

FoodWise Nutrition

June 2022 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

Spring has sprung! Cue dreaming ahead to days of fresh Wisconsin produce. The **Wisconsin Women, Infant and Children (WIC) Program** is again offering an additional benefit called the **Farmers Market Nutrition Program (FMNP)**. The goal of this program is to increase fruit and vegetable consumption as well as bring awareness and support to local Wisconsin agriculture.

Wisconsin WIC has participated in the FMNP since 1995. Wisconsin grown produce can be purchased at farmers markets, farm stands, orchards, and other participating farm locations. This year, eligible WIC participants can receive \$30 to spend. Vouchers can be redeemed from June 1st – October 31st at participating locations. Some early summer choices may include asparagus, greens, peas, strawberries, rhubarb, and radishes.

For more information on this program, please visit the DHS website www.dhs.wisconsin.gov/wic/fmnp/index.htm

If you are a local grower and would like to start accepting FMNP vouchers, please contact Bay Area WIC Program at 715-682-6661.

IRON COUNTY MOBILE FOOD PANTRY

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

For more information, contact Extension Iron County office manager, Rebecca Holm at 715-561-2695 or email rebecca.holm@wisc.edu.



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RED CLIFF FOOD DISTRIBUTION 5 FOOD BOX GIVEAWAYS

The Red Cliff Food Distribution Program is offering 5 food box giveaways monthly starting in June.

The Commodity Supplemental Food Program (CSFP): Commonly referred to as the Stock Box Program, provides a box of supplementary food to low-income seniors every month. Hunger Task Force distributes nearly 10,000 Stockboxes **each month** to seniors in Milwaukee and across the state of Wisconsin. **Wisconsin Seniors age 60+ and who meet a monthly income requirement depending on their household size** may be eligible to receive a monthly Stockbox.

The Stockbox program is important because it provides healthy, shelf-stable foods to low-income seniors across the state. Senior hunger and complications that arise from senior hunger are real due to low-income and having a poor diet. The Stockbox can help by playing an important role by providing nutritious foods, which can ultimately improve the health status of these individuals.

The Badger Boxes Program: The Hunger Task Force has been chosen by the State of Wisconsin Department of Agriculture, Trade and Consumer Protection to administer \$15 million in federal funds to build a stronger, hunger-free Wisconsin. These funds-made available through the American Rescue Plan Act-will be used to build capacity at emergency food programs, feed local families and sustain local food systems.

The Badger Box is filled exclusively with dairy products, cheese, meats, fruits, and grains purchased from Wisconsin farmers and food producers, over 18,000 Badger Boxes **will be distributed monthly through December** through the Hunger Relief Federation. The Hunger Relief Federation has members representing all 72 counties and 10 Tribal Nations, so they have the state covered!

The Badger Box Program will ensure that families living in remote regions, rural areas and Tribal Nations will have access to healthy, culturally appropriate foods, all while supporting Wisconsin agriculture during tough times. It's a win-win for the Badger State. Delivery dates are still being figured out. Red Cliff Food Distribution will be having **two distribution days per month** starting in June. The Badger Box Program follows the guidelines for household income of The Emergency Food Assistance Program (TEFAP): **a single person household has to make under \$40,770.00 annually** to qualify.

Here is what the first Badger Box held:

Badger Boxes currently include (Item | Producer | Location):

- Onions & Potatoes | *Russet Potato Exchange* | Bancroft, WI
- Midwest Medley Salad | *Superior Fresh* | Hixon, WI
- Butter & Cottage Cheese | *Westby Creamery* | Westby, WI
- Cheddar Cheese | *Brunkow Cheese* | Cottage Grove, WI
- Baby Swiss | *Chalet Cheese* | Sun Prairie, WI
- 2% Milk (gallon) | *Sassy Cow Creamery* | Sun Prairie, WI
- Dry Roasted Wild Rice | *Rice River Farms* | Spooner, WI
- Dried Cherries | *Cherryland's Best* | Appleton, WI
- Bacon & Summer Sausage | *Nueskes* | Wittenberg, WI
- Eggs (dozen) | *S&R Egg Farm* | Whitewater, WI
- Ground Beef | *WI Meadows* | Cashton, WI

The food items will change as the seasons change so that we receive the freshest food as they become available.

The Tribal Elder Food Box Program:

The Red Cliff Band of Lake Superior Chippewa is participating in a joint USDA Local Food Purchase Assistance Cooperative Agreement Program that supports an Inter-Tribal Elder and Community Food Distribution Program. The opportunity to expand our community member's access to healthy and traditional foods is a high priority, especially when those foods are produced by Indigenous growers and harvesters.

In addition to distributing boxes and promoting their availability to our community members, we will collect information on which foods are most popular to help ensure distributions are meeting our community's needs. We are open to sharing opportunities to provide foods for the program among growers and harvester within our community. We are anticipating monthly participation of 150-200 elderly households.

Distribution days will start on May 13th and continue every two weeks with some exceptions. Distribution will start at 1:00 pm at the Red Cliff Food Distribution Building, 88430 Pike Road, Bayfield, WI 54814.

For further information, call the Food Distribution Program number 715-779-3740.



Sweet Peas are the Harvest of the Month!

Add sweet peas to your favorite family meals:

- Add fresh or frozen green peas to soup or pasta salad.
- Toss snow peas in a stir fry.
- Serve sugar snap peas with a healthy dip.

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

Select – Choose sugar snap peas that are bright green and firm.

Store – For the sweetest flavor, serve peas as soon as possible. Refrigerate in a perforated plastic bag and use within 2 days.

Prepare – Rinse and trim both ends.

Did you know?

Peas are seeds! There are three main kinds of peas that we eat: green (or garden) peas, sugar snap peas, and snow peas. With sugar snap peas and snow peas you can eat the whole pod!



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.

RECIPE OF THE MONTH—CHEESY PASTA WITH SUMMER VEGGIES

INSTRUCTIONS

- 4 cups assorted vegetables, sliced (zucchini, broccoli, peas)
- 1 cup grape or fresh tomatoes (chopped and seeds removed)
- 2 cups (about 8 ounces) whole wheat pasta (rotini, bow tie, penne)
- 1 1/2 tablespoons oil (canola or vegetable)
- 2 medium garlic cloves, minced, or 1/4 teaspoon garlic salt
- 1/2 cup onion, chopped (about 1/2 medium onion)
- 1 teaspoon dried Italian seasoning
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/4 cup Parmesan cheese
- 1/2 cup mozzarella cheese, shredded

DIRECTIONS

1. Wash and prepare vegetables and tomatoes.
2. Cook pasta according to package directions. Drain water from cooked pasta and save 1/4 cup of water.
3. Heat oil in a large skillet as pasta cooks. Add garlic and onion to skillet. Sauté over medium heat about 1-2 minutes or until soft.
4. Add any uncooked hard vegetables and cook for 3 minutes. Add soft vegetables and continue to cook. Add Italian seasoning, salt, and pepper. Add tomatoes last and cook until warm.
5. Add cooked drained pasta to the vegetables. Add a little of the water from the pasta, if needed.
6. Add cheeses to mixture. Stir until cheese is mostly melted.
7. Serve immediately.



TIPS

Pasta and cheese may help picky eaters enjoy vegetables. Vary the flavors and colors. Add protein to this dish by stirring in cooked beans, meat, or fish. Use thawed frozen vegetables in this recipe. Keep pasta on hand and use when you have extra vegetables. Use this recipe for a quick, delicious, and nutritious meal.