



NEWS FROM EXTENSION

UW-MADISON EXTENSION FOODWISE
CLARK, MARATHON, PORTAGE & WOOD COUNTIES



FoodWise staff participating in the Cucumber Crunch celebrating local food!

Food News

Welcome to the quarterly newsletter from FoodWise, a part of UW Madison Division of Extension. FoodWise is federally funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed). 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. UW-Madison Division of Extension works alongside the people of Wisconsin to deliver practical programs where people live and work to help make the healthy choice the easy choice in our communities.

Get Ready to Crunch

Looking for a fun way to support farm to school, your Wisconsin farmers, and resilient communities? Register for the eleventh annual Great Apple Crunch this October! **Crunch into local apples at noon on Thursday, October 10th** at schools, early care sites, colleges and hospitals across the midwest region to celebrate Farm to School Month and local food in cafeterias. Everyone is invited to Crunch!

Register, purchase local apples, and Crunch in October. Access the Crunch Guide from the website for tools to find local apples, tasty apple recipes, and social media tips. For teachers, the Crunch Guide also includes student lesson plans listed by age group.

Share your Apple Crunch with us! Take a photo or video and share to Facebook with the hashtags #GreatAppleCrunch and #F2SMonth.

● **SAVE THE DATE!** ●
NOON ON THURSDAY, OCTOBER 10, 2024



Check out these Crunch training videos:

[For early care sites](#)

[For apple growers](#)

[Celebrate #F2S Month with everyone!](#)



Harvest of the Month in Central WI

As we enter into the school year, local school districts in Central Wisconsin are celebrating fresh, seasonal produce through the Wisconsin Harvest of the Month initiative. This program highlights different fruits and vegetables that are grown in Wisconsin each month, integrating them into school meals to promote healthy eating and support local agriculture.

The Wisconsin Rapids School District has embraced the Harvest of the Month program with enthusiasm. Each month, students are introduced to a new seasonal ingredient through their school cafeterias. To enhance the students' understanding and appreciation of the produce, Hannah Wendels works with the district to include educational materials and fun facts about the featured fruits or vegetables along with her nutrition education series. Local farms often supply the ingredients, bridging the gap between students and their local food sources.

In the Stevens Point Area and Wausau School Districts, the Harvest of the Month initiative has been easily integrated with school meals. Every month, a different local produce item is highlighted and the district's food service team works closely with local farmers to ensure that the produce is fresh and supports the local economy. Additionally, classroom activities and nutrition lessons led by Penny Schmidt and Julia Perock reinforce the importance of healthy eating and trying new foods, making the initiative both educational and delicious.

Through these efforts, local schools are not only enhancing student meals but also instilling a greater appreciation for local agriculture and healthy eating habits. The Harvest of the Month program is a delicious way to support our community and celebrate the bounty of Wisconsin's harvest.

Wood County Partnerships

Summer brings warmer temperatures, longer days, and fresh fruits and vegetables at your local farmers markets! In Wood County, there are 3 large farmers markets spread across the county along with numerous food stands. In Wisconsin Rapids, FoodWise Nutrition Educator, Hannah, spends time engaging with the market shoppers at the Wisconsin Rapids Downtown Farmers Market (WRDFM) all summer long.

Hannah hosts a booth at the farmers market where she shares seasonal recipes and handouts, offers a tasting sample of a fruit or vegetable, as well as activities for families to engage in while they shop. Hannah also shares



information on how to utilize FoodShare EBT, WIC and Senior FMNP vouchers, Aspirus Fruit and Vegetable Rx tokens, and credit/debit cards at the market.

In July, Hannah had the opportunity to collaborate with the Wood County Health Department and their Parents As Teachers program for a second year to host a family-friendly event at the market! Parent educators invited families to bring their children to the farmers market for a market tour, learning session, and lunch. The children made a salad with food they picked out at the farmers market while Hannah led parents through a tour to share tips on shopping, saving money, and using food assistance programs at the market. After the tour, families tried samples of green beans, sugar snap peas, zucchini, and cucumber before everyone sat down for a picnic lunch. It was a wonderful event and an exciting partnership with the health department and the Parents As Teachers program!



Virtual StrongBodies

For those who can't attend class in-person, or prefer a virtual option, there is a statewide class!

Dates: October 1st - December 19th

Time: Tuesdays & Thursdays 9-10:15am

Sign Up: [Register Online](#)

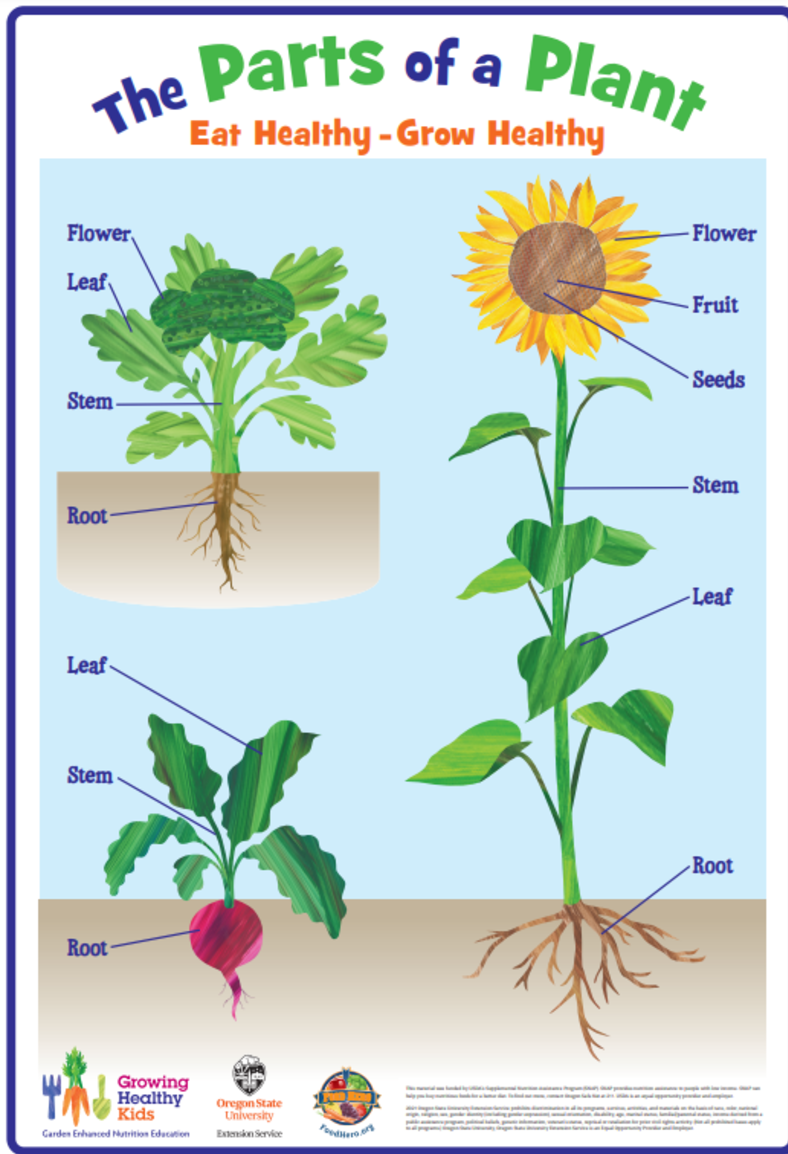
Nutrition Education at Mobile Food Pantry

In partnership with the Marathon County Hunger Coalition, Marathon County Nutrition Educator, Julia Perock, has the opportunity to provide education at various pop-up pantries throughout the county, where there is produce available for people to take what they need. The Hunger Coalition will glean leftover produce from the farmers market or purchase produce from local farmers. At these pop-up pantries, Julia is able to attend and provide different resources, handouts, and recipe ideas that go along with the food that is being offered that day. At some pop-ups, recipe samples are provided so people can taste the recipe, then have most of the ingredients provided for them to make it on their own.



Most recently, Julia was able to attend the Bridge Community Clinic Family Festival with the Hunger Coalition. She had a mystery box game, where kids could feel the vegetable and guess what it was, and she provided a cucumber salad recipe sample, perfect for summertime. The Hunger Coalition served 219 community members at this event with free produce from the mobile pantry!

Growing Healthy Kids



with School Gardens

Students at McKinley summer school were Food Adventurers! FoodWise Nutrition Educator, Penny Schmitt provided a series of lessons using the Growing Healthy Kids curriculum. Not only did the students learn about the benefits of eating fruits and vegetables, but they also learned about plants, how they grow and the parts of a plant. Students used their five senses to explore the plants we eat. The best part was the tasting! Students tried Peas (seeds), Radishes (roots), Broccoli stems (stems), broccoli crowns (flower), kale and spinach (Leaves) and cucumber (fruit). A few of the teachers care for and maintain a school garden which allows students to observe plants growing and to taste veggies right out to the garden!

Connect With Us



Coming Soon!
Nutrition Educator
Clark County



Julia Perock
Nutrition Educator
Marathon County



Penny Schmitt
Nutrition Educator
Portage County



Hannah Wendels
Nutrition Educator
Wood County



Mallory McGivern
FoodWise Program
Administrator



Michelle Van Krey
Healthy Communities
Coordinator



UW-MADISON EXTENSION

Statewide Program Resources

UW Madison Division of Extension FoodWise

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