

How have participants benefited from FoodWise?

- **FoodWise Mission**

To advance healthy eating habits, active lifestyles and healthy community environments for low-income families through nutrition education at the individual, community and systems levels.

- **We serve:**

Parents and caregivers of children
School-age youth
Adults without children
Older adults

- **Our programs are:**

Unbiased
Commercial free
Evidence based
Responsive to local needs

- **How are we funded?**

FoodWise is Federally funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP).

- **What is SNAP?**

Supplemental Nutrition Assistance Program (SNAP) offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net.

- **What is SNAP-Ed?**

Supplemental Nutrition Assistance Program Education (SNAP-Ed) is an evidence-based program that helps people lead healthier lives. SNAP-Ed teaches people using or eligible for SNAP about good nutrition and how to make their food dollars stretch further. SNAP-Ed participants also learn to be physically active.

How can I find out more about the FoodWise Nutrition Education Program?

For more information on this **FREE** educational program, contact:

Extension Dunn County
Dunn Co. Community Services Bldg.
3001 US Hwy 12 E, Room 216
Menomonie, WI 54751-3045
Phone: (715) 232-1636

Or visit:

<http://fyi.extension.wisc.edu/foodwise>



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FoodWise Nutrition Education Program

Dunn County

*"Learning to eat
better for less"*



Extension

UNIVERSITY OF WISCONSIN-MADISON
DUNN COUNTY



Provided by:

- University of Wisconsin-Madison Division of Extension

- Health & Wellbeing Programs

In partnership with:

- Wisconsin Department of Workforce Development
- USDA Food and Nutrition Service

What is the FoodWise Nutrition Education Program?

Healthy Choices, Healthy Lives

FoodWise employs a combination of evidence-based strategies designed to promote changes for individuals, communities and environments to help make the healthy choice the easy choice. We:

- EXPOSE people to new fruits and vegetables and why they are important.
- TEACH parents how to plan and prepare healthy meals.
- EMPOWER families with limited financial resources to choose healthful diets and become more food secure by spending food dollars wisely.
- SUPPORT communities in making the healthy choice, the easy choice where people live, learn, work and play.

The goal of FoodWise is to help low-income families improve their food security through education.

This Extension program is made possible through a partnership between Federal, State and County governments and other partners.



Who can participate?

Families or individuals who receive FoodShare (or are food stamp eligible) can learn through FoodWise.



How can FoodWise help me?

FoodWise can help you learn how to:

- purchase and prepare healthful meals and snacks based on the Dietary Guidelines for Americans.
- keep food safe to eat.
- develop a spending and savings plan and live within that plan to become more food secure.

Who will help me learn?

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
- classrooms
- **AND...**many other ways.

What if I'm working, busy or not able to travel, can I still learn about healthful eating?

YES!

Nutrition education occurs at:

- Head Starts
- Senior meal sites
- Health Departments
- WIC clinics
- Department of Human Services
- Job Centers
- Food Pantries
- Extension offices
- Schools
- Boys & Girls Clubs
- **AND...**lots of other places.