

Jackson, Trempealeau, Buffalo & Pepin FoodWise: Committee Report: August 2025

FoodWise Projects & Professional Development - April Duval, Coordinator & Mariel Ortez, Educator:

- ❖ PEARS data finalization (Cathy and April)
- ❖ Jackson in Action Community Coalition Meeting (April)
- ❖ Parent program at Independence Head Start (Mariel)
- ❖ Harvest of the Month for the 2025-2026 School year. April is creating the monthly informational handouts with Mariel translating them into Spanish (see back side for September).
- ❖ River Grove Low Income Housing Nutrition Lesson in Black River Falls: Goal Setting (April)



Jackson in Action: Farmers Market Booth – Harvest of the Month: August- Cucumbers information and Cucumber Salsa food tasting. Approximately 30 visitors to the booth. (April)

Parkview Low Income Housing (Independence) and Partridge Run (Black River Falls) Low Income Housing: Farmers Market Nutrition Lesson (April)



- ❖ Jackson County Aging and Disability Resource Center (ADRC) Meal and Presentation: Discover Wisconsin Farmers Markets: Strategies to Increase Vegetable Intake, 40 participants (April)

PLEASE NOTE:

April is at a 60% reduced appointment until September 21st: (24 hours per week) + using leave time,
Due to SNAP-Ed funding cut, April's layoff date is December 1st

Mariel will be on a 60% reduced appointment for August: (24 hours per week) + using leave time,
Due to SNAP-Ed funding cut, Mariel's layoff date is October 1st

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Feedback from partners about funding loss:

“I cannot begin to tell you how sad this is for not just the residents I work with but for the entire community and surrounding areas. Your kind presence, passion to provide healthy nutritional education, keeping us active, and how to eat healthier on a budget really made a difference for the people in Jackson County.” Low-income Housing Manager, Jackson County

“I was so sorry to hear that the Snap-ed funding was eliminated; Foodwise is such a great program and has been so beneficial for my tenants.” Low-income Housing Manager in Jackson and Trempealeau

“I’m very sorry to hear this. The students really enjoyed and learned a lot through this program. 😊” Trempealeau County Teacher

“I am so sad to see the end of the "Miss April in April" visits. We so looked forward to this each year and the kids loved trying the new foods, and actually did try them!! April, please know that you have taught us both strategies we continue to use on an almost daily basis with the kids and our meals and snacks, especially the simple steps to use when trying a new or different food item. Thanks for all you do for our children and families.” Jackson County Teacher

Harvest of the Month Flyers for September:

HARVEST OF THE MONTH SEPTEMBER: CORN

Corn

SELECT
Sweet corn is available fresh, canned and frozen. When selecting fresh corn choose ears with bright green husks, fresh silks, and rows of tight, plump kernels.

STORE
Refrigerate corn with husks for 1-2 days.

SEASONALITY
Fresh sweet corn is available in Wisconsin from July through September.

Uses

Boiled corn on the cob: Remove husk and rinse corn. Put water in a large pot and bring to a boil. When the water is boiling, drop in the corn. Boil for 5-6 minutes.

Watch a video here: <https://youtu.be/79pD5YwBrss>

Add corn to chili or soups

Make a salad with corn, beans, tomatoes, peppers, onions, lime juice, olive oil and seasonings.

Experiment with different toppings: lime juice, fresh herbs (parsley, basil), and other spices (paprika, garlic)

Recipe: Confetti Rice and Bean Salad

Ingredients

- 1 cup instant brown rice, uncooked
- 1 cup tomatoes, chopped (about 1 medium)
- 2 medium carrots (finely chopped or grated)
- 2 tablespoons onion (finely chopped)
- 1 cup frozen corn
- 1 can (15 ounces) black beans
- 1/4 cup lime juice
- 1/4 cup olive oil
- 1/2 teaspoon salt and 1/2 teaspoon ground black pepper

Instructions

1. Cook rice according to package directions and let cool.
2. Wash and cut up the tomato, carrots, and onion while rice is cooling. Put the vegetables into a large bowl.
3. Add frozen corn to the bowl.
4. Drain and rinse black beans and add to the bowl.
5. Add cooled rice to the bowl.
6. Whisk together the lime juice, oil, salt, and pepper in a small bowl. Pour this over rice and veggie mixture and stir gently to combine.
7. Refrigerate at least 30 minutes before serving to let flavors mingle.

<https://spendsmart.extension.iastate.edu/recipe/confetti-rice-bean-salad/>