



Extension

UNIVERSITY OF WISCONSIN-MADISON
ASHLAND COUNTY



Healthy Choices, Healthy Lives



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.

Who We Serve

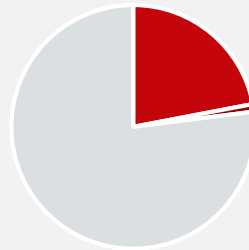


197

Total Learners

29

Hispanic



American Indian or Alaska Native

Black or African American

White



196

Total Learners

364

Not Hispanic/Latino



393

Direct Educational Contacts

Program HIGHLIGHTS



- Our FoodWise program provided a series of five lessons at five elementary schools: Lake Superior Intermediate, Mellen, Butternut, Marengo Valley, and Glidden.
- FoodWise Nutrition Coordinator, Stephanie Bakker, took a Policy, Systems, and Environment (PSE) Cornell University course to start implementing these kind of changes in the county.
- Our educator, Deborah Leonard, received the Golden FoodWise Community Engagement Award. This award was for her outstanding commitment to building, strengthening, and sustaining relationships between FoodWise and our communities. Thank you Deb for all of your great work!

Photo: Deb receiving her award at the Northern Regional FoodWise Meeting. From left to right – Kathryn Boryc Smock (State Program Manager), Deb Leonard (Ashland, Bayfield, Iron County FoodWise Educator), Stephanie Bakker (Ashland, Bayfield, Iron County FoodWise Coordinator), and Jill Sanders (Northern Regional Program Manager).

ACHIEVING MORE TOGETHER



UW-Madison Division of Extension works alongside the people of Wisconsin to deliver practical educational programs where people live and work – on the farm, in schools and throughout urban and rural communities. In Ashland County, FoodWise partners with Ashland County Aging Unit, income-eligible elementary schools, Head Starts, WIC, and Bad River youth programs to help make the healthy choice the easy choice in our communities.

Red Pears – A New Favorite!

Ashland/Bayfield/Iron County FoodWise held a series of five lessons with Ashland School District 3rd grade classrooms. Different topics were covered, such as the five food groups and the importance of being physically active. Food samples were also a part of these lessons.

During one lesson, students were able to discuss and sample red pears. A majority of students had not had these before and asked where they were from.

“Where do you get these red pears? I want my mom to get them for me the next time she goes shopping!” -3rd Grade Student

Through these lessons, the students learned about trying new foods, the benefits of eating them, and where they could purchase them.



Food and Culture

Ashland/Bayfield/Iron County FoodWise provides education and partners with many different tribal programs. Our program participates in the Tribal Nutrition Educator’s Group. This group is a collaboration between the Great Lakes Inter-Tribal Council and FoodWise. The purpose of this group is to bring together people, energy and resources to those that work in Tribal areas in Wisconsin.

Our program has incorporated information learned from this group into our programming to be more culturally inclusive. Some examples include using the Ojibwe language in recipe cards and during lessons and using traditional foods in food samples.

By including culture in our lessons, our mission becomes more relevant to our learners.

Giziibiigininjiin (Wash Your Hands)



Stephanie Bakker
stephanie.bakker@wisc.edu
FoodWise Nutrition Coordinator
Ashland, Bayfield, Iron County



Deborah Leonard
deborah.leonard@wisc.edu
FoodWise Nutrition Educator
Ashland, Bayfield, Iron County

Contact Us

Extension Ashland County
201 Main Street W Rm 107
Ashland, WI 54806
715-682-7017
ashland.extension.wisc.edu



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