



# Healthy Choices, Healthy Lives - 2021

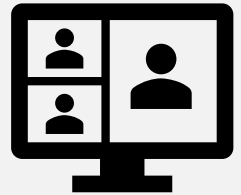


FoodWise is federally funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). We advance healthy eating habits, active lifestyles and healthy community environments for Wisconsin residents with limited incomes through nutrition education at the individual, community and systems levels.

## The Challenge

In response to the ongoing challenges in reaching SNAP-Ed audiences with direct education during the pandemic, FoodWise increased the delivery of indirect education. This included an expanded social media and website presence, local online and print resources, electronic materials and handouts, and pre-recorded videos; all with the overall goal to continue to reach audiences with helpful nutrition information and resources empowering participants to live healthier lives.

**Rusk County** delivered nutrition education both virtually and in-person as well as delivering sources of indirect-educational materials through the use of electronic class materials of handouts to students, parents and participants; posters, and Nutrition education reinforcement items for students.



## Community IMPACTS



- In response to the impact of COVID, Direct Education was delivered through a *virtual platform* to reach school students and adults with nutrition education.
- 631 virtual educational contacts were made to students, adults and families through the FoodWise Nutrition Education programs held within the county.
- The Rusk County Community Garden donated 804 lbs. of produce to the Ladysmith Connections & More Food Pantry in its second year of production.

## 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 **Rusk County**, FoodWise partners with Master Gardeners, Connections Food Pantry, schools, Head Start to help make the healthy choice the easy choice in our communities.

## Virtual Education In Action

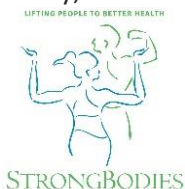
The Rusk County school students look forward to the visits of 'Miss Andrea' to their classrooms! Even though the 2020-2021 school year was different than the norm, the kids had a great time interacting with Andrea on the virtual platforms of Zoom or Google Meets. Nutrition education with children is the start to developing knowledge about healthy, lifetime habits. **631 education contacts** were made with elementary students about choosing healthful foods, fruits and vegetables, whole grain foods, milk and other calcium rich foods, protein foods, being physically active and keeping hands clean.



*Virtual education with the students was often exciting, suspenseful & capricious.*

## Other FoodWise Influences

- Delivery of a 12 and 8 week virtual StrongBodies program; a research based program of strength training for Seniors which reduces risk of chronic diseases, improves bone density, and other determinants of age.

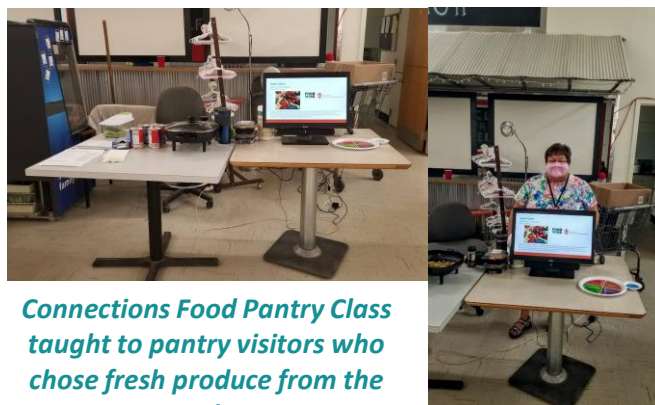


## FoodWise 'Growing Together WI' Community Garden Making An IMPACT

The Rusk County Community Garden (RCCG) had its second year of production in 2021. The garden experienced some growing pains this season but showed its potential and the impact that it can have in Rusk County! Even though there was a volunteer shortage, the garden produced beautiful vegetables and fruits that were donated to the Ladysmith Connections Food Pantry.

**“The fresh produce that was offered during the food party sessions were always chosen right away, and the patrons came early just to make sure they had the opportunity to select some of that day’s options.”**

804 lbs. of a variety of vegetables and fruits were donated to the food pantry where patrons had more accessibility to include them in their choices, thus having the opportunity to improve their health.



*Connections Food Pantry Class taught to pantry visitors who chose fresh produce from the garden*



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