

EXTENSION, MANITOWOC COUNTY NEWSLETTER

December 2019

FoodWise Partners with Salvation Army Food Pantry of Manitowoc County

By FoodWise Coordinator Laura Apfelbeck and UWGB Dietetic Intern Abby Waydick

In October 2019, FoodWise staff worked closely with the Salvation Army pantry in Manitowoc to address the issue of underutilized foods. The pantry had received an abundance of brown rice, lentils, and beans but many pantry shoppers were unfamiliar with these foods and hesitated to take them. Pantry manager Rachel Cohen requested promotional material. FoodWise intern Abby Waydick of the University of Wisconsin-Green Bay Dietetic Internship program created pamphlets showcasing simple, family-friendly recipes and nutrition information to encourage shoppers to try the new foods.

Initially, FoodWise printed 30 pamphlets featuring each item: Lentils, Brown Rice, and Garbanzo Beans. Within two weeks every pamphlet had been taken, so Cohen requested 30 more. Pantry staff observed more people selecting the foods after pamphlets were introduced.

FoodWise also offered a tasting to allow people to sample garbanzo beans, a novel food for many pantry shoppers. Everyone who tried the sample said they loved it and many took a recipe card. One little girl, around 9 years old, was excited to see a sample, but when she looked at it, she wrinkled her nose and said, "I hate beans." After watching others enjoy the sample, she mustered up the courage to try it. She finished it all and requested a recipe card so her mom could make beans for her. Tastings serve as a nudge, a gentle way to encourage behavioral change toward incorporating healthy new foods into the diet.

Through this project, FoodWise strengthened relationships with the Salvation Army pantry, opening the door for future collaboration. The project incorporates whole grains and plant-based proteins, healthful eating strategies easily replicated in other pantries.



University of Wisconsin Green Bay Dietetic Intern Abby Waydick shares resources with Rachel Cohen, Manitowoc's Salvation Army food pantry manager.



Brochures promote lentils as a family-friendly protein source in this display at Salvation Army Food Pantry



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BUCKY'S TUITION PROMISE

First announced in February 2018, Bucky's Tuition Promise is a commitment to Wisconsin resident students.

The program guarantees scholarships and grants to pay for tuition & segregated fees for students whose household adjusted gross income (AGI) is \$60,000 or less. Incoming freshmen will receive eight (8) consecutive semesters (4 years) of free tuition & segregated fees and transfer students will receive four (4) semesters (2 years).

Fresh Veggies Year-round at Monroe

By Kaila Stencil– FoodWise Nutrition Educator



Grow Tower

Fresh lettuce in winter!! Yes, this is exactly what you will see at Monroe Elementary School in the winter months. The UW Extension FoodWise team partnered with Grow it Forward and Monroe Elementary school to implement a Grow Tower garden in Mrs. Lallensack's first grade classroom. This hydroponic growing system uses only water to grow plants indoors: no soil required! The first grade students have planted lettuce, spinach, kale, chard, and basil. They are anxiously watching their plants grow and are excited to harvest in the next couple of weeks. Students are learning about the importance of healthy eating and how plants grow.

Once the plants are ready to be harvested, the first graders will be enjoying fresh produce right in their classroom! Most of them will be trying new vegetables that they have never tasted before. Having students included in the growing process increases the likelihood that they will sample the produce, and they might even like it! Great things are growing in Mrs. Lallensack's classroom and we can't wait to harvest and taste!

*Seedlings starter pack to
be put in grow tower*



Extension, Manitowoc County Welcomes Health & Well-Being Educator, Catherine Tease



Hello , My name is Cath Tease and I recently accepted the part-time Health and Well-Being Educator position at the Extension office.

I'm excited to join the team! I grew up in Sheboygan and am the oldest sibling of six. My mom and dad still reside in the home I grew up in. I have fond memories of playing in fields, exploring woods and paddling my blow-up boat in various ponds and rivers in the neighborhood. Being raised in a large family has helped me learn to listen, share my belongings, and accept that things aren't always going to go my way . I also learned that if I really wanted something I would have to work for it.

In 2004, I moved to Manitowoc. My husband Brian and I reside in Manitowoc and wake up each morning to the sunrise on the beautiful Lake Michigan shoreline. Six years ago we purchased what I call "an old grandma home" as it reminds me of the simple homestead of my grandparents. My husband is quite handy and we've begun to make the place our own.

My children are both grown and they remain the light of my life. What I am most proud of is the respect they give to others and the depth of their love for life! I am also a VERY proud nana. My beautiful granddaughter, Aria, spends every Wednesday with us. We've carved out that time weekly since her arrival in 2010. Did I mention she has a room at the house? What a mid-week pick me up! We love Wednesdays with Aria!

I enjoy kayaking and have found that when my hands move my mind stills. I love rustic camping and prefer a tent to a hotel. I've become very acquainted with spiritual retreat centers around WI and surrounding states. My time there has fostered a deep love and appreciation for stillness. So much so that I am currently building a small healing hermitage in my backyard. My husband and I spend a lot of time in nature. We are so blessed to live in this beautiful state and have at our access so many amazing city, county and state parks.

Oh, I do bring some skills and experiences to this role! I graduated from Lakeland College in 1995. I've spent almost two decades working in crisis intervention, serving as a five county program manager of a runaway and homeless youth program. We provided short term housing, parent-child mediation, crisis line coverage and on-site case management and support. I do have grant writing skills, and enjoy mentoring new professionals in the positive youth development philosophy. Since 2012 I have worked full time as a grant coordinator with Northeast WI Area Health Education Center (NEWAHEC) with an emphasis in tobacco prevention and substance abuse. I guess most people describe me as a community connector. I am so excited to begin my new position titled Health and Well-Being educator.

Thank you for such a warm welcome!



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