

UW-Madison Division of Extension * Laura Apfelbeck, FoodWise Coordinator
 920-683-4170 * laura.apfelbeck@wisc.edu

StrongBodies at Grand View Terrace

Recently, the residents of Grand View Terrace in Algoma started a series of StrongBodies. Grand View Terrace in Algoma works with ADRC of the Lakeshore and offers apartments for rent with the mission “To provide safe, quality, affordable housing, a loving environment free from discrimination, and to promote economic opportunities to lower income adults.” This mission aligns with Extension’s, and FoodWise’s, core values and offers a great audience to offer physical activity and nutrition education.

During this 8-week series, FoodWise educator Jace Purdy and the residents of Grand View Terrace will be meeting twice a week to engage in approximately 60 minutes of strength-training activity paired with a 20 minute nutrition education session. Participants are encouraged to bring any nutrition or activity related questions and to pick a third day a week to be active on their own.



The group over at Grand View Terrace work on their overhead presses during StrongBodies.

Food Growers of Kewaunee County, we need you!

Reach into your backyard to help your neighbors in need.

Do you garden at home? Consider planting an extra row intentionally for donations OR sharing your extras with the food pantry. Even small donations help people in your community eat more healthfully.

Does Kewaunee County Food Pantry accept garden donations? Yes! In fact, Pantry Manager Ken Markquardt said, “Absolutely. We get many donations throughout the summer and right now we are getting a lot less produce from Walmart so it would be greatly appreciated.”

What’s the best way to donate? At Kewaunee County Food Pantry, located at 1528 Sunset Avenue in Algoma, you can drop off produce on Mondays between 8:30am and 1pm or Wednesdays between 9:30am and 1pm. If there is a large donation call Ken at 920-487-5650.

Community gardens, home gardens and farms can be great sources of fresh local produce for food pantries.



Photo: Creative Commons

Even small donations of produce help local families eat more fruits and vegetables.

Sneaking More Vegetables into Meals

Article and Photo courtesy: American Heart Association



We all know we need to be eating more veggies. Some of us love them and eat them at every meal. And then there are those of us who can’t stomach the thought of chomping on something green that looks like a tree. And no, we’re not talking about four-year-olds -- we mean adults, too!

If you’re the primary cook in your family, and pasta sauce and French fries are the only veggies going down at your home, you may want to get a bit sneakier. We’ve come up with some pretty cool ways to help you add vegetables into meals without anyone knowing. You get to be creative and it doesn’t take much work. Saving time and eating healthy -- sounds like a winning combination!

Get shredded!

Grab a box grater or the grating attachment on your food processor to shred zucchini, beets, carrots or parsnips to add to all sorts of recipes. Add a vegetable serving to your favorite whole grain muffins and quick breads by mixing shredded zucchini into your batter before baking. You can also sauté shredded carrots, summer squash or butternut squash for about five minutes before adding them to pasta sauce for a quick, veggie-filled meal. Even your pickiest of eaters may not notice!

Get mushy!

Replace half the ground meat in recipes like burgers, meatloaf and meatballs with cooked chopped mushrooms. Finely chop your choice of mushrooms using a knife or a food processor, then sauté in a little olive oil until soft – about three minutes or so. Once the mushrooms are cool, gently mix them with your lean ground chicken, turkey or beef. Cook thoroughly and follow the recipe as is. Voila! Another veggie-ful meal for the family.

Get Cheesy!

Cooked and pureed orange vegetables like butternut squash, sweet potatoes and carrots can be blended, unnoticed, into cheesy dishes we all love like macaroni and cheese, lasagna, or baked enchiladas. You end up using less cheese, which cuts some of the saturated fat and sodium. You can also add the sweeter-tasting veggies to a blender with some low-sodium broth and puree them into a smooth soup that most kiddos (and adults) will love.

Be smooth!

Grab that blender and put it to work! When you’re making your favorite fruit smoothie, add in a frozen banana and some spinach, carrots, squash or just about any vegetable (cooked is easier to blend, FYI). The frozen banana makes for a sweet, thick, and creamy smoothie and it adds a strong banana flavor that helps hide the flavor of the veggies. Want a more colorful smoothie? Try adding beet, avocado or sweet potato to change the tint. You’ll be surprised at how bright – and healthy -- your breakfast will be!

Need help with **health insurance?**

Get free local help to renew, apply for coverage, or find financial help

covering Wisconsin (877) 942-6837



Covering Wisconsin is a nonprofit, outreach project based at the University of Wisconsin-Madison. We educate people about the importance of health insurance and help them understand and sign up for publicly available health insurance. Covering Wisconsin helps anyone in Wisconsin secure health insurance coverage, seek timely care, and navigate the healthcare system with a focus on communities most at risk.

Our expert health insurance navigators are federally-licensed to provide free help year-round. Specifically, our Navigators: Compare plans and prices across coverage options, submit applications for Healthcare.gov, BadgerCare Plus/Medicaid and FoodShare, as well as answer insurance questions and help resolve coverage problems. Tony Lee is Covering Wisconsin’s Navigator Lead for Northeastern Wisconsin. Tony can be reached at anthony.lee@wisc.edu or 920-857-0401