



NEWS FROM EXTENSION

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



Join Our Team!

The University of Wisconsin – Madison Division of Extension is looking for a **FoodWise Bilingual Nutrition Educator** who is committed to improving the lives of low-income county residents through direct educational experiences and community partnerships in order to make the healthy choice the easy choice. This position provides education related to basic nutrition, regular low impact physical activity, food safety, and food budgeting for individuals and families living on limited economic resources in Clark County. Application deadline April 1st.



New Strongbodies in Portage County

Portage County FoodWise is excited to announce the launch of a new StrongBodies strength-building class at Berkshire at the Grove. This program has been incredibly well-received by the residents, with class size doubling within the first six weeks! Currently, 18 enthusiastic participants attend the sessions twice per week.

StrongBodies not only focuses on building physical strength but also fosters social connections and a sense of community. Participants have the opportunity to connect with one another, creating a supportive and encouraging environment. Participants also receive nutrition education from FoodWise Educator Penny Schmitt, which complements their new physical activity routine!

WI Chili Lunch

The annual Wisconsin Chili Lunch (WCL) supports local food purchasing by encouraging cafeterias to serve a chili dish made with local ingredients. On the third

Thursday of each February, cafeterias around the state participate in the WCL by preparing local chili and celebrating Wisconsin farmers. This event provides a fun way to practice local food procurement and promotion. This year's event took place on Thursday February 27th and school accross the state participated by making chili with local foods. Contact your local FoodWise team to learn more about participating next year!



StrongBodies Across WI

Find an in-person [StrongBodies](#) class near you!

For those who can't attend class in-person, or prefer a virtual option, there is a statewide class offered by Extension staff. Bonus presentations on nutrition and other topics offered after class at least once weekly!

Dates: April 8th - June 26th

Time: Tuesdays & Thursdays 9-10:15am

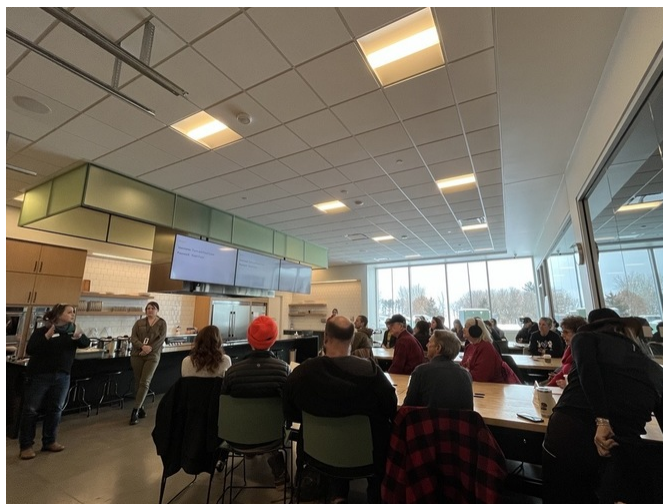
Sign Up: [Register Online](#)

Strengthening Local Farmers Markets

The Central Wisconsin Farmers Market Collaborative (CWPMC) is a dynamic partnership of farmers market managers, vendors, and community organizations dedicated to enhancing farmers markets across Central Wisconsin. The collaborative's mission is to create sustainable, thriving farmers markets that serve as hubs for healthy food access and community interaction. By working together, the group seeks to:

- Increase access to nutritious food for low-income residents through initiatives like FoodShare and EBT.
- Develop business plans that strengthen market operations and vendor success.
- Foster community partnerships and investment to support market growth and sustainability.
- Create a space for connection, education and collaboration between markets in Central Wisconsin.

For more information or to get involved, contact the Regional Farmers Market Coordinator, [Meliss Haack](#).



Think Spring



When the weather turns warm and the days are longer, there's so much to look forward to in Wood County! One summer staple is the farmers market season. In Marshfield, the Main Street Farmers Market is open every Tuesday from 8am-1pm, June 10th - September 29th, and another market at Festival Foods parking lot is open every Saturday and Sunday from 8am - 1pm, starting Memorial Day weekend until late fall.

In Wisconsin Rapids, the beautiful Downtown Farmers Market along the Wisconsin River on 1st Avenue South is open every Thursday and Saturday from 8am - 1pm, June 12th - October 11th. This market accepts various

forms of payment, including cash, credit/debit cards, QUEST (EBT) cards, WIC FMNP, Senior FMNP, and Aspirus Fruit & Vegetable Rx, ensuring everyone in the community can access fresh produce. Our FoodWise team supports the use of EBT at the market to make local fruits and vegetables accessible to all.

Find a [farmers market near you](#), along with accepted payment methods. See you at the farmers market!

Community Collaboration

This winter, Marathon County Educator, Julia, had the opportunity to partner with The Hmong American Center in Wausau, to co-lead a StrongBodies series. StrongBodies is a strength training program for adults that helps improve strength, balance and flexibility. Classes included a set of 8 weight training exercises, designed to help people live healthier, stronger lives. The class was co-taught between Julia and a representative of The Hmong American Center, with Hmong being the main language spoken. Nutrition lessons were translated and adapted to be culturally relevant for the Hmong participants.



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Julia Perock



Penny Schmitt



Hannah Wendels **Scott**

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FoodWise Program
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