



## 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**

**40%**

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



**35%**

of adults have obesity



**8%**

of individuals are food insecure



**14%**

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 Fond du Lac County, FoodWise partners with schools, after-school programs, Head Start programs, senior housing programs, and other adult community programs to help make the healthy choice the easy choice in our communities.

## Community Impacts **In 2022**

Delivered nutrition education to 2,694 contacts in a variety of settings (early care and education centers, K-12 school settings, afterschool programs, etc).



Coordinated the FDL Fresh 5 donation program. The Fondy Food Pantry and Broken Bread received weekly donations of fresh produce from the Downtown Fond du Lac Farmers Market, equaling a total of 1,057 pounds donated.

Coordinated the Small Steps fruit and vegetable prescription program with the Downtown Fond du Lac Partnership and Fond du Lac Public Health. \$2,000 was provided by United Healthcare and distributed in \$5 farmers market vouchers.

# Harvest of the Month

The Wisconsin Harvest of the Month program is a statewide campaign that encourages students to eat more fruits and vegetables. Each month, schools highlight a locally grown, seasonal produce.

FoodWise partnered with the Fond du Lac School District physical education staff and Aramark (school food service providers) to offer Harvest of the Month activities at local elementary schools.

FoodWise worked with Aramark to introduce new food items when creating the district-wide menus each month. FoodWise staff also visited Riverside Elementary to highlight that month's fruit or vegetable. They worked with 5th grade Wellness Ambassadors to provide facts about the highlighted fruit or vegetable and distributed samples to all students at the school during lunch time.



"Two thumbs up! Can we have these tomorrow too?"  
- Elementary student trying a new fruit or vegetable

# Future Gardeners

The Junior Master Gardener (JMG) program is a youth gardening and nutrition program for 8-12 year olds. FoodWise partners with the Fond du Lac County Master Gardeners and Boys and Girls Club to offer the program.

From "seed to plate", the youth are directly involved in the entire process, including planting seeds in the greenhouse, planning the garden plot, and caring for the garden. Upon harvest, the youth either prepare a healthy recipe or donate the produce to local food pantries. JMG also includes guest speakers, field trips, and community volunteer service.

This summer, 27 youth and families participated in the summer-long program.



"My child can't stop talking about the program. He has told all of his friends at school." - JMG Parent

# Connect With Us

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