

SNAP-Ed IMPACTS

IN WAUKESHA COUNTY

NUTRITION EDUCATION

Teaching about healthy eating and active living.

At Heyer, Banting, Hadfield, and La Casa Charter elementary schools in Waukesha, FoodWise taught a five-lesson series in 10 2nd grade classrooms. Lessons focused on the MyPlate food groups and trying new foods. Kids tried raw vegetables (yellow pepper, Brussels sprouts, celery, radish, and beets), fruits (frozen mango, raisins, dates, and blood orange), and simple healthy recipes during nutrition lessons. Parents noticed their children were more open to new foods, saying: "She wants to try beets! We are going to grow some in our garden this year!" and "My child wants to try Brussels sprouts (we call that a win!)" Teachers also noticed students making healthier snack choices and have a greater willingness to try foods they hadn't tried before.

COMMUNITY REACH

IN WAUKESHA COUNTY

FOODWISE NUTRITION EDUCATION ANNUAL REACH:

- ▶ 940 youth
- ▶ 381 adults

TOTAL LEARNING INTERACTIONS IN FY2024:

- ▶ 4,904 youth engagements
- ▶ 1,403 adult engagements



WHAT OUR PARTICIPANTS SAY

"This class helped me to learn to slow down and let my son help more in the kitchen. It helped my son see and realize that other kids and families cook/create together too, and that we had an amazing family experience together."

- PARENT OF A PRESCHOOL STUDENT IN WAUKESHA,
AFTER A FAMILY "COOKING MATTERS" CLASS



COMMUNITY PARTNERSHIPS

Working to make healthy choices easier and more accessible.

In 2024, FoodWise educators engaged with groups of senior citizens throughout Waukesha County by teaching 11 series of "Seniors Eating Well" lessons, partnering with senior apartment complexes, senior organizations, and meal sites in Waukesha, Sussex, Menomonee Falls, Mukwonago, New Berlin, Oconomowoc, and Sussex. During the series, seniors practice healthy habits such as incorporating spices into meals in place of salt, making healthy meals for one or two, and creating nutritious snacks. Educators also led three series of eight-week Strong Bodies strength training and nutrition lessons at senior residences in New Berlin, Butler, and Waukesha. One senior commented, "Every time I attend, I leave with more energy. I want to continue on the path of exercising and better, healthier eating."