

# SNAP-Ed IMPACTS

## IN WINNEBAGO COUNTY

### NUTRITION EDUCATION

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

FoodWise partnered with Oshkosh Head Start and the Oshkosh Boys and Girls Club to offer a series of four family cooking classes. Each lesson began with a children's book related to the weekly theme, which focused on one or two food groups. After a short group discussion, youth and their families took part in a small activity, then prepared a recipe together that highlighted that week's food group(s). During the cooking portion, FoodWise Nutrition Educators shared helpful tips and techniques for cooking with kids. Head Start staff shared that the classes were very well received.

### COMMUNITY REACH

#### IN WINNEBAGO COUNTY

#### FOODWISE NUTRITION EDUCATION ANNUAL REACH:

- ▶ 409 youth
- ▶ 190 adults

#### TOTAL LEARNING INTERACTIONS IN FY2024:

- ▶ 1,943 youth engagements
- ▶ 381 adult engagements



#### WHAT OUR PARTICIPANTS SAY

After speaking with one of my families after attending your Keep Calm and Cook on Series (a father and son) they said they enjoyed the event, and liked the easy recipes, and was something new they could do together.

- OSHKOSH HEAD START STAFF



### COMMUNITY PARTNERSHIPS

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

FoodWise collaborated with Winnebago County 4-H Youth Development and Horticulture Educators to create an outdoor classroom and community garden in Oshkosh. Summer 2024 marked the first season of community programming at the site, with more planned for next year.

Each summer, the Boys and Girls Club of Oshkosh brings youth to the garden for a six-week series of hands-on lessons about where food comes from and which parts of the plant we eat. The Oshkosh Public Library joins each week to lead a related storytime and activity.

Produce grown in the garden is donated to the Day By Day Warming Shelter, where FoodWise also leads cooking classes using the fresh ingredients.