

# SNAP-Ed IMPACTS

## IN ADAMS COUNTY

### NUTRITION EDUCATION

#### Teaching about healthy eating and active living.

At Adams-Friendship School District, FoodWise taught a series of lessons in all 5K and 3rd grade classrooms. Lessons focused on the MyPlate food groups, trying new foods more than once, and the importance of physical activity. A few middle and high school classrooms participated in cooking classes where students learned basic skills to prepare healthy recipes. Older adults in the 12-week StrongBodies program increased their strength, balance, and flexibility. They also received nutrition lessons on a variety of topics.

### COMMUNITY REACH

#### IN ADAMS COUNTY

#### FOODWISE NUTRITION EDUCATION ANNUAL REACH:

- ▶ 429 youth
- ▶ 68 adults

#### TOTAL LEARNING INTERACTIONS IN FY2024:

- ▶ 1,647 youth engagements
- ▶ 830 adult engagements



#### WHAT OUR PARTICIPANTS SAY

I enjoyed the shopping tour! It really helped with learning about whole grains.



### COMMUNITY PARTNERSHIPS

#### Working to make healthy choices easier and more accessible.

FoodWise staff have been part of the Central Wisconsin Farmers Market group since 2020. Through this collaboration, Adams County farmers markets were included in grant-funded research. Together, the group works to:

- Connect farmers markets to shared resources and support
- Provide education and materials that meet the needs of local vendors and communities
- Support long-term sustainability and the local economy
- Increase access to fresh, locally grown foods
- Promote health for individuals, families, and communities
- Reduce food waste