



The

Dish

With the
GWAAR
Nutrition Team



December 2023

Nutrition Education Template Available

Special thank you to Kelsey Larson, Nutrition Coordinator, Outagamie County Health and Human Services for sharing their Nutrition Education Plan. You are only required to provide nutrition education quarterly but it is a great idea to do it monthly. Please have your nutrition advisory council review and provide input as well.

| Topic | Duration | Resources |
|-------------------------|---------------|--------------------------|
| Food Safety | 15-20 minutes | Handouts, Videos, Slides |
| Nutrition Facts Label | 15-20 minutes | Handouts, Videos, Slides |
| Food Groups | 15-20 minutes | Handouts, Videos, Slides |
| Healthy Eating Patterns | 15-20 minutes | Handouts, Videos, Slides |
| Physical Activity | 15-20 minutes | Handouts, Videos, Slides |
| Alcohol Use | 15-20 minutes | Handouts, Videos, Slides |
| Tobacco Use | 15-20 minutes | Handouts, Videos, Slides |
| Drugs | 15-20 minutes | Handouts, Videos, Slides |
| Other | 15-20 minutes | Handouts, Videos, Slides |

To access the template, click here:

<https://gwaar.org/api/cms/viewFile/id/2007984>

If you have any questions, reach out to:

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Pam VanKampen

Older Americans Act Consultant, Nutrition Specialist GWAAR

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Featured Recipe: Pumpkin Fruit Dip

Ingredients

- 1 can (15 ounces) pumpkin (about 1 ¾ cups cooked pumpkin)
- 1 cup low-fat ricotta cheese or plain yogurt or low-fat cream cheese
- ¾ cup sugar
- 1 ½ teaspoons cinnamon
- ½ teaspoon nutmeg



Directions

In a large bowl, combine pumpkin, ricotta cheese, or yogurt or cream cheese, cinnamon, and nutmeg. Add sugar a little at a time to reach desired sweetness. Stir until smooth.

Refrigerate leftovers within 2 hours.

(Recipes and photos used with permission from Foodhero.org)

Senior Nutrition “Treats”

The Waushara County Senior Nutrition has excellent community support.

Recently the first Graders at Wild Rose Elementary put together “treat” bags that were delivered to for the home-delivered meal participants.

The bags are fun to make, deliver, and eat!



Let’s Brighten Someone’s Day Placemat Challenge

This “Challenge” was featured in the 2023 Walworth County Fair’s Open Class Home Economics Department to benefit the Walworth County Meals on Wheels Program. The response by area quilters was overwhelming.

Not only did all Meals on Wheels participants receive placemats, but all participants in the Senior Dining Program did as well-with some left over for area nursing homes.

