

# FoodWise Nutrition

## September 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.

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#### FOODWISE FUNDING UPDATE

This July, the Federal Budget Reconciliation Bill was passed which included the elimination of SNAP-Ed funding nationwide. That means that the FoodWise program will be funded until September 2025. **In Ashland/Bayfield/Iron County, that means we're winding down our SNAP-Ed funded FoodWise programming, which will include layoffs for employees in the coming months, and our nutrition education and community efforts will come to an end unless we are able to secure other funding.**

This is not just a loss of funding – it is a loss of services that have been vital to communities across Wisconsin. FoodWise's staff of more than 90 educators across the state have directly helped families with limited incomes make a healthier choice for their future. The impact will be felt in schools, food pantries, and community centers where our educators have helped families make healthier choices and stretch limited food dollars.

FoodWise has always been about more than just nutrition education. It's about empowering communities to thrive. We know that SNAP-Ed makes Wisconsin healthier. We are proud of the work we have done and the lives we have changed for the better. Thank you for supporting our staff, our programs and our mission. **We will continue to share our FoodWise newsletter through December.**

#### IRON COUNTY MOBILE FOOD PANTRY

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



**Select** – Choose peppers that are firm and bright colored.

**Store** – Refrigerate in a plastic bag and use within 5 days.

**Prepare** – Sweet and hot peppers are delicious raw, grilled, or sauteed!

## Peppers are the Harvest of the Month!

### Add peppers to your favorite family meals:

- Slice peppers into strips and eat raw with your favorite dip.
- Roast or saute sliced peppers to add to burritos or fajitas.
- Cook peppers into a tomato sauce and add to pasta.

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

### Did you know?

Peppers can be split into two categories, hot and sweet. Hot peppers contain a compound called capsaicin which makes them hot and spicy. The most common type of sweet peppers are bell peppers. Red, orange, and yellow bell peppers are very ripe green bell peppers.



Nutritious, Delicious, Wisconsin!  
#WIHarvestOfTheMonth



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# Harvest of the Month

Enanjigeyang agoojing wa'aw giizis

## SEPTEMBER

Waatebagaa-Giizis

leaves changing  
color moon



peppers  
wiisagijisimin



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# TAKE A HIKE TURNS 20: A JOURNEY OF HEALTH, CULTURE, AND HEALING

Twenty years ago, a simple idea took root: get kids outside, moving, and making healthy choices. Today, Take a Hike is a vibrant, culturally rich program that continues to grow, evolve, and empower.

## A Legacy of Movement and Wellness

Launched as a collaboration between SNAP-Ed and the Bad River Boys and Girls Club, Take a Hike began with a mission: promote physical activity, healthy snacks, and hydration. Through guided hikes and nutrition-focused activities, youth learned to care for their bodies while exploring the world around them.

Now, two decades later, the program is celebrating its 20th anniversary!

## Deepening Roots

Over the years, Take a Hike expanded to reflect the values and traditions of the community. Today, it includes:

- **Treaty Rights and Harvest Education:** Teaching youth about Ojibwe treaty rights and seasonal harvesting practices.
  - **Ojibwe Plant Knowledge:** Sharing traditional wisdom and plant uses passed down through generations.
  - **Canoe and Water Safety:** Connecting youth to water through hands-on canoeing and safety training.
- This evolution reflects a broader understanding of health—one that includes cultural identity, land stewardship, and intergenerational learning.

## Growing Through Partnership

The program's expansion was made possible by new partnerships, including:

- **4-H:** Bringing experiential learning and youth development.
- **FRTEP (Federally Recognized Tribes Extension Program):** Offering culturally relevant education and outreach.
- **Bad River Food Sovereignty Program:** Deepening ties to Indigenous food systems.

Together, these partners have helped Take a Hike grow from a wellness initiative into a movement rooted in community, culture, and connection.

## A Celebration

To mark the 20th anniversary, Boys and Girls Club staff, youth, and partners gathered on Madeline Island—a place rich in Indigenous history. The celebration included:

- **T-shirts** to commemorate shared memories and the journey of the program
- **A group hike** on an Island trail.
- **Time on the water**, taking in the beauty of Lake Superior.

It was a joyful, reflective day that brought together generations of participants and partners to celebrate how far Take a Hike has come—and where it's headed next.

## Honoring the Past, Walking Toward the Future

As Take a Hike celebrates 20 years, it continues to inspire youth to move their bodies, nourish their spirits, and walk in the footsteps of their ancestors. Each hike, harvest, and paddle is a step toward a healthier, more empowered future.

Here's to the next 20 years—and the generations who will keep walking.

