

SUMMER 2021



FOODWISE NUTRITION

Eau Claire & Dunn County Newsletter

Healthy Choices, Healthy Lives.

What is FoodWise?

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

Summer Virtual Lessons

We are currently teaching nutrition lessons virtually to kids that attend the River Heights Boys & Girls Club in Menomonie. They meet in the library and we Zoom in once a week virtually to talk about MyPlate food groups, Eating a rainbow of fruits and vegetables, How healthy food helps our body stay well and strong, and Healthy Habits. The 5th and 6th graders have been making a healthy snack along with Pamela and Joy during their lesson.

Kids' Garden Lessons

We are currently teaching nutrition lessons at North River Fronts Park in Eau Claire to kids from the Boys & Girls Club. Each morning, Monday through Thursday a different group of students walk from the club to the park. Extension Master Gardeners work with the kids in the garden, planting, watering, weeding, and of course harvesting the vegetables. This week Pamela and Joy made Coleslaw with the small heads of cabbage from the garden. Every session includes a lesson on exploring and tasting vegetables, The students are learning all about how healthy and delicious vegetable are!

FoodWise Nutrition Educators



Joy Weisner & Pamela Warren-Armstrong

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RECIPE OF THE SEASON

Vegetable Stir-Fry



Ingredients

- 1 Tablespoon vegetable oil
- 1 small onion, chopped
- 1 small potato, washed and cut thin strips
- 2 carrots, thinly sliced or grated
- 1 cup green beans, cut into bite size pieces
- 1 stalk of celery, chopped
- 1 Tablespoon soy sauce
- 1 Teaspoon garlic powder

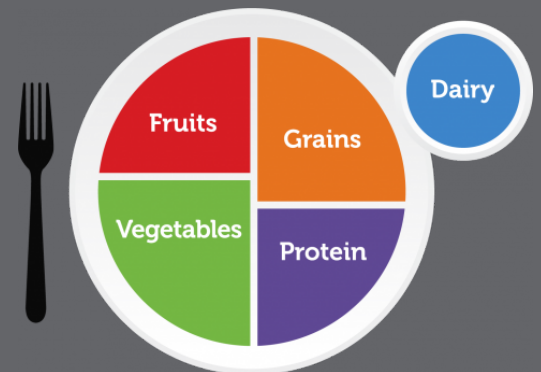
Step by Step Instructions

1. In a large skillet, heat the oil.
2. Add onions and potatoes cook until soft
3. Add all other vegetables
4. Stir quickly
5. Cook until tender crisp for 6-8 Minutes
6. Season with soy sauce and garlic powder
7. Enjoy Your Vegetable Stir-Fry!

Adapted from "How does your garden grow"

A Booklet developed by Sherry A. Tanumihardjo, Ph. D
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This newsletter includes links to MyPlate.gov, recipes and videos that you can try at home. Check one out today!



<https://www.myplate.gov/>



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