



# Healthy Choices Healthy Lives

FoodWise in **Door County** is federally funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed). With local strengths, we support healthy eating habits, active lifestyles and healthy community environments for Wisconsin residents experiencing limited incomes through nutrition education at the individual, community and systems levels.



## Door County Landscape

**Whether people are healthy or not is affected by systems, policies, and environmental factors.**

**39%**

of children in schools were eligible for free or reduced price meals.<sup>^</sup>



**2,031**

county residents, 6.6% use SNAP benefits to purchase food for themselves and their families.\*



## Achieving More Together

UW-Madison Division of Extension works alongside the people of Wisconsin throughout urban and rural communities to deliver practical educational programs where people live and work. In Door County, FoodWise partners with Boys and Girls Club, JAK's Place United Way, Shepherd of the Bay, Sturgeon Bay ADRC, county public health, and others to help make the healthy choice the easy choice in our communities.

## Community

## Impacts in 2024

Engaged with 527 low-income people in exercise and nutrition education topics.

Partnered with groups like Aging & Disability Resource Center of Door County, United Way, JAK's Place, and Door County Public Health.

Supported community gardens that offer fresh vegetables to supplement food pantries and community meals for low income people.

Served as part of the County Health Improvement Plan Leadership team.

<sup>^</sup>Wisconsin Department of Public Instruction

\* WI Dept of Administration and WI Dept of Health Services

# Inspiring Collaborations



**BOYS & GIRLS CLUB**  
OF DOOR COUNTY  
A Bay & Lakes Region Club

FoodWise staff and Door County Boys & Girls Club re-established a partnership focused on an identified need for nutrition education. FoodWise nutrition educator Jace Purdy met with Boys and Girls Club staff to outline opportunities for all kids to participate during their summer programming.

FoodWise provided seven weeks of programming, three groups of elementary school students enrolled in Choose Health: Food, Fun, and Fitness where they played games, explored new foods, read nutrition labels, and learned the importance of breakfast, physical activity, and hand washing.

High school students at Boys and Girls Club participated in Teen Cuisine, a series that builds culinary skills for independent living. Participants learned to make healthy snacks, use knives safely, read nutrition labels, and wash hands correctly. The goal of this effort is to encourage healthy habits in school and at home, habits that will last a lifetime.

## Multi-level Program Efforts



Through community gardens FoodWise and its partners are able to make an impact on community health. FoodWise gardens in Door Co support local food pantries and community meals, ensuring more fresh produce ends up on people's plates. In 2024, FoodWise supported garden initiatives at JAK's Place, ADRC, and Shepherd of the Bay church. FoodWise pairs garden initiatives with nutrition education whenever possible.

Monthly nutrition education events held at the Aging and Disability Resource Center of Door County and JAK's Place focused on using crockpots to make nutritious and easy meals. Purdy taught a series called Rock Your Crock, incorporating garden produce when possible. Classes are conversational, so participants share their experience and tips, while learning new skills. Participants used a slow cooker to make breads, breakfast bakes, and casseroles. Pairing garden initiatives with nutrition education reinforces the message, increasing the likelihood of long-term impact.

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## Connect With Us

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Sue Koepp  
HeartCorps Service  
Member - **Estimated  
Value of \$54,000**