



NEWS FROM EXTENSION

UW-MADISON EXTENSION FOODWISE
CLARK, MARATHON, PORTAGE & WOOD COUNTIES



Food News

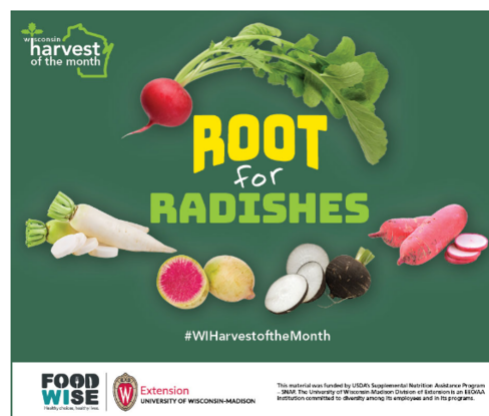
Welcome to the quarterly newsletter from FoodWise, a part of UW Madison Division of Extension. FoodWise is federally funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). We advance healthy eating habits, active lifestyles and healthy community environments for

Wisconsin residents with limited incomes through nutrition education at the individual, community and systems levels. UW-Madison Division of Extension works alongside the people of Wisconsin to deliver practical educational programs where people live and work to help make the healthy choice the easy choice in our communities.

We're Hiring in Marathon County

Harvest of the Month in Wisconsin Rapids

At the beginning of this school year, Hannah Wendels and the FoodWise team in Wood County met with the Wisconsin Rapids Public School District's Food Service Director to discuss integrating Harvest of the Month (HOM) materials into the cafeterias, the food service website, and at home. Harvest of the Month is a statewide campaign that encourages kids and families to eat more fruits and vegetables. Each month schools showcase one seasonal, Wisconsin-grown fruit or vegetable. Students can taste, explore and learn about the importance of eating fruits and vegetables.




The partnership with the Food Service department at WRPS is fantastic! At the beginning of the year, the featured fruits and vegetables were chosen and all of the materials for each month were gathered together. All HOM materials are provided in English and Spanish. There are posters that hang on the walls in each school's

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storing fruits and vegetables, as well as family friendly activities are shared on the food service website. **This partnership is growing throughout the year and we are so eager to see how we can take this one step further and continue to make the connection to local, healthy food beyond the classroom!**

With POWER UP SWEET POTATO



Select – Choose sweet potatoes that are firm and smooth.

Store – Store in a cool, dark place for 3-5 weeks.

Prepare – Rinse under cool, running water and scrub to remove dirt.

Sweet Potatoes are the Harvest of the Month!


Add sweet potatoes to your favorite family meals:

- Slice, toss with oil and seasonings, and bake to make sweet potato fries.
- Mash with butter and cinnamon for a sweet side dish.
- Bake whole and top with black beans & salsa or maple syrup & toasted pecans.



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

Did you know?

Sometimes people call sweet potatoes yams, but yams and sweet potatoes are different vegetables! Sweet potatoes are root vegetables that came from the tropical regions of Central and South America. Yams are large, starchy roots from Africa and Asia.



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth

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.



The Faces of FoodWise

Hola! My name is Thalia Mauer, the new Bilingual Nutrition Educator with UW Madison Division of Extension in Clark County, and I joined the team in September 2022. I am fluent in Spanish and English and therefore, my programming is delivered in both languages. Currently, I am teaching nutrition lessons for 1st and 3rd grade at Colby Elementary School. Lessons include topics related to MyPlate, trying new foods, expanding knowledge on making healthy choices and the importance of physical activity.

I also had the opportunity to participate in the Community Health Fair held at St. Bernard Catholic Church in Abbotsford. I am always looking for opportunities to meet and connect with future partners and promote healthy eating!

Hello - I'm Mallory McGivern, the new FoodWise Administrator for Clark, Marathon, Portage and Wood Counties and I support the Nutrition Educators that work in our area. I am so honored to work with such passionate colleagues! I joined the team in September 2022 and I have loved getting to know the counties we serve.

I have been meeting with Health Departments, United Ways, ADRCs, school teachers, local hunger coalitions, nonprofits, and those working in emergency food systems to better understand the challenges and opportunities present in each community. Your local FoodWise team is looking forward to collaborating with you to improve the health outcomes for our neighbors!



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Active Summer Cards for Kids



Strongbodies in Plover

FoodWise Nutrition Educator Penny Schmitt partnered with Aging and Disability Resource Center (ADRC) to bring StrongBodies back to Plover. StrongBodies is a strength building class for mid to older adults. There was a robust program before COVID, and although there was a virtual option provided, participants were missing the in-person StrongBodies class. One participant said, *“Since participating in StrongBodies, I have very much increased my stamina. I have especially noticed during my gardening tasks. The class also enhanced my energy for the day. The socialization from the class has been especially helpful. Penny is a great leader who enjoys all class members.”*

When ADRC reopened the senior dining site in Plover, FoodWise was able to provide a StrongBodies class with nutrition education at that location. Classes resumed in October 2022 and met twice a week because it is recommended to take time to rest between sessions of strength training. Another participant said, *“I look forward to coming to the StrongBodies. They make me feel better both physically and mentally. In a few months I’ve been coming I can notice the difference in strength an attitude.”*

Tuesday mornings were chosen specifically to encourage participants to participate in the senior dining site meal after class. The classes continue to grow and there are currently 10 to 15 participants attending each class. During the strength building class a variety of nutrition topics are discussed, including whole grains, fiber, hydration, fruits and vegetables.



Virtual StrongBodies

For those who can't attend class in-person, or prefer a virtual option, there is a statewide class!

Dates: April 4 - June 22

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Time: Tuesdays & Thursdays 9-10:15am

Sign Up: [Register Online](#)

Connect With Us



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