

# SNAP-Ed IMPACTS

## IN RUSK COUNTY

### NUTRITION EDUCATION

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

At Bruce, Flambeau, and Ladysmith Elementary Schools, FoodWise taught a five-lesson series in all 2nd 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. They 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 RUSK COUNTY

#### FOODWISE NUTRITION EDUCATION ANNUAL REACH:

- ▶ over 315 youth and adults
- ▶ over 100 education events

#### TOTAL LEARNING INTERACTIONS IN FY2024:

- ▶ 1,283 youth engagements
- ▶ 141 adult engagements



#### WHAT OUR PARTICIPANTS SAY

The FoodWise program is amazing and the instructor does an amazing job with kids!!

Students have been more aware of healthy choices of food and recognize these healthy foods after the lessons.

- TEACHER OF ELEMENTARY STUDENTS IN RUSK COUNTY



### COMMUNITY PARTNERSHIPS

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

FoodWise supported the early planning and funding efforts for the Rusk County Community Garden, aiming to improve access to fresh, local produce for residents facing food insecurity. Over time, the garden's location and leadership changed, but FoodWise stayed involved in discussions and continued to support the garden's mission. Recently, the project gained new momentum with a land donation from the Rusk County Library, which shows the community's commitment to improving food access. The new location offers a fresh start and renewed energy for community engagement. FoodWise now provides free, on-site nutrition information to help community members learn what's in season, the health benefits of those fruits and vegetables, and how to prepare them.