FoodWise Nutrition January 2025 Newsletter











Healthy Choices, Healthy Lives

WHAT IS FOODWISE?

FoodWlse 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.

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FOOD Extension UNIVERSITY OF WISCONSIN-MADISON

TURTLE ISLAND TALES UPDATE

In December we talked about, "Feeling our Feelings," to reflect content for the packets we distributed in November.

We also gave out two month's worth of packets in December – Family Traditions and On Track Snacks. We hope families enjoy the fun activities over the winter break. Igmu will see in the new year!



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.

IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, January 27 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/







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.



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.

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

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.



Enanjigeyang agoojing wa'aw giizis

Okaadaakoon JAN **CARROTS** Misko-jiisan **FEB BEETS** MAR Wiishkobi-opiniig SWEET POTATOES APR Ashkibagoon **GREENS** MAY Bezhigogaawanzhiig **ASPARAGUS** JUN Anijiiminan **PEAS** Bipakoombensan JUL **CUCUMBERS** Mandaamin AUG **CORN** Wiisagijiisimin **SEP PEPPERS** Mishiiminag OCT **APPLES** NOV Mashkiigiminan **CRANBERRIES** Gichi-aniibiishan DEC **KALE**







STRONG People STRONG BODIES

Join us for the StrongBodies Program!

StrongBodies has been shown to increase strength, muscle mass and bone density. Classes are held twice weekly and include progressive resistance training, balance training and flexibility exercises.

Join via computer, phone or tablet.

FREE VIRTUAL STRONGBODIES CLASS

Dates: Jan. 7-March 6, 2025 **Time:** Tuesdays and Thursdays,

9:00 a.m.-10:20 a.m.

Register online at: https://go.wisc.edu/gb1m1k





Stephanie Bakker: 715-682-7017 Ashland, Bayfield, Iron Counties

Julie Montgomery: 715-395-1427 Douglas County

Bridget Rongner: 715-635-4444 Barron, Burnett, Rusk, Sawyer, Washburn

Counties

TUESDAYS & THURSDAYS
JAN. 7-MARCH 6
2025

VIRTUAL CLASS VIA ZOOM









More Information

https://go.wisc.edu/v9rku3

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