



Healthy Choices, **Healthy Lives**

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 **Landscape**

31.5%

of population lives in census tracts that are low income & have low access to healthy foods



37%

of adults have obesity



8%

of individuals are food insecure



15%

of households receive SNAP benefits

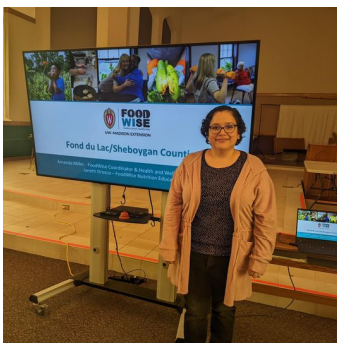


Achieving More **Together**



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 Sheboygan County, FoodWise partners with schools, Head Start programs, senior meal programs, and other adult community programs to help make the healthy choice the easy choice in our communities.

Community Impacts **In 2022**



Delivered nutrition education to 1,386 contacts in a variety of settings (early care and education centers, K-12 school settings, senior meal sites, etc).

Hosted conversations with community members and agency partners to learn about the health and nutrition needs of Hmong/Hmoob families and individuals in Sheboygan County.

Contributed towards the development of the most recent Wisconsin Standards for Nutrition established by the Wisconsin Department of Public Instruction (DPI.)

Discover **MyPlate**

Introducing nutritious foods at an early age is important to building healthy habits later in life. FoodWise partnered with the Sheboygan Area School District (SASD) to provide nutrition education classes to kindergarten students.

Discover MyPlate is an interactive and age-appropriate curriculum that focuses on introducing and trying healthy, new foods based on the five food groups. A series of five lessons were offered to each classroom at Cooper, Grant, James Madison, Jefferson, Longfellow, and Sheridan Elementary Schools. SASD provided food at each lesson. Students made simple recipes and tried food samples of new fruits and vegetables.

Parents reported that their children were more likely to try new foods and were eating more fruits and vegetables at home.



"I like spinach! I wasn't expecting to like it, but I do!"
- Kindergarten Student

Connect **With Us**

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Building **Coalitions**

The Sheboygan County Activity and Nutrition Coalition (SCAN) is a group of dedicated community organizations working towards nutrition and physical activity goals and objectives related to health, nutrition, and physical activity.

SCAN, which consists of nearly 40 community agencies and members, is led by FoodWise, Women, Infants and Children (WIC), and HSHS St. Nicholas. The co-chairs re-established the health coalition after a lengthy pause and also led team building activities to help build and strengthen relationships.

In the last year, the SCAN coalition has worked on offering community physical activity challenges, creating physical activity guides, creating healthy meal kits, and acquiring additional funds for fresh food at food pantries and breastfeeding supplies for WIC participants.