

# FoodWise Nutrition

## July 2025 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.

#### University of Wisconsin-Madison Division of Extension Ashland, Bayfield, Iron County FoodWise Nutrition Team

Stephanie Bakker, FoodWise Nutrition Coordinator  
Extension Ashland, Bayfield, Iron Counties  
Phone: 715-373-3294 (Bayfield County office)  
[stephanie.bakker@wisc.edu](mailto:stephanie.bakker@wisc.edu)

Deborah Leonard, FoodWise Nutrition Educator  
Extension Ashland, Bayfield, Iron Counties  
Phone: 715-561-2695 (Iron County office)  
[deborah.leonard@wisc.edu](mailto:deborah.leonard@wisc.edu)

Lindsay Larson, FoodWise Nutrition Educator  
Extension Ashland, Bayfield, Iron Counties  
Phone: 715-682-7017 (Ashland County office)  
[lindsay.larson@wisc.edu](mailto:lindsay.larson@wisc.edu)

Marisa Perlberg, Healthy Communities Coordinator  
Phone: 715-682-7017 (Ashland County office)  
[marisa.perlberg@wisc.edu](mailto:marisa.perlberg@wisc.edu)

### TURTLE ISLAND TALES UPDATE

In June, we distributed packets to the Red Cliff ECC classrooms. This month they had materials in them that were about "Outdoor Adventures." For the classroom education, we highlighted materials that were distributed last month, the topic was "Sneaky Screens." We played outside with bubbles and had homemade popsicles.



Next month will be our last month of handing out packets and doing classroom programming, stay tuned!

*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.*

### IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, July 28 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/>



## Cucumbers are The Harvest of the Month!

### Add cucumbers to your favorite family meals:

- Add cucumbers to pasta salad for a cool crunch.
- Pair with tomatoes and feta cheese for a simple salad.
- Use cucumber slices instead of crackers for dips and spreads.

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

**Select** – Choose firm cucumbers with dark green color.

**Store** – Refrigerate in a plastic bag for up to 1 week.

**Prepare** – Rinse with cool running water and slice. Keep the skin on for extra nutrients!

### Did you know?

Have you heard the phrase “cool as a cucumber”? The inside of a cucumber is 20 degrees cooler than outside temperatures during the summer. You can cool off with cucumber!



Nutritious, Delicious, Wisconsin!  
#WIHarvestoftheMonth



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*Harvest of the Month*  
Enanjigeyang agoojing wa'aw giizis

**JULY**

Aabita-Niibino-Giizis  
middle of the year moon

*cucumbers*  
**bipakoombensan**

**FOOD WISE**  
Healthy choices, healthy lives.

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## COMMUNITY HEALTH & NUTRITION INITIATIVES UPDATES

The CDC's \$2.5 million grant to Menominee County/Nation and the UW–Madison Division of Extension in Ashland County continues to support efforts focused on increasing access to healthy foods, physical activity, and early childhood wellness. All initiatives are rooted in culturally relevant strategies and built in partnership with local communities. Here are current updates from Bad River:

- Boys & Girls Club - Nutrition policy development is ongoing, with preparations in place for CACFP enrollment once the DPI portal reopens. The team is also exploring youth walking assessments. In collaboration with FoodWise, FRTEP, and Food Sovereignty, restoration of the club's garden beds continues, alongside youth-centered education.
- Head Start - Participation in the policy committee continues, along with ongoing conversations around creating a comprehensive nutrition policy. Partners are exploring Farm to ECE opportunities. Garden bed restoration and educational support are progressing in collaboration with FoodWise, FRTEP, and Food Sov.
- Elder & Senior Nutrition - Recent meetings with the Bad River Elder Center focused on improving access to FMNP vouchers and integrating FoodWise programming. Discussions around nutrition policy development remain active.
- Health and Wellness Clinic - Preparing a document with survey results to share with community members. Collaboration continues with FoodWise and clinic wellness staff. Monthly Produce Prescription meetings with local partners are ongoing, with discussions progressing around future nutrition policy development.
- Local Food Purchasing Assistance (LFPA) - Monthly advisory meetings at the fish house remain active, each focused on a different theme (e.g., food safety, volunteer systems). Continued support is being provided for infrastructure and programming needs.

## FOOD RESOURCES FOR ASHLAND & BAYFIELD COUNTY RESIDENTS



### **Cable Community Center, Community dinners**

2nd Tuesday of the month, October to April, 5:00 PM – 6:00 PM  
13660 County Hwy M, Cable WI

### **Genesis 1990, Inc.**

Free 'Soup Kitchen' Lunch,  
Every Wednesday, 11am – 1pm, Open to the Public over age 18  
1416 3rd St W, Ashland, WI, (715) 682-0375

### **Grace Bible Fellowship**

Occasional Free Community Meals  
73605 Hwy 13, Washburn, WI, (715) 373-1175

### **Hearts to End Hunger**

Mobile kitchen, [www.heartstoendhunger.com](http://www.heartstoendhunger.com)

### **Nooji'mowewin Recovery Center**

Occasional Free/Potluck Community Meals  
37450 Water Tower Rd, Red Cliff, WI, (715) 779-3508

### **Senior Congregate Dining, Ashland County Aging Unit**

\$5 per meal, Ages 60+, Meals on Wheels available  
Ashland (715) 682-4414 Butternut (715) 769-9417  
Glidden (715) 264-3682 Mellen (715) 274-8251  
Sanborn (715) 278-3955, [www.ashlandaging.org](http://www.ashlandaging.org)

### **Food Share (SNAP / food stamps / EBT)**

Se habla espanol  
(877) 366-3635, [GetAQuestCard.org](http://GetAQuestCard.org)

### **Bad River Food Distribution**

73451 Maple St, Odanah, WI  
Monday – Friday, 8:00am – 4:30am  
Tribal member eligibility and income guidelines  
(715) 682-7892

*Continued on next page...*

# FOOD RESOURCES FOR ASHLAND & BAYFIELD COUNTY RESIDENTS

## **Bad River Emergency Food Shelf**

72682 Maple St, Odanah, WI

Once per month, 2-3 day food supply

Tribal member eligibility and income guidelines

(715) 682-7127

## **Barnes Community Church—Food Shelf**

Open to residents 15-mile radius of Barnes

320 County Highway N, Barnes, WI

2nd Wednesday of each month, 9am - 11am

(715) 795-2195

## **The BRICK Ministries, Inc**

Food Shelves

Once per month TEFAP pantries, Income guidelines

Open to WI residents, Proxy option available

Pantries in Ashland, Cable, Cornucopia, and Mellen

(715) 682-7425

## **Cable United Church of Christ**

Food Pantry

13445 County Hwy M, Cable, WI

(715) 798-3066

## **Chequamegon Community Church (C3)**

Food Pantry and Personal Care items

1451 County Hwy C, Washburn, WI

(715) 373-2939

## **CORE Community Resources**

Food Shelf, Monthly Community Meals / Potlucks

257 Manypenny Ave. (Former Maggie's restaurant location), Bayfield, WI

Serves Northern Bayfield County Barksdale to Port Wing

Every other Thursday, 10am - 1pm

Volunteer delivery available.

(715) 779-3457, [www.corecr.org](http://www.corecr.org)

## **Red Cliff Food Distribution**

Food Shelf, Summer Lunch program

88430 Pike Rd (Hwy 13), Red Cliff, WI

Monday - Friday, 8am - 4pm

Tribal member eligibility and income guidelines

(715) 779-3740

## **Red Cliff Emergency Food Shelf**

37510 New Housing Rd, Red Cliff, WI

Once per month by appointment, 2-3 day food supply

Tribal member eligibility and income guidelines

(715) 779-3706

## **Rural Care and Share**

Once per month TEFAP pantries, Income guidelines

Peace Lutheran Church, 9523 US Highway 2, Poplar,  
(715) 364-2495

Our Savior's Lutheran Church, 68160 S. George St., Iron River

(715) 372-8728

## **Ruby's Pantry**

**Ashland Summit Church:** 400 Salem Drive, Ashland, WI

4th Saturday of the month, 9:30 am - 11:00 am

**Butternut School:** 312 Wisconsin St., Butternut, WI 54514

4th Saturday of the month. 11:00am - 12:30pm

**Hayward Wesleyan Church:** 10655 Nyman Ave., Hayward, WI

3rd Thursday of the month

Registration 4:00pm, Distribution 4:30pm - 6:00pm

(715) 634-4613

\$25 per share, [www.rubyspantry.org](http://www.rubyspantry.org)

## **St. John's United Church of Christ—Food Shelf**

706 Main St., LaPointe (Madeline Island), WI

Open to Island residents

(715) 747-3945

## **WIC (Women, Infant, & Children)**

Eligible if pregnant, breastfeeding, new mother, or a child under 5 years old

Bay Area WIC, (715) 682-6661,

Red Cliff WIC, (715) 779-3707

Bad River WIC, (715) 682-7139

## **WI Commodity Supplemental Food Program (CFSP/ Senior Stockbox)**

Supplemental Food Packages for Seniors 60+

Ashland County office (715) 292-6400, ext. 1 or (715) 392-5127

Bayfield County office (715) 394-3644

[www.northwest-csa.org](http://www.northwest-csa.org)