

Year End Report (Jan-Dec. 2022) _____ 2

Senior Farmer's Market Brochure _____ 6

Home Delivered Meals

Participants Served

2022 Data

Site	Dec.	Jan.	Feb.	Mar.	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec
Clintonville	34	35	36	40	37	38	38	38	38	36	40	42	41
Iola/Scandinavia	21	17	13	15	15	13	9	10	11	15	18	15	12
Manawa	13	14	14	15	19	16	19	17	15	11	13	12	11
Marion	6	5	5	5	5	6	4	4	4	5	6	7	7
New London	37	36	39	39	37	41	41	36	36	35	33	29	34
Waupaca	81	85	88	88	87	85	90	89	80	77	79	81	84
Wega/Fremont	19	19	19	21	21	20	16	14	15	15	12	13	15
Total	211	211	214	223	221	219	217	208	199	194	201	198	204

*New London Nutrition site served an additional 5 participants from Outagamie County during the month of December 2021.

*New London Nutrition site served an additional 5 participants from Outagamie County during the month of January 2022.

*New London Nutrition site served an additional 4 participants from Outagamie County during the month of February 2022.

*New London Nutrition site served an additional 4 participants from Outagamie County during the month of March 2022.

*New London Nutrition site served an additional 4 participants from Outagamie County during the month of April 2022.

*New London Nutrition site served an additional 4 participants from Outagamie County during the month of May 2022.

*New London Nutrition site served an additional 2 participants from Outagamie County during the month of June 2022.

*New London Nutrition site served an additional 2 participants from Outagamie County during the month of July 2022.

*New London Nutrition site served an additional 2 participants from Outagamie County during the month of August 2022.

*New London Nutrition site served an additional 1 participants from Outagamie County during the month of September 2022.

*New London Nutrition site served an additional 1 participants from Outagamie County during the month of October 2022.

*New London Nutrition site served an additional 1 participants from Outagamie County during the month of November 2022.

*New London Nutrition site served an additional 2 participants from Outagamie County during the month of December 2022.

Waitlist Status:

0 participants

(As of Dec. 15th, 2022)

Traditional Congregate Dining

Participants Served

2022 Data

Site	Jan.	Feb.	Mar.	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec
Clintonville	10	3	3	3	5	5	6	6	6	13	16	11
New London	26	21	15	25	19	21	15	29	22	33	39	17
Waupaca	7	2	3	3	3	11	17	20	18	21	23	23
Total	43	26	21	31	27	37	38	55	46	67	78	51

Meals Served

2022 Data

Site	Jan.	Feb.	Mar.	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec
Clintonville	28	20	9	17	8	22	50	79	49	63	70	53
New London	60	62	75	91	90	133	88	141	114	132	136	91
Waupaca	13	4	14	13	9	70	116	176	133	183	198	145
Total	101	86	98	121	107	225	254	396	296	378	404	289

Bistro 60 Congregate Dining

Participants/Meals Served

2022 Data

Site	January		February		March		April		May		June	
	Part.	Meals	Part.	Meals	Part.	Meals	Part.	Meals	Part.	Meals	Part.	Meals
Manawa – Smith’s Steakhouse	7	11	11	24	16	30	22	30	22	29	10	12
	July		August		September		October		November		December	
	Part.	Meals	Part.	Meals	Part.	Meals	Part.	Meals	Part.	Meals	Part.	Meals
	18	32	20	39	29	46	20	29	26	27	25	49
Site	July		August		September		October		November		December	
	Part.	Meals	Part.	Meals	Part.	Meals	Part.	Meals	Part.	Meals	Part.	Meals
Wega/Fremont – Hotel Fremont							49	94	68	117	91	176

Total Registered: 190 individuals

Elderly Nutrition Program

2022- Program Totals

Home Delivered Meals

- Individuals Served = 368
- Meals Served= 43,960
- Program Assessments= 247
- Volunteer Hours= 7,548
- Volunteer Miles Driven= 34,628
- Program Volunteers = 165 people

Bistro 60

- Individuals Served= 160
- Meals Served= 731

Congregate Meals

- Individuals Served= 137
- Meals Served= 2,755

Recipes

When you get your checks, your local agency may also give you some delicious recipes to try with your produce. Your local nutritionist is available to answer any questions and suggest new ways of preparing your fresh, locally grown food. Below is a sample.

BERRIES

Farmers' Market Season
June to September

Buying Tips

Select berries that are bright in color, uncrushed, and free of mold. If they are in a box, make sure it is not stained or leaking.

Storage

Store in the refrigerator. They are best if used within one to three days. Berries can be frozen.

Preparation

Rinse berries in cold water. Berries can be eaten raw or cooked.

Recipe

Berry Parfait

½ cup - 1 cup berries *as desired*
½ cup low-fat yogurt
2 tablespoons granola

Spoon the yogurt into a dish. Spoon the granola over the yogurt. Top with washed berries. Enjoy!

Questions or Problems?

If you have any questions about the program, contact the agency that issued your checks. Report complaints you may have about the program or individual vendors to your local agency.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
program.intake@usda.gov

This institution is an equal opportunity provider.

Wisconsin Farmers' Market Nutrition Program (FMNP)



State of Wisconsin
Department of Health Services
Division of Public Health
P-40154 (05/2022)

What is the Farmers' Market Nutrition Program?

The Farmers' Market Nutrition Program offers you an opportunity to purchase fresh, locally grown fruits, vegetables, and herbs from certified farmers.

Farmers' Market Checks are to be used June 1 – October 31

You can take your checks to any participating farmers' market or roadside stand. Nearly every county in the state has at least one participating market. You can even take your checks with you when you are traveling throughout the state!

Go to an authorized market (you will be given a list by your agency) and look for this yellow sign:



- 🍏 Change will not be given if you buy less than the amount of the check(s).
- 🍏 If the price of what you buy is higher than the amount of the check(s), you can make up the difference with cash or another check.
- 🍏 Checks cannot be used at grocery stores.

Approved Locally Grown Foods

Fruits:

Apples
Berries (all)
Cherries
Cranberries
Grapes
Ground Cherries

Melons
Pears
Plums
Rhubarb
Strawberries

Herbs:

Basil
Chives
Cilantro
Cutting Celery
Dill
Epazote
Garlic
Garlic Chives
Horseradish
Lemon Balm
Lemon Grass

Lovage
Marjoram
Mint
Oregano
Parsley
Rosemary
Sage
Summer Savory
Sorrel
Tarragon
Thyme

Vegetables:

Asparagus
Beans (all)
Beets
Bok Choy
Broccoli
Brussels Sprouts
Cabbage (all)
Carrots
Cauliflower
Celery
Celeriac
Corn (not ornamental or popcorn)
Cucumber
Eggplant
Fennel
Greens (all)
Kohlrabi
Leeks
Lettuce (all)
Mushrooms

Okra
Onions
Parsnips
Peas (all)
Peppers (all)
Potatoes (all)
Pumpkins
Radishes
Rutabagas
Scallions
Shallots
Spinach
Sprouts
Sunchokes
Squash (winter & summer)
Swiss Chard
Tomatilla
Tomatoes
Turnips
Watercress