

# 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). 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.**

**1,013**

county residents, 4%, experience limited income and low access to a grocery store<sup>^</sup>



**2,037**

county residents, 6.67%, 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, FoodWise partners with non-profits, senior meal sites, and county public health to help make the healthy choice the easy choice in our communities.

## Community

## Impacts in 2023

Engaged in 102 teaching contacts around 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.

Worked with two organizations to establish community gardens. Each garden may receive up to \$7,000 in grant funding over 4 years. A new garden at Shepherd of the Bay will supply produce for onsite pantry and children's programming.

Nutrition educator Jace Purdy researched FoodWise's current and past programming with men with low income and identified a need to expand services for this population. He is now collaborating with partners statewide to identify opportunities to increase access to healthy food and physical activity for male participants.

<sup>^</sup>County Health Rankings

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

## Inspiring Collaborations



The FoodWise Team has offered StrongBodies strength training in our region for years. It is an evidence-based exercise program aimed at older people. The FoodWise model offers the series to low-income people at the same location, with the same group, only twice, and then we must identify a participant willing to become a trained facilitator.

Since FoodWise serves low-income people, the \$350 cost of facilitator training plus \$25 for CPR training, combined with necessary time off to attend trainings has proven unsustainable.

By partnering with American Heart Association's HeartCorps and using funding accumulated in Door County, it was possible to offset the training fee. In December, FoodWise identified 3 new facilitators and worked with state StrongBodies team to train them. New sites will be added in 2024.

## Multi-level Program Efforts



FoodWise offered grant-funded garden initiatives aimed at increasing access to fresh fruits and vegetables for people experiencing limited incomes and providing direct education about healthy eating and growing food. These grants bring in up to \$7,000 of additional SNAP funding per garden. The Growing Together project received national recognition from USDA's National Institute on Food and Agriculture, winning the 2023 Excellence in Extension Team Award.

- Expanded garden efforts at the ADRC of Door County.
- Helped ADRC of Door County grow fresh vegetables to supply a salad bar for senior meals.
- Expanded garden space at JAK's Place provided produce for weekly meals.
- Developed successful multi-level partnerships, offering nutrition and garden education events alongside the gardens.

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.

## Connect With Us

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**Winner of 2023 FoodWise Golden Award**



Mariah Broehm  
HeartCorps Service Member - **Estimated Value of \$54,000**