

Strong Bones Program

The Strong Bones program will be continuing and we are adding and expanding our class schedule. If you are interested in becoming a Strong Bones instructor please contact our office at 715-526-6136. The next Strong Bones training will be in Wisconsin Dells on October 5th.

We have set up a new class structure, you no longer need to join at the beginning of a session. You can purchase an annual membership at \$140.00, \$70.00 for a semi-annual and \$35.00 for a quarter or 12 weeks. You can join at any time you wish!

A new class has started in Tigerton, if you would like to start out with a new class this is the one to go to!! Since there is limited space, please call the office to reserve your spot. JOIN NOW!!!!



Zion Lutheran Church
1254 S Union Street, Shawano
Mon/Wed 8:30 am – Regular class
Sue True & Carol Stern
Mon/Wed 8:30 am – Advanced class
Linda Olson
Tue/Thur 7:30 am – Regular & Advanced class
Kara Skarlupka & Nancy Schultz

Sacred Heart Church
302 S Main Street, Shawano
Tue/Thur 3:45 pm – Regular class
Jeanne Kaczorowski

Total Fitness
203 E Green Bay Street, Shawano
Mon/Wed 12:00 pm – Regular class
Sue True

St. Francis Solanus
724 Mader Street, Gresham
Mon/Thur 4:05 pm – Regular class
Sandy Schinke

Peace Lutheran Church
N6315 County Road D, Tilleda
Mon/Thur 5:15 pm—Regular class
Charlotte Schwartz

St. Paul Lutheran Church
240 E Green Bay Street, Bonduel
Mon/Fri – 7:30 am – Regular class
Kara Skarlupka

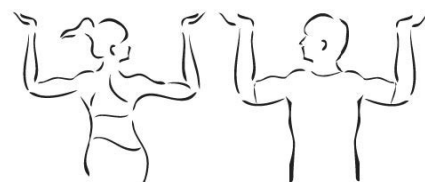
Pulaski Senior Center
486 S Augustine St. #14
Tue/Thur —7:30 am—Regular class
Kitty Kaari/Karen Barnes

Holy Family Church
202 N Ellms Street, Wittenberg
Mon /Thur 4:30 pm/-Regular Class
Deb Bahr

St. Anthony Church
430 Swanke Street, Tigerton
TBA – Regular class
Debra Brandt

Mohican Family Center
N8605 Oak Street, Bowler
Mon/Wed – 5:00 pm – Regular class

Lifting towards better health!!



FAMILY LIVING EDUCATION

Working for Wisconsin Families

Nancy Schultz, Family Living Education
Shawano County UW-Extension

September/October 2017

The New and Improved Nutrition Facts Label – Key Changes



The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods that will make it easier for you to make informed food choices that support a healthy diet. The updated label has a fresh new design and reflects current scientific information, including the link between diet and chronic diseases.

1. Servings

The number of “servings per container” and the “Serving Size” declaration have increased and are now in larger and/or bolder type. Serving sizes have been updated to reflect what people actually eat and drink today. For example, the serving size for ice cream was previously 1/2 cup and now is 2/3 cup.

There are also new requirements for certain size packages, such as those that are between one and two servings or are larger than a single serving but could be consumed in one or multiple sittings.

2. Calories

“Calories” is now larger and bolder.

3. Fats

“Calories from Fat” has been removed because research shows the type of fat consumed is more important than the amount.

4. Added Sugars

“Added Sugars” in grams and as a percent Daily Value (%DV) is now required on the label. “Added Sugars” include sugars that have been added during the processing or packaging of a food. Scientific

Current Label

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230 **Calories from Fat** 72

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **12%**

Dietary Fiber 4g **16%**

Sugars 12g

Protein 3g

Vitamin A 10%

Vitamin C 8%

Calcium 20%

Iron 45%

* Percent Daily Values are based on a 2,000 calorie diet.

Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

New Label

Nutrition Facts

1 8 servings per container
Serving size 2/3 cup (55g)

Amount per serving

Calories **230**

% Daily Value*

3 **Total Fat** 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

4 Includes 10g Added Sugars **20%**

Protein 3g

5 Vitamin D 2mcg 10%

Calcium 200mg 15%

Iron 8mg 45%

Potassium 235mg 6%

6 *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

data shows that it is difficult to meet nutrient needs while staying within calorie limits if you consume more than 10 percent of your total daily calories from added sugar.

5. Nutrients

The lists of nutrients that are required or permitted on the label have been updated. Vitamin D and potassium are now required on the label because Americans do not always get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today. The actual amount (in milligrams or micrograms) in addition to the %DV must be listed for vitamin D, calcium, iron, and potassium.

The daily values for nutrients have also been updated based on newer scientific evidence. The daily values are reference amounts of nutrients to consume or not to exceed and are used to calculate the %DV.

6. Footnote

The footnote at the bottom of the label has changed to better explain the meaning of %DV. The %DV helps you understand the nutrition information in the context of a total daily diet.

Manufacturers will need to use the new label by July 26, 2018, and small businesses will have an additional year to comply. During this transition time, you will see the current Nutrition Facts label or the new label on products.

For more information about the new Nutrition Facts label, visit:

www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm

June 2017



EDUCATIONAL OPPORTUNITIES



For more information on these programs or to register call the Shawano County UW-Extension office at: 715-526-6136 or 866-526-2128.

Community Programing

ANNUAL FALL LEARN-IN: Shawano County will host the Annual Fall Learn-In this year. This annual event will happen on October 26th at the Main Event in Cecil. The Learn-In will start at 9 am and run to 3 pm. Ticket price is \$18 and includes an Old Style Hot Lunch Buffet with Chicken Ala King and Rice. Topics will include: Mindfulness “Taking Care of You”, Old Time Kitchen Tools, Honey Bee’s, and a show by Marti Matyska. Men and women are all welcome to attend but please RSVP by Oct. 20th at: 715-526-6136

SUPER FOODS: At this October 4th, 1:00 pm session you will learn about “Super Foods” and how they decrease your risk factors for chronic diseases. Incorporating these tasty, nutritious foods into your meals and snacks can result in healthier you. There will be a second session on Oct., 5th at 5:30 pm at the Shawano County Courthouse. Presenter-Nancy Schultz, FLE, UWEX



MASON JAR ART: We know that you have Mason Jars tucked away in your basement. Now is the time to bring them out and create something special. Come to this session for creative ideas! November 1st, 5:30 pm at the Shawano County Courthouse. Helen Raddant-Shawano County HCE President



Shawano Community Dinner

The “Shawano Community Dinner” is always held on the fourth Tuesday of the month at the First Presbyterian Church in Shawano. The church is located at 100 Presbyterian Street across from the post office. Serving begins at 5:30 pm and usually runs until 7 pm. The dinner is free, and open to anyone who wishes to enjoy a hot meal. There is no church service, and the dinner is always varied as it is served by various volunteer groups with in the community. If you have any questions or concerns e-mail Angie Wilber at iwanttoteach@hotmail.com or call/text to 715-851-6247.



CANNING APPLE PRODUCTS: This hands-on class we will provide information and tips for canning fruits safely. Canned applesauce and apple pie filling are excellent ways to preserve those apples from your apple tree. The boiling water canner method will be used to preserve these apples for delicious treats all winter long. Instructors: Nancy Schultz, Family Living Educator, Shawano County UW-Extension and Kara Skarlupka, Family Living Staff Support, Shawano County UW-Extension.

Wednesday, September 13, 6:00 pm to 9:00 pm SCHS Room 1001

Fee: \$8 Plus \$5 ingredients to instructor.



Raising A Thinking Child

If you are a parent of a 3-7 year-old and your child has experienced any of the following:

Temper tantrums, Difficulty making or keeping friends, Impatience or interrupting, not listening. Then the *Raising a Thinking Child* workshop may be just right for you! This evidence-based workshop series will help you guide your child to solve common, everyday problems by communicating with your child. Participants will learn:

- To give their children skills to solve their own problems and think about the consequences through fun games
- How to help kids care about and understand their own and others’ feelings

It is a refreshingly practical curriculum that helps you help your

child learn *how* to think, not *what* to think. Through 8 weekly classes, along with interactive, fun activities for you and your child to do at home, you will learn ways to help your child think in a new problem-solving ways. This program is facilitated by Nancy Schultz, Shawano County UW-Extension Family Living Educator.

Classes will start the week of September 25th and will run through November 13th. It will be held on Monday’s at Hillcrest in Shawano and Wednesday’s at Glenbrook in Pulaski.



To register for Raising a Thinking Child, contact: Kara Skarlupka—715-526-6136
\$15 registration fee included materials
Scholarships Available Minimum Class Size 15

Ride the Bus to the Shawano Farmers Market!

The Shawano Farmers Market is in full swing! The market runs from 8 am to Noon. There are other exciting events happening at the Farmers Market in September and October stop by and join in the fun!

Shawano County Human Services is offering bus rides every Saturday to the Farmers Market for only \$1 for elderly (over 60) and disabled individuals. Pick up times begin at 8 am at the Shawano Estates and then route to: The Cottages, Nature Way Estates, Mountain Village, Waterview, Drop off at the market, The Village, Glenderry, Elizabeth Manor, Parkside, Oakridge and back to the market. If you do not see your apartment complex, please call 715-799-3222 to schedule a pickup.

Grandma’s Yellow Pie Plate

There can be powerful messages in who gets what. Planning ahead allows for more choices, the opportunity for communications, and fewer misunderstandings and conflicts.

This workshop contains a step-by-step process to passing on personal possessions.

It is designed to be an effective tool for a variety of family groups

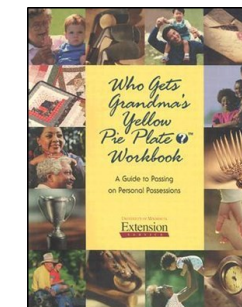
working to make decisions in different situations.

Thursday, October 19th—6:00 pm to 8:00 pm

SCMS Room 103, Fee: \$5 Plus \$10 materials fee. *The \$10 material fee is paid to the instructor at class. This fee pays for the workbook. If couples take the class only one workbook is needed.*

You will find this workshop helpful as you consider inheritance issues following a death or a family crisis, during a move to an apartment or nursing home, as you prepare a will, or when you carry out the wishes of a loved one.

Instructors: Linda Olson & Nancy Schultz, Family Living Educator, Shawano County UW-Extension.



Parent Café

“Parent Café” where parents come together, make friends, share parenting ideas, and learn ways to strengthen their family. If you are a parent, grandparent or anyone who works with children you are welcome to attend. All Parent Café’s will be from 5 to 7 pm and will be on the following dates: 9/12, 10/10, 11/14. A free dinner will be provided at all Parent Café’s. At the Café you will learn about the “5 Protective Factors” which are resilience, relationships, knowledge, support and communication. Please register at least one week in advance of each session, seats are limited so register early by contacting Danielle Hoskins at 715-524-6882 or by email at danielle.hoskins@co.shawano.wi.us.



For more information on the WWF: Contact the Shawano County UW-Extension Office, Room 101—311 North Main Street, Shawano, WI 54166

• 715-526-6136 • <http://shawano.uwex.edu/> • 711 for Wisconsin Relay

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