



FoodWise Programming: April - June 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

Adults and Seniors

- Strong Bodies series
- Tai Chi series

Healthy Schools

- Collaboration with the food service director at Dodge School District and continuation of Harvest of Month program

Young Adults

- A series of nutrition education and food resource management to neurodivergent young adults.

Needs Assessment

Working closely with community partners, FoodWise ensures their efforts are effective and aligned with what the community partner needs. This is done 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 the food service director at the Dodge School District to highlight fresh fruits and vegetables on the district menus this school year with Harvest of the Month.
- Interactive nutrition education lessons offered to students in 4k, 1st, 3rd and 5th grades at SAGES Elementary in Fox Lake.

Adults and Seniors

- 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, increase flexibility, balance and social connectedness.

17 senior adults participated in StrongBodies programming	Participation increases strength, flexibility, balance and connectedness which helps seniors age in place.
16 senior adults participated in Tai Chi programming	Participation increases strength, flexibility, balance and connectedness which helps seniors age in place. "Since starting Tai Chi, walking with intention, picking up my feet and transferring my weight from leg to leg has helped me be more surefooted!"
64 students in 4K, 1st, 3rd and 5th grade at SAGES Elementary were exposed to and or tried a new fruit or vegetable.	Early exposure and opportunities to try fruits and vegetables can shape preferences and habits of making healthy food choices making it a normal, regular part of their diet.
As a result of Kimberly Lafler's programming:	