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## 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

**72%**

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



**33%**

of adults have obesity



**8%**

of individuals are food insecure



**10.1%**

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 Kewaunee County, FoodWise partners with schools, disability resource programs, senior resource programs, and food pantries to help make the healthy choice the easy choice in our communities.

## Community Impacts In 2022



- Delivered nutrition education in school settings, food pantries, and community organizations.
- Served as part of the Get Healthy Kewaunee County coalition.
- Partnered with ESI and the Algoma Community Wellness Center to bring nutrition education and physical activity to underserved audiences.
- Promoted healthy foods at the Kewaunee County Food Pantry
- Spotlighted Harvest of the Month healthy foods through newsletters and radio spots.

## Pathfinder Teen Cuisine

FoodWise staff met with Algoma School District's Pathfinder Academy in August to discuss needs of students at this school, who tend to be among the lowest income students at a low-income school as nearly all the students are eligible for free or reduced-price meals, the only indicator available to gauge family income.

The lead teacher identified culinary skill building, budgeting and nutrition education as key components for these youth who were preparing for independence within 1-3 years. After comparing options, we decided on Teen Cuisine as the best fit.

The group is ten high school students. FoodWise staff will come weekly to offer a lesson from Teen Cuisine, which combines culinary skill-building like knife skills, measuring and label reading with budgeting and recipe reading. Youth can choose recipes from a collection, so they have some voice and choice in their education.



Pathfinder student Dezi Floor stirs ingredients to make homemade granola as part of the Teen Cuisine series at her school.

## Community Engagement

Kewaunee FoodWise programs aim to build community. SNAP-eligible people including elders, people with disabilities and people in poverty often suffer social stigmas and may be seen as less capable or simply avoided. To bridge communities, FoodWise talked with local partners at ESI, Algoma Wellness Center, and Kewaunee County Food Pantry about offering courses together. They agreed.

We intentionally timed nutrition education classes at ESI to begin just before pantry hours so pantry users could attend class and pick up food in one trip. At ESI, the class fell into a scheduled break time. Thus, participants from both groups could attend and support one another. The class enrolled 11 people. We are now recruiting for a series focused on crockpot cooking in early 2023.

Similarly, FoodWise offered a StrongBodies exercise classes at Algoma Wellness Center and intentionally offered the class at a time convenient to elders and ESI. The class proved successful. 20 people participated in the 8-week series.



## Connect With Us

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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 requirements.

## Brown Rice Pilaf with Sage, Walnuts and Dried Fruit



Dried fruit and sage combine to give this whole grain dish a flavor of fall, but you can enjoy it any time of the year! Makes 8 servings.

### Ingredients

- canola cooking spray (as needed)
- 1 onion (medium, chopped)
- 1 celery stalks (small, ends trimmed and chopped)
- 2 cups rice (brown, uncooked)
- 2 1/2 cups water
- 2 cups vegetable broth (fat-free, reduced sodium)
- 1/4 cup raisins (dark)
- 1/4 cup apricots (dried, chopped)
- 4 walnuts (1/4 cup, chopped, optional)
- 1 teaspoon sage (dried)
- 2 teaspoons sage (fresh, chopped)
- salt (to taste, optional)
- pepper (to taste, optional)

### Directions

1. Spray the large skillet with canola cooking spray. Heat skillet over medium heat.
2. Sauté onion and celery until tender, about 5 minutes. Add brown rice and sauté for 5 minutes.
3. Add water, broth, raisins, and apricots; heat to boiling. Reduce heat to low, cover and simmer until rice is tender and liquid is absorbed, about 50 minutes.
4. Stir in walnuts if desired, sage, salt and pepper.
5. Transfer to serving dish. Garnish with fresh sage and serve immediately.

Recipe: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/brown-rice-pilaf-sage-walnuts-and-dried>

**SOUND THE FIBER ALARM!**

**WHAT IS FIBER?**

95% of adults and children do not consume enough fiber

Fiber is a PLANT-based carbohydrate. Why do we need it? Fiber protects you from heart disease, diabetes, diverticulitis, inflammatory bowel syndrome, obesity, and colorectal cancer. It helps flush toxins from the body. It lowers cholesterol. It helps with weight loss. And you feel full longer. Our body doesn't digest fiber but it feeds our microbiome, the good bacteria, found in your gut. If your gut is not healthy, neither are you.

**HOW MUCH FIBER?**

25-30 grams per day (minimum)

Consider choosing two of these options at every meal

- 1/2 cup beans
- 1/2 cup fruit
- 1/2 cup vegetables
- 1 slice of whole grain bread
- 1 cup whole grain pasta
- 1 cup brown rice

**WHERE DO I FIND FIBER?**

Photo Credit: Canva

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