FoodWIse Programming:

October 2024 – March 2025

Kimberly Lafler, FoodWIse Nutrition Educator for Dodge County provides nutrition education programming aimed to improve healthy eating and active lifestyles for individuals and families with limited incomes at the individual, community and systems levels. FoodWIse also provides support to local community organizations to address health needs through research-based health promotion and education programs, with a focus on food and nutrition security, food safety and food resource management.

**Upcoming Projects**

* *Healthy Schools*
	+ Continuation of Harvest of Month program
	+ Education series for students in 3rd grade at Beaver Dam School District
	+ Education series for students in 4k – 5th grade at Waupun School District
	+ Education series for Head Start Classroom in Beaver Dam

*Adults and Seniors*

* Education series at Senior Meal Sites
* Strong Bodies series
* Tai Chi series

*Parents*

* Education series for parents of Head Start students

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| **As a result of Kimberly Lafler’sprograming:** |
| 17 senior adults participated in Strong Bodies 13 senior adults participated in Tai Chi programming | Participation increases strength, flexibility, balance and connectedness which helps seniors age in place.“I feel connected to others more now.” |
| 268 students in K–5 at Dodgeland Elementary were exposed to and or tried a new fruit or vegetable  | Early exposure and opportunities to try fruits and vegetables increases likelihood of making healthy food choices and increased acceptance of fruits and vegetables. “This sweet potato was really great!” |
| Parents and young adults learn how to manage food resources | Increases food security for individuals and families.  |

**Needs Assessment**

FoodWIse works closely with community partners regularly to assure that the work being done is impactful and addresses both immediate and long-term needs for partner agencies and Dodge County residents.

**Recent Projects**

*Healthy Schools*

* Partnering with food service director at the Dodgeland School District to highlight fresh fruits and vegetables on the district menus this school year with Harvest of the Month.
* Offered nutrition education to students in grades K-3 at Dodgeland Elementary

*Parents*

* Provided education to parents of young children on topics such as increasing children’s acceptance of fruits and vegetables, meal planning, and goal setting.

*Young Adults*

* Provided series of nutrition education and food resource management to neurodivergent young adults.

*Adults and Seniors*

* Strong Bodies: Physical activity program for mid age adults and seniors to build strength, flexibility, balance and social connectedness.
* Tai Chi for Arthritis and Fall Prevention: Dodge County FoodWIse was chosen to pilot this program featuring gentle slow-moving exercise to strengthen and mobilize joints and muscles.