

SNAP-Ed IMPACTS

LA CROSSE COUNTY

NUTRITION EDUCATION

Teaching about healthy eating and active living.

At Spence Elementary in La Crosse County, FoodWise taught a five-lesson series in all 2nd grade classrooms. The lessons focused on MyPlate food groups, trying new foods more than once, and staying active. Students tasted hummus with purple, orange, and white carrots, tried spinach smoothies, made plant part diagrams, and created a healthy whole grain trail mix. They learned how to make healthy choices in each food group and could name healthier options in every group. Teachers noted students were more willing to try new foods and talk about what they had learned at home.

COMMUNITY REACH

LA CROSSE COUNTY

FOODWISE NUTRITION EDUCATION ANNUAL REACH:

- ▶ 1,247 youth
- ▶ 251 adults

TOTAL LEARNING INTERACTIONS IN FY2024:

- ▶ 4,196 youth engagements
- ▶ 935 adult engagements



WHAT OUR PARTICIPANTS SAY

We definitely thought more about the importance of food variety and that reintroducing foods is a great idea. Our lives as parents become so busy and repetitive, it is easy to look past ideas that our kids' palette may be changing, or they may have tried new foods outside of home that are new favorites.

- PARENT OF A SPENCE ELEMENTARY STUDENT IN LA CROSSE COUNTY



COMMUNITY PARTNERSHIPS

Working to make healthy choices easier and more accessible.

As part of a capacity-building grant for Hmong-focused Farm to School efforts, 16 classrooms in La Crosse learned about and tasted culturally important vegetables like cilantro, winter squash, green beans, mustard greens, and cucumbers. Students were thoughtful when trying samples, sharing what they liked about the smells or didn't like about the textures. Each student received colorful food fact cards about the vegetables to take home and share with families. Students stayed engaged by going on field trips with the nonprofit GROW La Crosse, where they saw signs describing the vegetables and viewed plants growing in a greenhouse. Hmong students felt seen, connected, and represented through these experiences.