wisconsin Department of Public Instruction

* WI Dept of Administration and WI Dept of Health Services

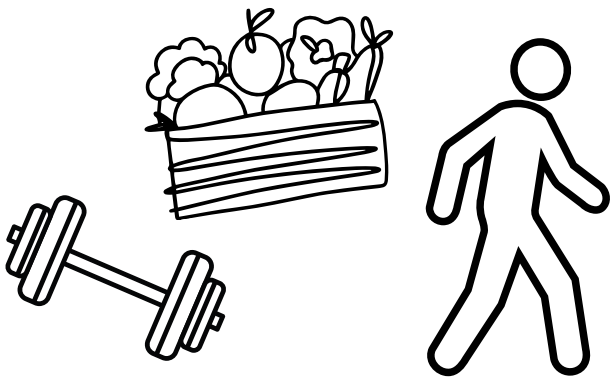


Walk with Ease Collaboration

During the summer of 2024, Nutrition Educator Deb Leonard partnered with the Aging and Disability Resource Center of the North - Iron County and their "Walk with Ease," program to offer nutrition education as part of their class.

This series took place at the Quartz Health Solutions, Inc Outdoor Fitness Court and walking trail at Cary Park in Hurley, WI, once a week.

For many years, Deb has provided different nutrition education experiences at the senior meal sites in Iron County and is always looking for new ways to engage with these participants.



FERN (Food Educator Resource Network)



In 2024, our team helped to create a coalition space for food Educators in the Chequamegon Bay Area called FERN (Food Educator Resource Network). This group meets quarterly at a different sites where we learn more about each site, receive a tour, and set time aside to share information about programming efforts in the community, share resources, and gain opportunities to collaborate on topics or projects beyond this meeting space.

Some site visits in 2024 included the Red Cliff Food Distribution, Red Cliff Food Pantry, and Bayfield School Gitigaan (Garden). We are excited to check out some new spaces and programs in 2025!

Connect With Us

Iron.Extension.wisc.edu
300 Taconite Street
#118
Hurley, WI 54534



Stephanie Bakker
Nutrition
Coordinator



Marisa Dyer
Healthy
Communities
Coordinator



Deb Leonard
Nutrition
Educator



Lindsay Larson
Nutrition
Educator

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.