

# FoodWise Nutrition

## May 2022 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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#### FOOD RESOURCES

WI School Garden Day is May 19th, to highlight this special day FoodWise caught up with Greta Kochevar, Washburn School District Green and Healthy/Food Service Liaison, to share the amazing garden work they do with their students.

Even in the cold, drizzling, gray, snowy, or foggy weather, our hardy Castleguard students have been outside learning and having fun in the garden. When given the opportunity to grow, kids, just like the hardy seeds we sowed, showed the adults how much growing, inspiration and learning there's to be had outside even on a dreary spring day. At Washburn School District, we've been taking



Photo credit Amelia Olson

advantage of our beautiful school yard learning about the seasons transition from winter to spring. Getting outside this early for gardening allows us to enjoy the fresh air and adding movement and educational enrichment to the children's school day. We can take advantage of the earliest growing season so that students can see the whole cycle of seed to plant to harvest, (of short-season, hardy crops) before school is out in June. Pictured is Washburn first grade student planting radishes, peas, spinach, and green onions under a low tunnel. Also, at the high school we're growing spinach in our high tunnel in a class called Food, Science, and the Environment. The high tunnel-grown spinach will be used in our lunch program for all to enjoy on our salad bars throughout the spring, adding some extremely fresh greens to the display of choices.

The rest of the more tender crops we grow this spring will be grown in classrooms under lights and added heat, and students will bring their heat-loving plants outdoors when the conditions are right, most of which we'll harvest during Summer School and in the fall when students return to school, having grown nearly as much as their plants.



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, May 23 from 12:00-1:00 pm, which is one week earlier due to Memorial Day.

For more information, contact Extension Iron County office manager, Rebecca Holm at 715-561-2695 or email [rebecca.holm@wisc.edu](mailto:rebecca.holm@wisc.edu).

## SCHOOL LUNCH HERO DAY

In celebration of School Lunch Hero Day, which takes place on May 6, 2022, Nancy Currier, Mercer K-12 Kitchen Director was honored for her excellence in school breakfast.

Principal, Ms. Kopa awarded Nancy with a Breakfast Hero plaque.

"Nancy is the best cook and we appreciate all the wonderful things she feeds us for breakfast and lunch each day," stated Ms. Kopa. Congratulations Nancy!



Free



# StrongBodies Virtual Strength Training Class

Lifting Wisconsin to Better Health



**STRONGBODIES**

The WI StrongBodies Program is based on the StrongWomen™ Program created by Rebecca Seguin (Cornell University) and Miriam Nelson (Hampshire College).

**Sign Up Today!**

**New Classes May 3rd-June 30, 2022**

**Tuesdays and Thursdays from 9:00 am -10:20 am**

Join us from the comfort of your home

**Participants Register at:**

<https://go.wisc.edu/47st9w>

Limited exercise equipment available for participant use



Scan to register

### Benefits of Strength Training:

#### Reduced risk for chronic disease

- ◆ Diabetes
- ◆ High Blood Pressure
- ◆ Heart Disease
- ◆ Osteoporosis
- ◆ Arthritis
- ◆ Some Cancers

#### Increased

- ◆ Strength
- ◆ Muscle mass
- ◆ Bone density
- ◆ Ability for daily physical activity

### Questions? Contact your local FoodWise Coordinator

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Offered as a free service by UW-Madison, Division of Extension, FoodWise

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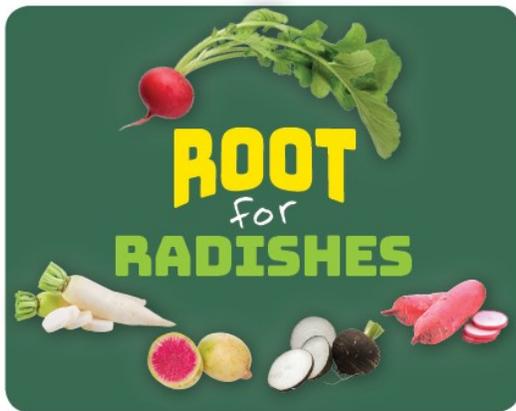
## JOIN THE CELEBRATION ON THE 4TH ANNUAL WISCONSIN SCHOOL GARDEN DAY!

Thursday, May 19, 2022 is Wisconsin School Garden Day! Wisconsin is a leader in garden-based education. This day brings recognition to the people and programs giving Wisconsin's youth access to innovative, hands-on educational opportunities.

You can participate in Wisconsin School Garden Day by engaging in some type of garden-based education activity or celebration on May 19, 2022 (or another day that week). We encourage everyone to celebrate Wisconsin School Garden Day in a way that is safe and best fits them and/or their programs. Any activity that involves kids engaging with a garden or gardening—including, but not limited to, activities around planting, observing, art, literature, STEM, weeding, and planning—can be a way to celebrate Wisconsin School Garden Day.

For more information, visit: <https://wischoolgardens.org/wisconsin-school-garden-day-2022/?fbclid=IwAR01OygJlboMXxSf0tQ9DM7cNW9ckVRHO0rX0mp8mmvHYLUZcGhAaKKbek>





## Radishes are The Harvest of the Month!

### Add radishes to your favorite family meals:

- Add cubed daikon radish to a pot roast or a pan of roasted vegetables.
- Sprinkle sliced fresh radish on soup, stew, or posole.
- Eat raw radishes with plain yogurt or ricotta cheese dip.

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

### Did you know?

Not all radishes are red. Radishes come in different sizes, shapes, colors, and flavors. Next time you are at the grocery store try a new type of radish like Watermelon, Black Spanish, or Daikon.



Nutritious, Delicious, Wisconsin!  
#WIHarvestoftheMonth



Extension  
UNIVERSITY OF WISCONSIN-MADISON

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## RECIPE OF THE MONTH—Creamy Vegetable Dip

Combining yogurt or cottage cheese with savory herbs and spices makes this veggie dip cool and delicious.

### INGREDIENTS

- 2 cups yogurt, low-fat plain (or small curd or creamed cottage cheese)
- 1/4 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 2 tablespoons dried, minced onion
- 1 tablespoon dried parsley flakes
- Salt (1/2 teaspoon, optional)
- Dill weed (1/2 teaspoon, optional)



### DIRECTIONS

1. In a medium-sized bowl, combine yogurt (or cottage cheese), pepper, garlic powder, dried onion, dried parsley, salt and dill (if used). Beat until smooth.
2. Chill dip in refrigerator until ready to serve. Serve with raw vegetables.

### NOTES

Suggested approximately 6 cups of vegetables for serving including: broccoli, cauliflower, carrots, celery, jicama, peppers, cucumbers or the Harvest of the Month...RADISHES!

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/creamy-vegetable-dip>