



## 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, after-school programs, Head Start 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 in school settings, food pantries, and community organizations.
- Collaborated to begin gardens at a summer food distribution site in Algoma
- 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**

In August, FoodWise staff met with Algoma School District's Pathfinder Academy, a school where nearly all students are eligible for free or reduced-price meals. We wanted to learn the needs of students at this school.

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

From those conversations, FoodWise offered programming for ten high school students. Staff arrived for weekly lessons based on Teen Cuisine, which combines culinary skill-building like knife skills, measuring, and label reading with budgeting and recipe reading. Youth chose recipes from a collection, giving them voice and choice in their education.



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

## Connect **With Us**

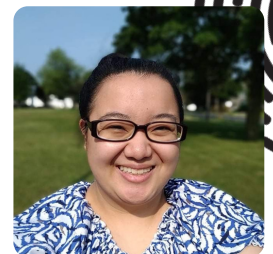
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## Community **Engagement**

Kewaunee FoodWise programs aim to build community. SNAP-eligible people including elders, people with disabilities, and people in poverty can experience social stigmas. 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 was at 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.