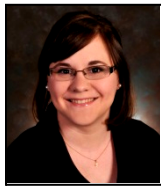


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In Wisconsin, **FoodShare** can help provide a healthy diet. To find out more about FoodShare, call 1-888-446-1239 in Fond du Lac County and 1-888-794-5556 in Sheboygan County.

To find out if you're eligible for FoodShare and other Wisconsin health and nutrition programs go to: www.access.wi.gov

An EEO/AA employer, the 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.

Como empleador que brinda igualdad de oportunidades en el empleo y acción afirmativa (EEO/AA, por sus siglas en inglés), la University of Wisconsin-Madison Division of Extension, proporciona igualdad de oportunidades en el empleo y en sus programas, incluyendo los requisitos del Título VI, Título IX, la ley federal para personas con discapacidades en los Estados Unidos (ADA, por sus siglas en inglés) y los requisitos de la Section 504 del Rehabilitation Act

Link to long statement:

<http://www.fns.usda.gov/fns-nondiscrimination-statement>

This information provided by:



Extension
UNIVERSITY OF WISCONSIN-MADISON

Fond du Lac & Sheboygan Counties



Extension

UNIVERSITY OF WISCONSIN-MADISON



Fond du Lac & Sheboygan Counties



FoodWise is funded by the USDA Supplemental Nutrition Assistance Program - SNAP. SNAP/FoodShare helps families buy the food they need for good health. Visit access.wi.gov to learn how to apply for food assistance or call 1-888-446-1239 in Fond du Lac County or 1-888-794-5556 in Sheboygan County.

About our program

FoodWise is a community nutrition education program within the Health and Well-Being Institute of the University of Wisconsin-Madison, Division of Extension.

The University of Wisconsin-Madison, Division of Extension responds to community needs with research-based education and partnerships that support Wisconsin families and communities.

About our reach

- FoodWise is federally funded by the Supplemental Nutrition Assistance Program (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP) and serves Wisconsin residents with limited incomes.
- SNAP-Ed funds programming in 71 counties, including Fond du Lac and Sheboygan, and EFNEP funds programming in 6 counties.

About our partners

- Public schools
- Health departments
- Head Start
- Department of Health and Human Services
- Group homes
- Sheltered workshops
- After-school program sites
- UW-Extension offices
- Homes
- Food pantries
- Community gardens
- Senior meal sites
- AND...lots of other places

About what we do

FoodWise employs a combination of evidence-based educational strategies, accompanied by environmental supports, designed to facilitate voluntary adoption of healthy food choices and active lifestyles.



Empower families with limited financial resources to choose healthful diets and become more food secure by spending dollars wisely.



Expose children to new fruits and vegetables and why they are important.



Teach parents how to plan and prepare healthy meals.



Support communities in making the healthy choice, the easy choice where people live, learn, work and play.

About our classes

FoodWise Nutrition Educators live in your community and understand the needs of families. They teach about nutrition in a variety of ways:

- small and large group workshops
- mini-lessons

About how to learn more

If you'd like to talk to a nutrition educator about cooking healthy meals, eating better or saving food dollars, call Amanda Miller, FoodWise Coordinator at (920) 929-3171.

About our results

In an average year, FoodWise teaches approximately 5,000 contacts (duplicated count) and 1,200 individuals (unduplicated count) at single or series programs in Fond du Lac County or Sheboygan Counties.

FoodWise participants focus on **choosing healthful foods**.

- Youth learn the importance of eating a variety of nutritious foods by following the USDA MyPlate and the 5 food groups.
- Parents learn to choose and prepare nutritious snacks and meals for their children.

FoodWise participants focus on **food safety**.

- Youth learn proper handwashing techniques and food safety basics.
- Adults learn to avoid cross contamination when handling food, to cook foods to a safe temperature, and proper storage and refrigeration times.

FoodWise participants focus on **managing food dollars and food shopping**.

- Adults learn to develop spending plans to ensure that they have enough money for food.
- Adults learn to choose low-cost, nutritious foods from USDA MyPlate, and that you can have a healthy diet, even on a tight budget.