



FoodWise Programming: July - September 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.

Recent Projects

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.
- Strong Bodies: Physical activity program for mid age adults and seniors to build strength, flexibility, balance and social connectedness. This was provided in two sites in Dodge County this summer.

FoodWise Program Winds Down

FoodWise Programming has made a lasting impact across Dodge County, delivering research-based programming to individuals and families with limited resources. This year alone, FoodWise worked with 20 classrooms across four schools, three community centers, and two food pantries, promoting healthy eating, active living, and smart food budgeting.

As the program winds down, its influence continues through the various partners and participants who remain committed to creating a healthy, active lifestyle.

FoodWise's deep community partnerships and responsive programming have helped make the healthy choice the easy choice for Dodge County residents - at the individual, community and system levels.

As a result of Kimberly Lafler's programming this year:

418 unique individuals took part in FoodWise programming.	4K, Kindergarten, 1st, 3rd, 5th grade students, young adults, parents, adults and seniors attended direct education events.
86 senior adults participated in either Tai Chi programming or Strong Bodies.	Participation increases strength, flexibility, balance, muscle mass, bone density and connectedness which helps seniors age in place.
21 neurodivergent young adults participated in FoodWise activities about healthy eating, kitchen safety, meal planning and stretching food dollars.	Increases food security and skills needed for individuals to become and remain independent.

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