



Extension

UNIVERSITY OF WISCONSIN-MADISON
DODGE COUNTY

PRESS RELEASE – Extension in Action

For Immediate Release

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Area Focus:

FoodWise – Healthy Eating & Active Living

UW Extension offers many great resources for you, your family, and your community in many helpful ways! Check out these great opportunities and tips from the area of FoodWise – Healthy Eating & Active Living:



Where did all my groceries go?!



Notice your grocery bill going up but the amount in your bags is the same or maybe less?

It's not just you. According to the USDA, the food-at-home (grocery store or supermarket food purchases from April 2024 was 1.1% HIGHER than April 2023. The food-away-from-home purchases (restaurant purchases) for April 2024 was 4.1% HIGHER than April 2023. Any good news in this? Food prices ARE expected to continue to slow down in 2024 compared to recent years. Need help filling the gap until they do?

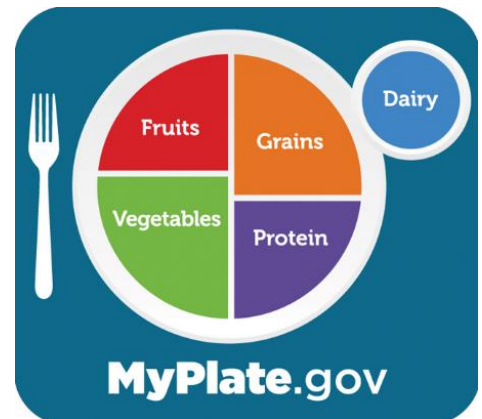
Check out our list of food resources throughout Dodge County <https://dodge.extension.wisc.edu/food-resources/>. There is always a quick link button at the top of our office homepage also: <http://dodge.extension.wisc.edu>

(USDA Source: <https://www.ers.usda.gov/data-products/food-price-outlook/summary-findings/>)

I'm hungry! What's for dinner? When is Supper going to be done?

Don't you love that question?! Besides a sigh or eye roll to your answer, why not invite them to help you pick out a menu for the week! MyPlate.gov is a great free resource that you can sort by Course, Nutrition, Food Group, Cooking Equipment and Cost. They also offer quick cooking videos and how-tos.

Need some recipes to use up that extra squash from the garden? Have a teen that's always snacking, and you want healthy options? Need a quick microwave dish for supper on a Tuesday? Want to try something with new produce you saw at the farmer's market?



They have you covered! Check it out using the links below:

English: <https://www.myplate.gov/myplate-kitchen/recipes>

Spanish: <https://www.myplate.gov/es/myplate-kitchen/recipes>

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program – SNAP and Expanded Food and Nutrition Education Program – EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.



Why can't I pick that up like I used to?!

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

The StrongBodies Program was developed by Miriam Nelson, Ph.D., an associate professor at the Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy at Tufts University. The StrongBodies Program is based upon years of research on how strength training and proper nutrition improve the health for all ages. "Strength is a critical factor in living healthier, more active lives. Our research shows that a program of strength training not only improves bone density but reduces falls, improves arthritis symptoms, and increases flexibility and strength," states Dr. Nelson. The program is appropriate for both sedentary and active people.

Over 15,000 individuals in Wisconsin have participated in the StrongBodies program. Results show these participants gained physical strength, flexibility, balance and knowledge of nutrition and health. These women and men have also indicated that they have benefited socially from meeting and getting to know new people. Income eligibility is required.

If you are interested in participating in the StrongBodies Program, please contact UW-Extension to learn more and see if you qualify!

NEW OPPORTUNITY COMING SOON - Tai Chi Classes

Enjoying Strong Bodies and want something more? Not sure you're quite ready for Strong Bodies? Try Tai Chi!

According to Harvard Health: Tai Chi is often described as "meditation in motion" but it might as well be called "medication in motion". There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems, including reducing falls and arthritis. In this low-impact, slow-motion exercise, you go through a series of motions or actions. This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life.



Income eligibility is required. **Please watch for sign up information on this exciting new class coming soon!**
(Harvard Health Source: <https://www.health.harvard.edu/staying-healthy/the-health-benefits-of-tai-chi>)



Have Questions? Extension is here to help.

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Find these topics and more on our website: <http://dodge.extension.wisc.edu>