

FoodWise Nutrition

November 2023 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

Stephanie Bakker, FoodWise Nutrition Coordinator
Extension Ashland, Bayfield, Iron Counties
Phone: 715-373-3294 (Bayfield County office)
stephanie.bakker@wisc.edu

Deborah Leonard, FoodWise Nutrition Educator
Extension Ashland, Bayfield, Iron Counties
Phone: 715-561-2695 (Iron County office)
deborah.leonard@wisc.edu

Marisa Perlberg, FoodWise Nutrition Educator
Extension Ashland, Bayfield, Iron Counties
Phone: 715-682-7017 (Ashland County office)
marisa.perlberg@wisc.edu



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JOIN OUR TEAM!!

Now  **Extension**
UNIVERSITY OF WISCONSIN-MADISON
ASHLAND COUNTY
HIRING

Healthy Communities Coordinator

Join the Ashland County Extension Team to increase access to culturally responsive food and physical activity opportunities!

Applications only accepted online. For more information and to apply, see:

jobs.wisc.edu/home

Type 288145-AS or the job title in the Search box

Application closing October 31, 2023

IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, November 27 from 12:00-1:00 pm.

For more information about this program, contact Extension Iron County office manager, Rebecca Holm at 715-561-2695 or rebecca.holm@wisc.edu

Pictured right: Extension Iron County Office Manager, Rebecca Holm and Community Development Educator, Joseph Miller post with the healthy living resource bags that they distributed at the September Iron County Mobile Food Pantry.



Wash YOUR HANDS!



Hands
that look
clean can still
have icky
germs!



① Wet



② Get
Soap



③ Scrub



④ Rinse



⑤ Dry

www.cdc.gov/handwashing



CS 30399-A

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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CRANBERRY ORANGE GRANOLA

Simple and healthy, maple-sweetened granola with orange zest and dried cranberries. This granola just happens to be gluten free and vegan, too! This recipe yields about six cups of granola.

INGREDIENTS

- Zest of 1 large orange
- 2 tablespoons granulated sugar of choice
- 4 cups old-fashioned rolled oats (use certified gluten-free oats for gluten-free granola)
- 1 ½ cups raw pecans (or other nuts or seeds*)
- 1 teaspoon fine-grain sea salt (if you're using standard table salt, scale back to ¾ teaspoon)
- ½ teaspoon cinnamon
- ½ cup melted coconut oil (or olive oil)
- ½ cup maple syrup or honey
- 1 cup dried cranberries



INSTRUCTIONS

1. Preheat oven to 350 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper.
2. In a small bowl, combine the orange zest and sugar. Use your fingers to rub the zest into the sugar until it's bright orange and fragrant. This step will ensure that your granola is infused with orange flavor.
3. In a large mixing bowl, combine the oats, pecans, salt, cinnamon and orange sugar. Stir to combine. Pour in the coconut oil and maple syrup. Mix well.
4. Pour the granola onto your prepared baking sheet. Spread the granola into an even layer. Bake for 24 to 28 minutes (if you used honey instead of maple syrup, check at 22 minutes), stirring halfway, until the granola is turning lightly golden in color. The granola will crisp up as it cools.
5. Let the granola cool before stirring in the dried cranberries. Store the granola in an airtight container at room temperature for 1 to 2 weeks, or keep it in the freezer for longer shelf life.

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KITCHEN

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NEED SOME NEW RECIPE IDEAS?

MyPlate Kitchen is a great resource for families and individuals who would like to spice up their meal options! With thousands of recipes to choose from, conveniently categorized by Food Group, Course, Cuisine, Nutrition Focus, Cooking Equipment and MORE, this site has it all! Visit the link below to check it out.

<https://www.myplate.gov/myplate-kitchen>