



## Healthy Choices, **Healthy Lives**

FoodWise is federally funded 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.

## The **Landscape**

**25.6%**

of population lives in census tracts that are low income & have low access to healthy foods



**31%**

of adults have obesity



**8%**

of individuals are food insecure



**11.3%**

of households receive SNAP benefits



## Achieving More **Together**



UW-Madison Division of Extension works alongside the people of Wisconsin to deliver practical educational programs where people live and work – on the farm, in schools and throughout urban and rural communities. In Door County, FoodWise partners with mental health resource programs, senior meal programs, and food pantries to help make the healthy choice the easy choice in our communities.

## Community Impacts **In 2022**



- Delivered nutrition education to 60 learners at senior resource centers and mental health resource centers.
- Provided innovative nutrition education through monthly radio spots and activities for children at summer feeding sites.
- Supported two local gardens with \$3500 in grant funds to grow food for on-site community meals feeding SNAP-eligible people.
- Funded a summer intern with \$6000 from the Wisconsin Idea Internship Program to increase farm market access for low-income people.

## Summer Meals **Programing**

According to a study by the Centers for Disease Control and Prevention, about 60% of children don't eat enough fruit and 93% don't eat enough vegetables. FoodWise partnered with the Door County YMCA, which heads the summer meals program for low-income youth, to strategize ways to encourage kids to eat more produce. Our partners at Door County United Way were already planning to create nutrition-related activities at this meal site, so we collaborated to offer story strolls, tastings, and promotions of FoodWise Harvest of the Month. Materials were developed in part through a summer Wisconsin Idea Internship housed in Manitowoc County.

In July, we selected cucumber, so the children's activity table included two types of cucumbers as well as a sample of pickles. We provided Harvest of the Month flyers to send home for parents as well as a word search and Extension's Great Cucumber Crunch activities. In August, we featured carrots. A rainbow carrot tasting, and the story stroll featured the book *The Carrot Seed* by Ruth Krause in Spanish and English along with a QR code so parents could read aloud or listen with the children.

Programs occurred monthly. Since the Door County YMCA leads the summer meals program in both Door and Kewaunee Counties, we can easily expand. In August, Jace Purdy shared the idea with summer meal site manager in Algoma (Kewaunee Co), and she is interested for 2023.

## Connect **With Us**

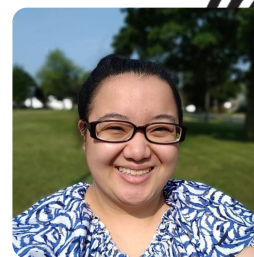
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## JAK's Place **Meals**

A mental health resource center in Sturgeon Bay, JAK's Place offers weekly community meals. When program director Sam Burris visited the Sturgeon Bay ADRC garden, he learned about FoodWise garden grants and their capacity to bring produce to senior meals.

Interested in having a community garden, JAK's Place collaborated with FoodWise to secure a \$2500 grant and start the journey from garden to plate.

FoodWise nutrition educator Jace Purdy offered nutrition education classes and Master Gardener Helen Bacon shared growing tips for participants. Each week, their chef includes the garden harvest in the meal.

In 2023, we will seek an additional \$2500 to support the expansion of this project.



Beans growing tall in the  
JAK's Place community  
garden!