



Healthy Choices Healthy Lives

FoodWise in **Rusk County** is federally funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed). With local strengths, we support healthy eating habits, active lifestyles and healthy community environments for Wisconsin residents experiencing limited incomes through nutrition education at the individual, community and systems levels.



Rusk County Landscape

Whether people are healthy or not is affected by systems, policies, and environmental factors.

62%

of children in schools were eligible for free or reduced price meals.[^]



16%

of county residents use SNAP benefits to purchase food for themselves and their families.*



Achieving More Together

UW-Madison Division of Extension works alongside the people of Wisconsin throughout urban and rural communities to deliver practical educational programs where people live and work. In Rusk County, FoodWise partners with schools, Head Start programs, the ADRC, libraries, and the farmers' market to help make the healthy choice the easy choice in our communities.

Community

Impacts in 2024

Engaged with **318 learners** around nutrition education topics in a variety of settings, including early care and education centers, K-12 school settings, libraries, and community centers.

FoodWise offered a StrongBodies program in partnership with the ADRC at the Rusk County Community Library. StrongBodies is a physical activity program for middle and older adults where participants improve strength, balance, and flexibility, and receive nutrition and health education. Participants loved trying the food samples that reinforced lessons, including roasted garbanzo beans and tofu banana pudding.

[^]Wisconsin Department of Public Instruction

* WI Dept of Administration and WI Dept of Health Services

Inspiring Collaborations



FoodWise worked with Indianhead Community Action Agency and their Senior Sacks initiative to develop nutrition education information in alignment with the produce donated by local organic farmers and distributed to income-eligible older adults in Rusk County. The produce we highlighted during harvesting season included kohlrabi, beets, cabbage, snack peppers, and squash. Nutrition education included information on nutrients, storing the produce, and recipe ideas. This was a perfect partnership highlighting how connecting our resources with the work being done by partners elevates and expands the opportunities and knowledge to our community.



Multi-level Program Efforts



RUSK COUNTY COMMUNITY GARDEN

FoodWise has supported the community garden effort in Rusk County for several years. The garden's vision is to support food insecure families in Rusk County and provide fresh produce to the county food pantries. In 2024, the planning and steering committee secured space at Ladysmith Library, and the garden was built, planted, and harvested, using many of the materials and supplies donated from community members and businesses. The garden is expanding opportunities for community members to have access to fresh, local produce and to have hands-on opportunities to participate in the garden work and educational activities.

Connect With Us

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