

FoodWise Nutrition

October 2024 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.

University of Wisconsin-Madison Division of Extension Ashland, Bayfield, Iron County FoodWise Nutrition Team

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JOIN US IN WELCOMING OUR NEW FOODWISE EDUCATOR, LINDSAY LARSON!

This past month we welcomed a new full-time FoodWise Nutrition Educator to the Ashland/Bayfield/Iron County FoodWise team! Lindsay Larson (pictured above, second from the right) comes to us as an alumnus of the AmeriCorps Farm to School program where she served at the Bayfield School District for the last two years.

Lindsay has a degree in Health Promotion and Wellness from the University of Wisconsin-Stevens Point and a strong background working in food systems. Her special interests include gardening, wild food and medicine, and culturally relevant nutrition education. In her free time, Lindsay enjoys spending time in nature and creating art inspired by native flora and fungi. Please join us in welcoming Lindsay to the team!

IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, October 28 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/>



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TURTLE ISLAND TALES LAUNCH

We are excited to share that we have officially launched the Turtle Island Tales program with the Red Cliff Early Childhood Center! Each month, families will receive packets featuring a different health and wellness topic, along with information and activities related to that topic.



Additionally, we have added tribe-specific materials to go with each packet. Thank you to Red Cliff ECC and Manzanita (Red Cliff SNAP-Educator), and many others for helping to implement this program. Igmu (pictured above) says to stay tuned for more updates!

Check more out on their website: <https://turtleislandtales.org/>

ABOUT TURTLE ISLAND TALES

Turtle Island Tales is a place to find wellness and healing for you, your family, and your community. It is based on two multi-site scientific studies of home-based materials promoting family wellness for American Indian families with young children. It is also based on the seven grandfather teachings and the wisdom of our many grandmother advisers. Each section contains different information. There are recipes and games that are fun and healthy to use anytime. We are developing home-based kits to help children get excited about the journey with things such as stickers, coloring and story books, trading cards, and small puppets, and short films for kids. This will include 12 separate wellness lessons for a year-long wellness journey and seven grandfather teachings that instill lifelong concepts for healthy spirits.

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.

TOASTED PUMPKIN SEEDS

INGREDIENTS

- Pumpkin seeds
- Cooking spray or vegetable oil
- Optional: salt, garlic powder onion powder, seasoned salt, or other seasoning

DIRECTIONS

1. Separate the seeds from the pulp (kids can help with this).
2. Rinse the seeds and spread them out on paper towels on a cookie sheet to dry overnight.
3. Preheat oven to 250F.
4. Line a baking sheet with tin foil sprayed with cooking spray.
5. Toss pumpkin seeds in oil or with cooking spray, and sprinkle in dry seasoning of your choice. Toss to coat.
6. Bake about 1 hour, stirring every 15-20 minutes, until golden brown. Cool before eating. Enjoy!
7. Serves 4.

Source: <https://turtleislandtales.org/pumpkinseeds>





Apples are the Harvest of the Month!

Add apples to your favorite family meals:

- Mix apple chunks into your hot cereal.
- Pair apple slices with cheese.
- Add thin apple slices to chicken salad or peanut butter sandwich.

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

Select – Choose firm apples with smooth and shiny skin.

Store – Refrigerate in a plastic bag for up to 3 weeks.

Prepare – Eat whole or sliced. Leave on the skin for extra nutrients!

Did you know?

There are over 7,500 varieties of apples grown across the world. Some Wisconsin favorites include Gala, McIntosh, Golden Delicious, Honey Crisp, and Cortland.



Nutritious, Delicious, Wisconsin!

#WIHarvestoftheMonth



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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.

APPLE SANDWICHES

INGREDIENTS

- 1 medium apple
- 2 tablespoons peanut butter
- 1 tablespoon raisins



DIRECTIONS

1. Wash hands with soap and water.
2. Cut apple in half from the stem down and lay each half cut-side down on a cutting board. Slice each half into 6 half-round slices and cut out the core.
3. Spread 1/2 teaspoon on each side of each apple slice.
4. Put 4 to 6 raisins on top of the peanut butter on one apple slice. Top with another apple slice, peanut-butter side down. Squeeze gently.
5. Continue with remaining apple slices.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-sandwiches>



MARK YOUR CALENDARS FOR BAYFIELD APPLEFEST!

It's the best time of year for those seeking autumn beauty and fall festivals, it's Bayfield Apple Festival time! The Bayfield Chamber & Visitors Bureau and its stakeholders are excited to invite you to one of "Wisconsin's Best Festivals," coined by Wisconsin Trails Magazine.

Enjoy food and craft vendors all weekend long, live music from Big Top Chautauqua's Blue Canvas Orchestra and other area musicians at Memorial Park Gazebo for Concerts by the Lake. Don't miss the crowning of the Apple Festival Queen and/or King, the Spectrum Carnival and the Grand Parade down historic Rittenhouse Avenue on Sunday to wrap up the weekend's events!

Source: <https://www.bayfield.org/bayfield-apple-festival/>

Bad River LOCAL FOOD MARKET



Fresh, nutritious
foods, grown locally
by Food Sovereignty
and other local farms,
all for No Cost.

How to Get Started?

1. Visit <https://foodsov.localfoodmarketplace.com/Index>
2. **Create an account.** Enter your email and follow the email prompt to make a password.
3. **Place your order weekly on Tuesdays 8:00am - 4:30pm**
4. **Pick up every Thursday 8:00am - 4:00pm**

This program is for Bad River tribal members, tribal departments & programs, those with kids who are tribal members, or live in tribal housing.

