

FoodWise Nutrition

January 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: 715-682-7017 (Ashland 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

OFFICE HIGHLIGHT



Extension

UNIVERSITY OF WISCONSIN-MADISON
BAYFIELD COUNTY

- WEBSITE:** <https://bayfield.extension.wisc.edu/>
- FACEBOOK:** <https://www.facebook.com/BayfieldCountyUWEX>
- LOCATION:** Extension Bayfield County
County Administration Building
117 E. 5th Street
Washburn, WI 54891
- PHONE:** 715-561-2695
- FAX:** 715-561-2704
- DIRECTORY:** <https://bayfield.extension.wisc.edu/staff-directory/>

University of Wisconsin-Madison Division of Extension Iron County helps the people of Wisconsin apply University research, knowledge and resources to meet their educational needs wherever they live and work. Their office educators and staff can assist community members with questions centered around topics such as Community Development, Nutrition Education, 4-H and Youth Development, Emerging Crops, Human Development & Relationships and more!

If you ever need assistance, feel free to reach out using the contact information above.

IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, January 30 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



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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.

MEAL PLANNING

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When planning meals, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



See what you have

Plan meals that use foods you already have. Look in your freezer, cabinets, and refrigerator, and be sure to check expiration dates.

Map out your meals

Write out the meals you plan to eat for the week and use it as a guide. Be sure to list beverages and snacks, too.

Find balance

Plan your meals so you eat from all five food groups—fruits, vegetables, grains, protein foods, and dairy or fortified soy products—every day. When planning, be aware of added sugars, saturated fat, and sodium by reading the Nutrition Facts label.

Think about a schedule

Prepare meals and sides—including whole grains, vegetables, and beans—on the weekends when you may have more time. This will help during busy weekdays.

Make a grocery list

Start by listing ingredients for the meals you plan to make and then cross off items you already have. Buying for the week can help you make fewer shopping trips.

Love your leftovers

Prepare enough of a dish to eat multiple times during the week or freeze some to enjoy later. Making leftovers part of your plan can save you time and money.

The benefits of healthy eating add up over time, bite by bite.

Resource link: https://myplate-prod.azureedge.us/sites/default/files/2022-04/TipSheet_24_MealPlanning.pdf

TURN YOUR RESOLUTIONS INTO REAL SOLUTIONS

1. Start with small changes

Instead of a diet overhaul, make small changes to what you eat and drink that will work for you now and in the future.

2. Take one day at a time

Sometimes things don't go as planned, even with the best of intentions. If you miss one day or one milestone for your goal, don't give up!

3. Be active your way

Pick activities you enjoy! If you focus on having fun or learning a new skill that interests you, you will be more likely to stick with it.

4. Team up

Find a friend with similar goals—swap healthy recipes and be active together. Staying on track is easier with support and a cheerleader.

5. Celebrate successes

Think of each change as a “win” as you build positive habits and find ways to reach your goals. Reward yourself—you’ve earned it!

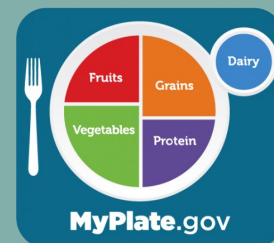


MyPlate
MyWins

December 2016
For more information go to [ChooseMyPlate.gov](https://www.choosemyplate.gov)
USDA, Center for Nutrition Policy and Promotion.
USDA is an equal opportunity provider, employer, and lender.

Resource link: <https://myplate-prod.azureedge.us/sites/default/files/2020-12/Resolutions%20Into%20Solutions%20%282016%29.pdf>

**CHECK OUT
MYPLATE.GOV FOR
MORE RESOURCES
LIKE THE INFORMATION
LISTED ON THIS PAGE**





Carrots are the Harvest of the Month!

Add carrots to your favorite family meals:

- Add shredded carrots to salads, slaw, or sandwiches.
- Roast carrots and serve as veggie fries.
- Bake with carrots! Add shredded or cooked and mashed carrots to muffins, cakes, and cookies.

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

Select – Choose smooth and firm carrots with a deep color and fresh, green tops.

Store – Remove green tops and refrigerate in a plastic bag for up to 2 weeks.

Prepare – Scrub under running water to remove dirt. Peel if desired.

Did you know?

Carrots come in a rainbow of colors including purple, yellow, white, red, and orange. All carrots have many nutrients, but each color contains different phytochemicals. Phytochemicals act as antioxidants in our body and protect our cells from damage.



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.

RECIPE OF THE MONTH—Hummus

Try this hummus recipe with many of our harvest of the month items, like carrots for the month of January!

INSTRUCTIONS

- 2 cups garbanzo beans, cooked (chickpeas)
- 2 cloves garlic (minced)
- 1/4 cup lemon juice
- 1 tablespoon sesame tahini (sesame paste, or substitute peanut butter for a sweet taste)
- 2 tablespoons olive oil

DIRECTIONS

1. Wash hands with soap and water.
2. Mash garbanzo beans until smooth (if you have a blender, put the beans and lemon juice into it and blend).
3. Add the garlic, lemon juice, tahini, and oil. Mix well.

NOTES

Serve hummus with fresh raw vegetables, on a piece of pita bread or flour tortilla, on any cracker, or as a sandwich filling on toasted bread.

Recipe ink: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/hummus>

