



UW-MADISON EXTENSION

Christi Gabriliska  
Extension Waupaca County  
FoodWise Coordinator  
May / June 2022

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### **Coalitions and Committee Meetings:**

#### **Living the Waupaca Way —**

- Facilitated May coalition meeting
- Attended Super Hero Fun Run

#### **Waupaca Farmers Market**

- Provided support to the Waupaca Farm Market Manager to facilitate the Advisory Board Committee Meetings
  - Began collecting feedback from downtown Waupaca business owners
- Helped print and distribute promotional materials and collaborated with Waupaca County HR to offer Farm Market Gift cards to county employees as part of their Go 365 health insurance incentive program.

#### **Waupaca Community Garden**

- Collaborated with the Waupaca Arts Hub to work with youth to paint a mural on the garden shed.
- Spent our monthly May and June meetings at the garden cleaning up and planting tomatoes and peppers.
- Helped deliver two picnic tables built by the Waupaca High School Tech Ed. Class to the community garden
- This year's efforts at the garden are geared towards creating a welcoming space that will be open to the community. The garden is intended to be more of a therapeutic garden, versus produce production garden.
  - This makes our collaboration with the Chain Exploration Schools garden even more important as they grow a lot of produce and deliver it to the food pantry.

### **Administrative**

- Finalized FY23 program plan and submitted final edits to the state FoodWise team
- Checked-in weekly with FoodWise staff
- Facilitated bi-weekly FoodWise team meetings
- Attended county staff meetings
- Check-in one time per month with AED

### **Program Delivery and Partner Meetings**

- Attended Weyauwega's Community Health Fair
- Met with the Oshkosh Area School District to learn more about their school gardens



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- Met with Lincoln Elementary School's wellness committee to discuss a fruit and veggie monthly tasting the school would like to implement next year.
- Filled in for Hailee Struck, FoodWise nutrition educator, teaching 2<sup>nd</sup> grade nutrition lessons at Lincoln Elementary School
- Attended a Community Health Assessment data sense making meeting hosted by Theda Care focusing on the city of Waupaca and its surrounding communities.



## 2021 ANNUAL REPORT

### MISSION STATEMENT

Waupaca Way will coordinate and empower community groups to enhance health and wellness to reduce chronic disease and support overall well-being.

### VISION STATEMENT

Waupaca County communities will be engaged in promoting healthy environments where we live, learn, work and play.

### PURPOSE:

- Improving access to fresh, local fruits and vegetables
- Enhance health and wellbeing through physical activity
- Empower the community
- Reduce the risk of Chronic Disease
- Promote healthy environments where we live, learn, work and play



Holiday Food Bundles  
distributed



SPENT AT THE FARM  
MARKET



New subcommittees  
established



## 2021 ACHIEVEMENTS

### Waupaca Farmers Market

*Living the Waupaca Way began its Waupaca Farm Market Expansion Project in 2016.*

- Farm Market customers spent nearly **\$95,000** at the market.
- EBT is accepted at the market and nearly **\$2,000** of the total sales were paid through SNAP benefits which in turn increased access to fresh fruits and vegetables to limited resource families and individuals.
- Credit Card transactions were also accepted at the market.
- Our customers redeemed **\$653** in Double Dollar incentives.
- Double Dollar Incentives were offered every Saturday during the market season.
- The City of Waupaca has agreed to create a sustainability plan in collaboration with Living the Waupaca Way to support the Market Manager Position.



### Holiday Food Drive

*Living the Waupaca Way teamed up with Foundations for Living and other partners to hold a food drive to create Holiday Food Bundles and a nomination form to find recipients of the food.*

- **101** food bundles were assembled and distributed including:
  - A turkey coupon, green beans, stuffing, gravy and cream of mushroom soup. All of the food collected was donated.
  - Food bags were distributed to families throughout the county and nominations were collected through a variety of local partners.
  - Foundations for Living procured funding for the turkeys.
  - Feeding America donated 100 reusable grocery bags.

## COMMUNITY PARTNERS & SPONSORS :

**Thank you** to the community partners and sponsors who make the events and projects Living the Waupaca Way host possible. We couldn't do it without you.



## COMMUNITY EVENTS

### Waupaca Community Garden - Theda Care Location

The community Garden was planted for the 3rd year and was maintained by the garden manager and a small team of Living the Waupaca Way members.

- Garden produce was harvested and donated to the Bread Basket and Waupaca Area Food Pantry by Living the Waupaca Way volunteers.
- A container garden workshop was hosted at the community garden in collaboration with FoodWise.



### Super Hero Fun Run

The Super Hero Fun Run was held in May and offered community members an opportunity to engage in a fun activity promoting health and well-being.

- 136 individuals participated including families and young children.
- The event is largely sponsored by community partners. A huge thank you to all the sponsors of the event.



### Farmhouse to Table Curbside Dinner

The 6th Annual Farm to Table Dinner Event was held in September. The event was a curbside meal kit with in-person market vendor shopping and a flower bar.

- Local market vendors and chefs used locally sourced ingredients to create a soup and salad meal kit.
- 60 Meal Kits were sold.
- The event was a fundraiser for the Waupaca Farmers Market.



### Fund A Fridge

A sub-committee of Living the Waupaca Way teamed up to implement a program to support those in need of vital kitchen appliances to adequately store fresh and frozen foods.

- Applications were screened and 5 freezers, 4 top-freezer refrigerators, 1 upright convertible freezer-refrigerator, and 1 commercial-grade freezer were awarded to applicants.

Waupaca County Opportunities  
Waupaca County Master Gardeners  
Waupaca County Disc Golf



# 2021 ANNUAL REPORT

## JOIN US!

Every 3rd Friday at 8am  
Via Zoom and in person at the  
Waupaca County Courthouse

 **LIKE US ON FACEBOOK!**  
[facebook.com/waupacaway/](https://facebook.com/waupacaway/)

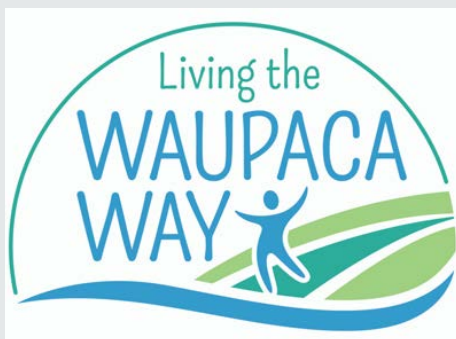


## CONTACT US!

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715-258-6479

## LEADERSHIP ROLES

**Facilitator:** Christi Gabrilka  
**Co-Facilitator:** Gerry Hamm  
**Treasurer:** Sandy Robinson  
**Secretary:** Maureen Markon  
**Social Media Manager:** Hailee Struck



## Waupaca Park and Rec Department Halloween Event

*This year the event was held in conjunction with the grand opening of the down town. The event was outside and had an incredible turn out.*

- Seven Living the Waupaca Way members volunteered for the event .
- Apples, popcorn and apple cinnamon water were distributed as healthy alternatives to candy.



## NEWLY DEVELOPED SUBCOMMITTEES

### Waupaca County Hunger Network

*The Waupaca County Hunger Network was established during the pandemic as the coalition recognized heightened disparities within the community.*

- The main objective of the hunger network is to create a space for organizations and individuals serving those in need to come together and share resources, discuss challenges, and overcome barriers together to better serve the community.
- The network meets via zoom on the 2nd Wednesday of every month. Contact us via our gmail account for more information.

### Waupaca County Community Garden Committee

*The Waupaca County Community Garden Committee was established to streamline and better support community garden efforts in the county.*

- Currently, the committee is partnering with ThedaCare, Master Gardeners, FoodWise and the Chain Exploration Center.
- The committee plans to focus on beautifying the garden space at the ThedaCare Location and streamline food distribution efforts.
- The committee is hoping to meet one time per month, a reoccurring date has yet to be determined.



UW-MADISON EXTENSION

## Agreement Letter - Waupaca County Extension Office FoodWise Federal Fiscal Year 2023

University of Wisconsin-Madison Division of Extension FoodWise program has been offering nutrition education programming to the SNAP/FoodShare-eligible residents of *WAUPACA* County since 2008. During the period of October 2020 to September 2021, educational contacts were made at locations such as *WIC, Head Start, Health Beginnings, Foundations for Living, Food Pantries, Elementary Schools, and more*. Participants learn to make healthy food choices, to manage their food dollars, and handle their food safely. We also work with community partners to increase healthy food access and physical activity opportunities where our participants live, learn, work, shop, and play.

Much of the cost to provide FoodWise educational programming is paid with the \$350,000 in federal funds that FoodWise is bringing into Area 10 (Waupaca, Calumet, Winnebago and Outagamie Counties) during this current year. FoodWise federal dollars pay the salaries, fringe benefits and direct teaching expenses for FoodWise colleagues in the county office.

FoodWise relies upon our County partners to provide office space and related overhead costs, as well as basic operating costs and resources such as internet service, IT support and basic software, office telephones, shared supplies and equipment in the Extension Office. These contributions from the County are essential to FoodWise's work and presence in the County Extension Offices.

We ask that a representative of *Waupaca* County confirm continued support of the work of FoodWise by signing below.

### AGREEMENT STATEMENT:

During the period from October 1, 2022 to September 30, 2023, *Waupaca* County agrees to support the delivery of University of Wisconsin-Madison Division of Extension FoodWise grant funded efforts within the County Extension Department by contributing the following:

- *Physical Space:* Offices and shared work spaces in the County Extension Office used by FoodWise colleagues and other Cooperative Extension colleagues when they are working on FoodWise efforts.
- *Shared Direct & Indirect Costs & Resources:* Resources such as overhead, supplies, equipment, information systems support and county administrative costs (categories and amounts vary by county) to be used by FoodWise colleagues in support of FoodWise work. These resources are supplied to FoodWise colleagues as they are to other Extension colleagues in the office.

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County Official

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Date

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Area Extension Director

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Date

Thank you for your continued support of the FoodWise program!

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program— SNAP and Expanded Food and Nutrition Education Program - EFNEP. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.



## Healthy Choices, Healthy Lives



FoodWise is federally funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). We advance healthy eating habits, active lifestyles and healthy community environments for Wisconsin residents with limited incomes through nutrition education at the individual, community and systems levels.

## The Challenge

In response to the ongoing challenges in reaching SNAP-Ed audiences with direct education during the pandemic, FoodWise increased the delivery of indirect education. This included an expanded social media and website presence, local online and print resources, electronic materials and handouts, and pre-recorded videos; all with the overall goal to continue to reach audiences with helpful nutrition information and resources empowering participants to live healthier lives.

**Waupaca County FoodWise team continued to deliver nutrition education and resources through the use of in-person and virtual delivery in 2021.**



## Community IMPACTS



- Hosted virtual classes on feeding young children
- Delivered in-person and virtual nutrition education to 2nd grade students at Longfellow and Lincoln Elementary Schools
- Delivered a series of nutrition lessons at the Waupaca Children's Garden
- Facilitated grocery store tours to residents of Mission of Hope House
- Promoted the use of EBT and WIC at the Farmers Markets at local food pantries
- Provided support to the Waupaca Farm Market Manager
- Facilitated a container garden workshop in collaboration with Waupaca Community Garden
- Facilitated a monthly coalition meeting and helped establish two subcommittees
  - Established the Waupaca County Community Garden Committee
  - Established the Waupaca County Hunger Network

## ACHIEVING MORE TOGETHER



UW-Madison Division of Extension works alongside the people of Wisconsin to deliver practical educational programs where people live and work – on the farm, in schools and throughout urban and rural communities. In Waupaca County, FoodWise provides outreach and education to partners such as WIC, Head Start, Food Pantries, New London, Manawa and Clintonville Elementary Schools, Compassionate Connections, Mission of Hope House, Living the Waupaca Way, Waupaca County Hunger Network and the Waupaca County Community Garden Committee to help make the healthy choice the easy choice in our communities.



## FoodWise Collaborates with the Waupaca Community Garden

FoodWise helped establish a community garden in Waupaca in collaboration with Living the Waupaca Way Coalition in 2019. This summer, FoodWise Nutrition Educator, Hailee Struck and Coordinator Christi Gabrielska, teamed up with the Community Garden Manager to offer a container garden workshop for families to attend at the garden. Hailee facilitated a youth garden lesson, exploring the parts of plants we eat. The garden manager led the group through a tour of the garden and assisted each child in planting their own pizza garden, which contained a tomato, pepper, basil and oregano plant. Plants were donated by local growers and farm market vendors and FoodWise provided the soil and containers. Food grown at the garden is donated to the Waupaca Area Food Pantry, where FoodWise provides recipes and tips for proper storage and handling of the produce. The FoodWise team looks forward to expanding on the direct education provided at the garden next summer.



## FoodWise Establishes the Waupaca County Hunger Network

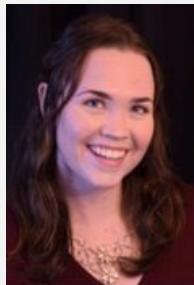
We have heard many times that COVID-19 has heightened disparities within our communities. FoodWise colleagues Christi Gabrielska, Hailee Struck and Hannah Phillips teamed up this year to collaborate with the Living the Waupaca Way Coalition to establish a network of partners and key leaders in the community focusing on food security and access to affordable, nutritious foods and resources.

After hearing partner after partner express similar needs and barriers, the FoodWise team decided to create a space where people could come together to share ideas and resources, troubleshoot problems and build new relationships. The FoodWise team compiled a list of over 20 agencies and individuals from across the county and established a regular meeting time. They are calling their group the “Waupaca County Hunger Network” and meet every second Wednesday of the month from 2:30 – 4:00pm.

Two projects that have stemmed from the network are the Kitchen Equipment Project and collection of foods to assemble and distribute 101 holiday meal bundles. The group has become a well-known networking committee representing a wide range of comm



**Hailee Struck**  
Nutrition Educator  
Waupaca



**Miranda Dawson**  
Nutrition Educator  
Outagamie



**Kris Soper**  
Nutrition Educator  
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