

## About the staff



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In Wisconsin, **FoodShare** can help provide a healthy diet. To find out more about FoodShare, call 1-888-446-1239 on Monday, Tuesday, Thursday and Friday, 8 a.m. – 4 p.m.

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

An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements.

La Universidad de Wisconsin-Extensión, un empleador con igualdad de oportunidades y acción afirmativa (EEO/AA), proporciona igualdad de oportunidades en empleo y programas, incluyendo los requisitos del Título IX (Title IX) y de la Ley para Americanos con Discapacidades (ADA).

Link to long statement:

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

*This information provided by:*



*Fond du Lac County*



Healthy choices, healthy lives.

*Fond du Lac & Green Lake 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](http://access.wi.gov) to learn how to apply for food assistance or call 1-888-446-1239.

## About our program

FoodWise, formerly known as the Wisconsin Nutrition Education Program (WNEP) is a community nutrition education program within the Family Living Programs of the University of Wisconsin-Extension, Cooperative Extension.

University of Wisconsin-Extension Family Living Programs respond 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 66 counties, including Fond du Lac and Green Lake, and EFNEP funds programming in 7 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
- home visits
- 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) 929-3174.*

## About our results

During 2016, 3,971 contacts attended one or more FoodWise events held in Fond du Lac County.

3,460 of the educational contacts focused on **choosing healthful food.**

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



386 of the educational contacts focused on **food safety.**

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

125 of the educational contacts focused on **managing food dollars and food shopping.**

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

