

# 2022 Annual Report



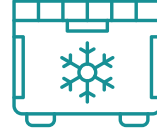
**146**

Holiday Food bundles distributed



**\$153K**

Spent at the Farm Market



**17**

freezer / refrigerators donated

## MISSION STATEMENT

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

## 2022 ACHIEVEMENTS

### Waupaca Farmers Market

*Living the Waupaca Way began its Waupaca Farm Market Expansion Project in 2016 with the mission to increase access to fresh fruits and vegetables.*

Farm Market customers spent over **\$153,000** at the market & an average of **17** vendors came to the market each week

Our customers redeemed **\$1,219** in Double Dollar incentives, an **81% increase** from 2021!

Greater access to fresh produce for people with limited resources

For the second full year, EBT was accepted at the market and almost **\$2,000** of the total sales were paid through SNAP benefits.

## VISION STATEMENT

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

## PURPOSE

- Improve 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

# Community Engagement

## Movin' @ the Market

*Living the Waupaca Way collaborated with Waupaca Disc Golf to distribute free disc golf discs to youth who came to learn how to disc golf.*



## Live Monopoly Event

*Members attended the Library's first annual Live Monopoly event where Living the Waupaca Way was a stop on the board game*

- Participants had an opportunity to complete an obstacle course and select a nutritious snack



## Halloween on Main

*Living the Waupaca Way collaborates with community partners to attend events highlights nutritious snacks and opportunities for physical activity*

- Local apples from Christensen's Orchard were handed out as healthy alternatives to sweet treats at the Halloween Event



## Picnic Tables

*Teamed up with Aaron Strebe, the Technology Education Instructor, and some of his students at Waupaca High School to construct 4 picnic tables to the Waupaca Community Garden, Waupaca Methodist Church and the Waupaca Public Library.*

# Community Partners & Sponsors

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



# Superhero Fun Run

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

- 115 individuals participated in either the 5K or 1 miles including families and young children.
- The event is largely sponsored by community partners. A huge thank you to all the sponsors of the event.



Waupaca County Opportunities  
 Waupaca County Master Gardeners  
 Waupaca Middle School  
 Waupaca High School  
*and many other generous sponsors and partners.*

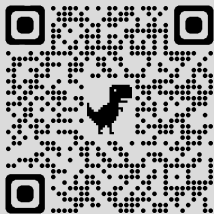
# JOIN US!

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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## LEADERSHIP ROLES

### Facilitator

Christi Gabriliska

### Co-Facilitator

Gerry Hamm

### Treasurer

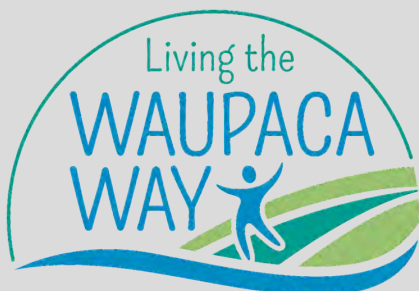
Sandy Robinson

### Secretary

Maureen Markon

### Social Media Manager

Hailee Paul



## Waupaca County Community Garden Committee

*The Community Garden Committee was established as an umbrella of Living the Waupaca Way to bring community garden groups together to streamline donated produce to community organizations.*

- The committee consists of the Living the Waupaca Way Community Garden located near TheadCare and the Chain Exploration Center Community Garden.
- Collaborated with the Caring for the Community Summer School program to clean up the garden.
- Teamed up with the Arts Hub Youth to have a mural painted on the garden shed.
- Donated produce to the Waupaca Area Food Pantry.
- Collaborated with the Waupaca Public Library to host story time at both the Chain Exploration Center and Living the Waupaca Way gardens throughout the summer.
- FoodWise, an Extension Waupaca County Program, provided garden-based nutrition education to youth at the garden programs.
- Two picnic tables, sports balls, a new basketball hoop net, bird bath, and flowers were added to the garden space as an effort to create a more welcoming space for families and individuals to explore and spend time together.



# Waupaca County Hunger Network

Waupaca County Hunger Network, a sub-committee of Living the Waupaca Way was established in 2020 to bring community organizations who serve individuals and families with limited resources together to share resources and bridge gaps between services.

## Holiday Meal Bundles

Waupaca County Hunger Network teamed up with several community partners, sponsors and generous donors to host their 2nd special holiday food bundle drive. Nominations were collected and food was distributed to families and individuals to help make Thanksgiving a little extra special.

- **146** food bundles were assembled and distributed by Waupaca County Hunger Network volunteers.
- Each nominated recipient received: **stuffing, canned vegetables and fruit, corn bread, pie filling, gravy, and aluminum pans for turkeys, squash, apples, and a head of garlic.**
- Several local growers generously donated fresh produce.
- Collected canned food through a community-wide food drive.
- Turkeys were procured through Pick n' Save by generous donations and grant funds from ThedaCare.



## 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.

- Members of Compassionate Connections in Clintonville, joined us on the application review committee this year.
- The program engaged Bridging Language Barriers to help us provide program notices and application forms in Spanish.
- We received 39 applications – a 160% increase from 2021 -- and awarded **3** freezers and **14** top-freezer-refrigerators to individuals living in Waupaca County.



## TESTIMONIALS

"IT'S ONE OF THE BEST SERVICES SOMEONE CAN OFFER US BESIDES OFFERING US THEIR TIME."

-FOOD BUNDLE RECIPIENT

"We made the turkey over the weekend and Dad prepared it, The kids didn't eat at first, but then loved it. We were able to share it with our parents, who are always sharing with us"

-Food Bundle Recipient

J. felt valued through the application process and gained a sense of pride that she owns a new refrigerator. This project has boosted her confidence.

-Fund a Fridge Recipient

"This food will last me awhile and help fill the need of food at a very rough time."

-Food Bundle Recipient

D. expressed relief and comfort in being able to freeze food. She gained a new sense of responsibility, because she can now budget and plan meals. The freezer space allows her to buy in bulk.

-Fund a Fridge Recipient



## 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 **Landscape**

**3%**

of population lives in census tracts that are low income & have low access to healthy foods



**38%**

of adults have obesity



**10%**

of households are food insecure



**14%**

of households receive SNAP benefits



## 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 partners with Elementary schools, Head Start, WIC, Healthy Beginnings, Food Pantries, the Living the Waupaca Way Coalition, the Waupaca Farmers Market, the Public Libraries several other community partners to help make the healthy choice the easy choice in our communities.

## Community Impacts **In 2022**

- Taught nutrition education to 2nd and 4th grade classrooms at Lincoln, Manawa, and Clintonville Elementary Schools
- Collaborated with several community partners to promote and support the use of EBT at Farmers Markets
- Helped to collect food and assemble 101 Holiday Food Bundles for individuals and families in Waupaca County with limited resources
- Delivered monthly virtual nutrition education to parents of young children
- Facilitated the Living the Waupaca Way and Waupaca County Hunger Network meetings



## Holiday **Meal Bundles!**

The Waupaca County FoodWise program collaborated with the Waupaca County Hunger Network and Foundations for Living to assemble Holiday Food Bundles to be delivered to individuals and families who may not have otherwise had a turkey and other holiday dishes at Thanksgiving.

Over the past three years, FoodWise staff helped facilitate a Food Drive for donations to Waupaca Area Food Pantry. Foundations for Living procured funding for nearly 120 turkeys, so they came together to host a food drive, collecting food to assemble holiday meal bundles. This was truly a community effort with donations, volunteers, and strong partnerships. FoodWise created a nomination form and sent it to all of Waupaca County Health and Human Services and other surrounding partners, serving individuals in need. 101 holiday food bundles were distributed, with the help of all of the kind individuals who took the time to nominate and distribute the bags to all who received them.

Recipients of the food bundles were grateful for the food they received and the individuals who submitted the nominations had really nice things to say about the whole process. Each bundle included a reusable grocery bag, two cans of green beans, fried onions, two cans of cream of mushroom soup, stovetop stuffing, gravy, and one coupon for a turkey from Piggly Wiggly. Additionally, FoodWise added instructions on safely handling a turkey, recipes, and community resources. We plan to expand and continue these wonderful community collaborations to help people who are experiencing food insecurity.



## Community **Collaborations!**

FoodWise established a new partnership with the Waupaca Public Library and the Waupaca Community Garden. A series of Fruit and Veggie related story times were hosted at varying locations throughout the county. June was kicked off with a Strawberry Full Moon Hike at the Waupaca Community Garden, highlighting the garden as a community space open to all. FoodWise provided strawberry yogurt parfaits and helped families harvest rhubarb from the garden while the library read two children stories and led the hike around the neighborhood. Additional collaborations included Fit Families and Healthy Beginnings events where FoodWise helped to arrange for a farm market vendor to set up during so families could be educated on how to redeem their benefits at the market.

## Connect With Us



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