

FoodWise Nutrition

March 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.

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FOOD RESOURCES

Home Delivered Meals – Meals on Wheels



MEALS on WHEELS

Did you know that Bayfield County provides home delivered meals to homebound seniors? Most people know the program as Meals on Wheels (MOW). Along with our partners in Red Cliff and Cable, four other meal route drivers deliver to all areas of the county at least four days a week. Meals provide at least 1/3 of the U.S. Recommended Daily Allowance for adults and consist of a protein, grain, milk and 3 fruit and vegetable servings per meal. To be eligible for the program, a participant:

- Is aged 60 and over who is frail and essentially homebound by reasons of illness, disability, or isolation.
- A spouse of a person found eligible regardless of age, who also lives in the home.
- A disabled person who lives at home with an eligible older individual participating in the program.

Anyone requesting MOW will be assessed to determine their need for meals and other services before being approved for meal delivery.

The program is partially funded by Older American's Act grants and Bayfield County tax levy dollars, as well as by donations from program participants. A donation of \$3.00-\$5.00 is suggested to help cover the costs of the meals and delivery. No one is denied service if they are unable to contribute, but every dollar collected is funneled right back into the program to provide more meals. Statements are sent to participants at the end of the month to make contributing easier. Contributions are kept confidential.

For more information about Meals on Wheels, please call the ADRC of the North at toll-free 1-866-663-3607 or Bayfield County Human Services at 715-373-6144.



FOOD RESOURCES—CONTINUED

Senior Dining Programs in Bayfield County

Six senior dining sites are open and ready to serve you in Bayfield County. People 60 and over are invited to join us for lunch and so much more! Besides enjoying a nutritionally balanced lunch, senior dining offers an opportunity to catch up with neighbors, meet new friends and take advantage of health or benefits related programming.

You are eligible if you are:

- Aged 60 or older
- The spouse or domestic partner of someone aged 60 and over
- An adult with a disability, younger than 60, who lives with an eligible older person participating in the program

The program is partially funded by contributions from users at the senior dining sites. A donation of \$3.00-\$5.00 per meal is suggested. Why the range? We know that some people are struggling with rising living expenses, but some seniors are more fortunate, and their generous donations go to support their neighbors. All contributions are put right back into the program to provide more meals.

The table below shows the day and times each site is open. Almost all the sites need a reservation to make sure there is enough food for everyone. Call the Senior Dining Hotline at 715-373-3396 – tell us your name, phone number, site name and date. If there is more than one person in your party, please leave all the names in the message. If you haven't already, please join us for a meal and see what we have to offer!

If you have other questions regarding aging or nutrition, you are encouraged to contact the Aging and Disability Resource Center of the North at 1-866-663-3607.



Barnes Town Hall 3360 County Hwy. N Barnes, WI 54873	Meal Days: Th Reservation required? Yes Call by Noon on Wednesdays	Site Opens: 11:30 a.m. Meal Served: 12:00 noon
Bell Town Hall 22620 Ash Street Cornucopia, WI 54827	Meal Days: Tuesdays Reservation required? Yes Call by Monday at 8:30 a.m.	Site Opens: 11:30 a.m. Meal Served: 12:00 noon
Iron River Community Center 8275 E. Mill Street Iron River, WI 54847	Meal Days: 2 nd Thursday of the month Reservation required? Yes Call by Monday at noon	Site Opens: 11:30 a.m. Meal Served: 12:00 noon
First Lutheran Church 83105 Washington Avenue Port Wing, WI 54865	Meal Days: Wednesdays Reservation required? Yes Call by Tuesday at 8:30 a.m.	Site Opens: 11:30 a.m. Meal Served: 12:00 noon
Time Out Restaurant 4 Bayfield Street Washburn, WI 54891	Meal Days: Wednesdays Reservation required? No	Seating for Senior Meal Opens: 1:00 p.m.*** Meal Served: 1:30 – 2:00 p.m. Site Closes: 3:00 p.m.
***Please respect the posted seating time for senior meals, and do not arrive prior to 1:00 p.m.		
St. Louis School 713 Washington Avenue Washburn, WI 54891	Meal Days: Fridays Reservation required? Yes Call by 3:00 p.m. Wednesday	Site Opens: 11:30 a.m. Meal Served: 12:00 noon

FOOD RESOURCES—CONTINUED

IRON COUNTY MOBILE FOOD PANTRY

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

For more information about this program, contact Extension Iron County office manager, Rebecca Holm at:

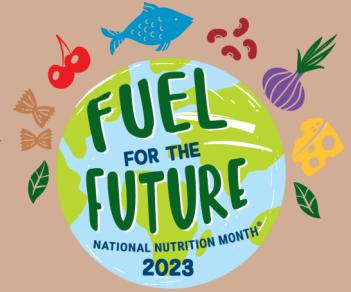
Phone: 715-561-2695

Email: rebecca.holm@wisc.edu



NATIONAL NUTRITION MONTH

National Nutrition Month® is an annual campaign created 50 years ago in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.



This year's theme is "Fuel for the Future." Eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and protect the environment. A Registered Dietitian Nutritionist can help you create healthy habits that are sustainable and celebrate your unique needs.

BONUS SECTION

IRON COUNTY AND THE IRON COUNTY 4-H PROGRAM ARE MAKING THE OUTDOORS MORE ACCESSIBLE FOR PEOPLE WITH MOBILITY ISSUES!

Thanks to generous contributions from many donors including the Iron County Board of Supervisors, Iron County Health Department, Ironwood Area Chamber of Commerce, Gogebic Range United Way, as well as fundraising efforts of the Iron County 4-H program and a generous \$10,000 contribution from an anonymous donor, the Iron and Gogebic County communities now has access to an Action TrackChair that can be borrowed by individuals, organizations or groups to grant accessibility to people who may not have been able to participate in these types of events in the past.

REGAIN YOUR FREEDOM TO EXPLORE

Enjoy outdoor activities, such as hunting, fishing, hiking, camping, visiting parks, or going to the beach!

PARTICIPATE IN COMMUNITY EVENTS

Participate in outdoor community events such as local fairs, snowshoe trail walks, festivals, parades, school activities. Organizations can also reserve the chair for their events!

HOW TO RESERVE THE CHAIR

Interested individuals, businesses and organizations within the **Iron and Gogebic County** communities are invited to reserve the Action TrackChair for personal use or to have available at outdoor activities, events and programs. Visit Extension Iron County's website for reservation details:

<https://iron.extension.wisc.edu/iron-county-action-trackchair-reservations/>

ACTION TrackChair





Cabbage is the Harvest of the Month!

Add cabbage to your favorite family meals:

- Add cabbage to your favorite veggie soup, stew, or stir fry.
- Use cabbage leaves as a tortilla or wrap.
- Add raw cabbage to salad.

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

Select – Choose cabbage heads with compact leaves.

Store – Tightly wrap in plastic and refrigerate for up to 7 days.

Prepare – Carefully run a small knife around the core to remove it. Slice or chop the leaves.

Did you know?

Green and red cabbage are the most common, but other types of cabbage include Napa (Chinese cabbage) and Savoy.



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 — Fish Tacos

Seasoned chunks of cod topped with fresh diced tomatoes, shredded cabbage, a squeeze of lime, and a dollop of cilantro-infused sour cream are all served on top of a warm corn tortilla. These fish tacos are the perfect combination of simplicity and excitement.

INSTRUCTIONS

- 1/2 cup sour cream (non-fat)
- 1/4 cup mayonnaise (fat-free)
- 1/2 cup fresh cilantro (chopped)
- 1/2 packet taco seasoning (divided)
- 1 pound cod or white fish fillets (cut into 1" pieces)
- 1 tablespoon olive oil
- 2 tablespoons lemon juice
- 2 cups red and green cabbage (shredded)
- 2 cups tomato (diced)
- 12 corn tortillas (6" warmed)
- Lime wedges (for serving)

DIRECTIONS

1. In a small bowl, combine sour cream, mayonnaise, cilantro, and 2 tablespoons seasoning mix.
2. In a medium bowl, combine cod, vegetable oil, lemon juice, and remaining seasoning mix; pour into large skillet. Cook stirring constantly, over medium-high heat for 4-5 minutes or until cod flakes easily when tested with a fork.
3. Fill warm tortillas with fish mixture.
4. Top with cabbage, tomato, sour cream mixture, lime wedges and taco sauce.



Recipe link: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/simple-fish-tacos>