

Eau Claire County
**HIDDEN
HUNGER**

Winter 2016

Hunger Highlight

**FoodWise is the new name of the
Wisconsin Nutrition Education Program**



Photo from bing.com "Free to Use"

FoodWise, formerly known as the Wisconsin Nutrition Education Program, or WNEP, has a long legacy of providing nutrition education to Eau Claire County families and individuals with limited incomes.

FoodWise, University of Wisconsin-Extension's nutrition education program, is a federally funded effort that seeks to empower Wisconsin residents with limited incomes to make healthy choices to achieve healthy lives and reduce health disparities.

Eau Claire County FoodWise still teaches direct nutrition education to over 2,000 youth and adult county residents annually. Nutrition and food resource management is taught at schools, after school and summer programs as well as at many

government and non-profit agencies. We also partner with community agencies to use policy, systems and environmental change approaches to improve health. Community projects we are working on include: Market Match Incentive program at the EC Downtown Farmers Market, Food as Medicine Partnership, and the FNv fruit and vegetable grocery store initiative.

For 2016 outcomes, see page 2, Recent FoodWise Efforts.



Tell a Neighbor in Need:

SATURDAY, DECEMBER 17, 5:00-7:00 PM

Hope Gospel Mission

8 South Farwell Street, Eau Claire

No volunteers needed December 17.

Call Gloria at 715-552-5566, Ext. 1120 to help with daily evening meals

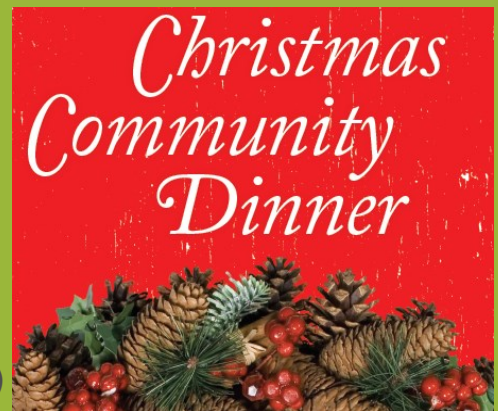
SUNDAY, DECEMBER 25, 8:00-10:00 AM (Brunch)

The Community Table

320 Putnam Street #2, Eau Claire

No volunteers needed December 25.

Create a team to feed the hungry at [The Community Table](#)



Recent FoodWise Efforts

Children Eat More Fruits and Vegetables

Strong evidence shows that eating patterns that are low in calories -with a high intake of vegetables and fruit improve weight and chronic disease prevention. To improve children's dietary quality, the ECC FoodWise team taught eight nutrition lessons to 503 third and fifth graders at five ECC low-income elementary schools.

Parent respondents reported that after program completion behavior changes made by their child included: 65% were more willing to taste new foods, 61% were eating more fruit, 47% were eating more vegetables, and 46% of their children had asked them to buy a fruit or vegetable. Parents' comments: "Keep up the good work! He ate green beans and chop-suey vegetables - never had before. He said he tried yellow and green peppers at school, unheard of!" and "This was the best thing for my child! She never wanted to try anything before."



UWEX File Photo

Healthy Food Builds Healthy Families

Sixteen Western Dairyland Head Start, Augusta Elementary and Literacy Chippewa Valley families improved family eating habits through four to six nutrition sessions. Parents reported they had increased the frequency in which they were doing the following activities: letting their children help prepare meals and snacks; eating healthy foods when they are with their children; including fruits and vegetables in family meals; limiting TV and cell phone distractions during family meals; and letting their children choose how much to eat from healthy foods offered. Family changes reported three months after class: "My children are preparing food at home more. It makes them happy. I'm cooking with less oil - more healthy;" and "My children are eating more raw vegetables, we make a smoothie every day and we don't use a tablet, phone or TV during mealtime."

HUNGER NEWS

Rural Poverty, Food Access, and Public Health Outcomes

There is growing interest in understanding how access to healthy food impacts poverty and chronic disease risk.

Many studies have been conducted to determine a correlation between food choices and where families live, from large cities to small rural towns. Numerous factors are involved, making it hard to pinpoint what affects poverty the most. Is it location, access to transportation, income, availability to grocery stores vs convenience stores, or fast food access? More research is needed, however some evidence suggests that healthier food access in rural areas could be a strategy to mediate poverty's link to poor health. [Read More.](#)



American hunger. (photo: Brandon Warren Flickr)

Local School District Poverty & School Meal Eligibility					
School District	Altoona	Augusta	Eau Claire Area	Fall Creek	Osseo-Fairchild
Child Poverty Rate (2012 Census ACS)	16%	34%	14%	16%	18%
Poverty Rate, All Persons (2008-2012 Census ACS)	7%	22%	17%	11%	10%
Persons Below 185% of Poverty (2008-2012 Census ACS)	23%	45%	33%	26%	23%
Free & Reduced Price Meal Eligibility Rate (2013 WI DPI)	43%	48%	43%	26%	42%
Source: WI Food Security Project					



Hunger Prevention
Coalition
for Eau Claire County



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