



Extension

UNIVERSITY OF WISCONSIN-MADISON
DODGE COUNTY

PRESS RELEASE – Extension in Action

For Immediate Release

October 25, 2024

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:



Apples are the Harvest of the Month!

Add apples to your favorite family meals:

- Mix apple chunks into your hot cereal.
- Pair apple slices with cheese.
- Add thin apple slices to chicken salad or peanut butter sandwich.

Make meals and memories together. It's a lesson kids will use for life.

Select – Choose firm apples with smooth and shiny skin.

Store – Refrigerate in a plastic bag for up to 3 weeks.

Prepare – Eat whole or sliced. Leave on the skin for extra nutrients!

Did you know?

There are over 7,500 varieties of apples grown across the world. Some Wisconsin favorites include Gala, McIntosh, Golden Delicious, Honey Crisp, and Cortland.



Nutritious, Delicious, Wisconsin!
#WIHarvestofTheMonth



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Celebrations and Gatherings Filled with Happiness... & Nutrients!

Healthy eating is important at every stage of life, including celebrations and gatherings.

As we near the months of the year where we will be gathering more, here are some tips to help choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

<https://www.myplate.gov/tip-sheet/celebrations-and-gatherings>



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.



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Why can't I pick that up like I used to?! Try Strong Bodies or Tai Chi!

Want to gain physical strength, flexibility, balance, and knowledge of nutrition and health? Improve arthritis symptoms? Want an excuse to try something new? Want to socialize with others at a similar pace as you? StrongBodies and Tai Chi could be the answer! [Which one do I choose?](#)

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

The StrongBodies Program is based in strength training and proper nutrition improving health in men and women of all ages. The program is appropriate for both sedentary and active people.

The Tai Chi Program is low-impact, slow-motion exercises. This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life.



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

Want to eat better? Feel better? Live better?



Use MyPlate! **The MyPlate Plan*** shows your food group targets – what and how much to eat and stick within your calorie allowance. **Your FREE food plan** is personalized based on your age, sex, height, weight, physical activity level, and goals!

Get your own personal plan and take steps today to feel great tomorrow: <https://www.myplate.gov/myplate-plan>



Have Questions? Extension is here to help.

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

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