

FoodWise Nutrition

November 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.

The congressional budget reconciliation bill signed into law on July 4, 2025 ends federal SNAP-Ed funding effective September 30, 2025. Learn more about this impact at go.wisc.edu/foodwise.

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PROGRAMMING UPDATE

Funding has been secured through UW-Madison to support Stephanie and Marisa in their current roles through June 30, 2026. Planning is underway to determine programming priorities for this period. Further updates will be shared as they become available.

IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, November 24 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



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/>



CRAVE CRANBERRIES



Cranberries are The Harvest of the Month!

Add cranberries to your favorite family meals:

- Toss cranberries on oatmeal or cold cereal.
- Mix dried cranberries, raisins, cereal, and nuts for a healthy snack mix.
- Add cranberries to salads for a refreshing punch of tartness.

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

Select – Cranberries are available fresh, frozen, canned, dried, and as 100% juice. If selecting fresh, choose plump, firm berries with a deep red color.

Store – Refrigerate cranberries for up to 2 months or freeze for up to 9 months.

Prepare – Sort and discard bruised cranberries. Do not thaw frozen cranberries. Simply rinse the frozen berry and add to your favorite muffin or stuffing recipe.

Did you know?

Cranberries are the state fruit of Wisconsin! 62% of the cranberries grown in the United States come from Wisconsin.



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth



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Harvest of the Month

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NOVEMBER

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cranberries
mashkiigiminan



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UNIVERSITY OF WISCONSIN-MADISON

DRIED CRANBERRIES (SWEET OR UNSWEETENED)

INGREDIENTS

- Water
- 12 oz cranberries (fresh, or frozen and thawed)
- 1/2 cup Besti Powdered Monk Fruit Allulose Blend (powdered sugar also works)
- 1 tsp Avocado oil



INSTRUCTIONS

1. Preheat the oven to 225 degrees F (107 degrees C). Line a baking sheet with parchment paper.
2. Bring a pot of water to a gentle boil. Remove from heat and add cranberries (do not boil them). Set aside for 10 minutes. They will soften and start to pop.
3. Drain the water from the cranberries as soon as they have popped. Transfer to a large bowl.
4. Add powdered Besti and avocado oil to the cranberries. Gently toss to coat. Be gentle to avoid smashing the berries.
5. Spread out the berries on the lined baking sheet. Use the tip of a knife or a toothpick to pop any berries that have not popped yet.
6. Place the baking sheet into the oven for 3-4 hours, until the cranberries are shriveled and mostly dry.
7. When done, they are ready to eat if you're in a hurry but will not be completely dry. For best results, turn off the oven and leave the cranberries in there. Prop the door open with a wooden spoon. Leave like this for several hours or overnight, until completely cool and dry.

HAVE A FOOD PRESERVATION OR HOME SAFETY QUESTION?

ASK AN EXPERT!

Wisconsin residents can call the AnswerLine for **trusted, research-based** help with food safety and household questions. Staffed by trained Extension professionals, the service offers **reliable guidance you can count on**.

We Can Help With:

- ✓ Safe food canning, freezing, and drying
- ✓ Preserving jams, jellies, salsa, and more
- ✓ Caring for kitchen equipment
- ✓ Seasonal safety tips

Get In Touch:



PHONE NUMBER
1-866-540-4636

Monday–Friday
9 am–12 pm & 1–4 pm



LEARN MORE
go.wisc.edu/AnswerLine



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IOWA STATE UNIVERSITY
Extension and Outreach

This resource is made possible through a partnership with Iowa State University Extension and Outreach.

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THE ART OF AGING

Monthly Coffee & Conversation on Topics Related to Aging Well

First Friday of the Month

9:30am - 11am

Northern Great Lakes Visitor Center, Ashland, WI

Wits Workout

Did you know that staying mentally active and socially connected can help keep your brain healthy? Join us for a Wits Workout - a fun and engaging session with interactive puzzles, games, and practical tips you can use every day to support brain health.

Presented by Tracy Henegar & Heidi Ungrodt, UW Extension

**Sept
5**

Communicating Across Generations

From the Silent Generation to Gen Z, each brings unique perspectives, values, and needs. Join this Gen X'er to discuss the events and culture that shaped each generation and learn how to communicate more effectively across them.

Presented by Mary Pardee, Area Extension Director for Lake Superior Counties & Tribes

**Oct
3**

Aging In Place - Tools to Help

AARP reports that over 95% of us want to stay in our homes as we age. New technologies are emerging to help seniors stay safe and connected with loved ones. We'll explore some of these tools together and discover which ones could support our daily lives.

Presented by Jim Purvis, Strategic Advisor to Seamless Ventures

**Nov
7**

Identity Theft: Protect & Prevent

Identity theft is the fastest-growing crime in the U.S. The more you know, the safer you are. The WI Bureau of Consumer Protection will explain types of identity theft, how to spot and prevent it, and share tips on Fraud Alerts, Security Freezes, and recovery steps.

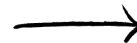
Presented by Jeffrey Kersten, Outreach Specialist, DATCP

**Dec
5**

These Session are FREE! Registration is Required:

By Phone
Bayfield County
Extension Office
715-373-3288

Online:
Scan QR CODE
or visit:
go.wisc.edu/bzt2g6



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