



**Karly Johnson, FoodWise Coordinator
UW-Extension Florence, Forest, Oneida,
and Vilas Counties**

I am excited to announce that I have joined the University of Wisconsin-Extension Vilas County team as the FoodWise Coordinator for Florence, Forest, Oneida, and Vilas Counties. FoodWise (previously known as Wisconsin Nutrition Education Program) is a major effort within the UW-Extension Family Living programs. We are a federally funded program through the Supplemental Nutrition Assistance Program Education (SNAP-Ed) that works to empower and teach individuals and families with limited resources to choose healthful diets, through education on food purchases, food preparation, and food safety. FoodWise also exposes children to new fruits and vegetables, and supports communities in making the healthy choice the easy choice where people live, learn, work, and play. Having grown up in Crandon, Wisconsin I am familiar with the northern communities and look forward to helping these communities improve their health.

I have a passion for food and that is what led me to my career path in nutrition. When I am not working you can find me in my kitchen cooking. I enjoy preparing new recipes and modifying recipes to make them healthier and budget friendly. I also prepare culturally diverse foods to expand my palate and increase my knowledge about food values in other cultures. I hope to pass my food appreciation on to community members helping them establish a connection between them and the foods they eat.

If you have questions about the FoodWise program please contact me at (715) 478-7793 or karly.johnson@ces.uwex.edu