

SNAP-Ed IMPACTS

IN BARRON COUNTY

NUTRITION EDUCATION

Teaching about healthy eating and active living.

At Cumberland, Tainter, Turtle Lake, and Woodland Elementary Schools, FoodWise taught a five-lesson series in all third-grade classrooms. Lessons focused on the MyPlate food groups, trying new foods multiple times, and the importance of physical activity and integrated math, science, language arts, and health. Students tasted tofu banana pudding and roasted garbanzo beans, and participated in inquiry-driven lessons that support discovery, explanation, understanding, and reflection, which brings a lasting awareness of what it means to be healthy.

COMMUNITY REACH

IN BARRON COUNTY

FOODWISE NUTRITION EDUCATION ANNUAL REACH:

- ▶ over 550 youth and adults
- ▶ 247 education sessions

TOTAL LEARNING INTERACTIONS IN FY2024:

- ▶ 2,411 youth engagements
- ▶ 116 adult engagements



WHAT OUR PARTICIPANTS SAY

My students have made comments about the food (fruits/veggies) that they eat during milk/snack break. Andrea does a great job explaining why certain foods are good for you.

My students love FoodWise lessons and look forward to it each week.

- TEACHER OF ELEMENTARY STUDENTS IN BARRON COUNTY



COMMUNITY PARTNERSHIPS

Working to make healthy choices easier and more accessible.

FoodWise was actively engaged in the process of funding, developing, and planning for sustainability in the Barron Community Garden with the goal of providing increased access to fresh, local produce to food insecure members of our local communities. Produce grown in the garden has been distributed to the food pantry and the county senior nutrition program. Additionally, FoodWise provided complimentary nutrition lessons on site for community members to learn more about the benefits of eating fruits and vegetables and how to grow their own food. The garden is still being used and improved several years later, which is a reflection of the thoughtful planning and commitment to making a lasting impact.