

SNAP-Ed IMPACTS

FOND DU LAC COUNTY

NUTRITION EDUCATION

Teaching about healthy eating and active living.

Low-intensity exercises are gentle on the joints and can be done for longer periods of time. These types of activities are especially helpful for older adults because they support health while lowering the risk of injury. FoodWise recently piloted a new 6-week program called “Walk with FoodWise” at local senior housing sites. Classes were held twice a week and included a short nutrition lesson followed by a gradual increase in walking time. The program was well attended, and participants increased their physical activity during the series.

COMMUNITY REACH

FOND DU LAC COUNTY

FOODWISE NUTRITION EDUCATION ANNUAL REACH:

- ▶ 562 youth
- ▶ 391 adults

TOTAL LEARNING INTERACTIONS IN FY2024:

- ▶ 3,059 youth engagements
- ▶ 1,239 adult engagements



WHAT OUR PARTICIPANTS SAY

My kids have been very active in the planning of, the planting, the harvesting, and the preserving and preparation of fruits and vegetables from the garden. They are better at understanding the how and the why of the importance of healthy eating.

- PARENT OF A JUNIOR MASTER GARDENER STUDENT, FOND DU LAC COUNTY



COMMUNITY PARTNERSHIPS

Working to make healthy choices easier and more accessible.

This year, the state FoodWise program partnered with the Department of Public Instruction (DPI) to help improve elementary school lunchrooms. They invited Fond du Lac County FoodWise to collaborate with the local school district. Nutrition Educator Melanie Phillips led a team made up of FoodWise staff, Riverside Elementary food service, and Chartwells (the district food service provider). Together, they implemented the “School Meal Appeal” program. Riverside Elementary received \$1,000 to support the project. After completing a lunchroom assessment, the team planned several improvements, like cooking demonstrations, taste tests, fruit and vegetable-themed art contests, and a “Harvest of the Month” program featuring locally grown produce.