

Wisconsin Day

Wisconsin Day was established in 1994 by the State of Wisconsin in celebration of the assets that make Wisconsin a desirable place to live and work. The Wednesday of the third full week in September is Wisconsin Day. The day falls during Wonderful Wisconsin Week, which is customarily proclaimed by the governor to celebrate the state's rich culture and resources.



Nutritious, Delicious, Wisconsin Curriculum Resource

Using locally grown foods in the classroom is a tasty way to inspire learning about Wisconsin's history, culture, and people. *Nutritious, Delicious, Wisconsin* is a thematic curriculum unit that brings a new dimension to Wisconsin studies. Some ways to help meet this goal is to increase the exposure to healthy Wisconsin foods through gardening, food explorations, and other classroom activities.

Check your school's LMC for the *Nutritious, Delicious, Wisconsin* curriculum booklet or you can view/download the curriculum at <http://dpi.wi.gov/sites/default/files/imce/ne/pdf/ndw.pdf> The Table of Contents from the booklet is provided here to give you an idea of the variety of resources.

A Recipe Celebrating Wisconsin

Did you know that according to agricultural statistics, Wisconsin ranks first in the nation in production of cranberries and oats? Try this delicious and nutritious recipe for **No Bake Cranberry Granola Bars**. Celebrate Wisconsin's rich agricultural history by making this tasty and healthy snack with your class.

Chewy Cinnamon Cranberry No-Bake Granola Bars

(Dairy-Free, Nut-Free, Gluten-Free)

- 2 C old fashioned rolled oats (certified gluten free for gluten free bars)
- 1/2 C crispy cereal such as a crispy rice cereal
- 3/4 C dried cranberries
- 1/4 C coconut oil (alternatively, use butter)
- 1/4 C brown sugar
- 1/4 C honey
- pinch sea salt
- 1 tsp vanilla
- 1 tsp cinnamon



Lightly grease an 8×8 pan and set aside.

In a bowl, stir together the oats, crispy cereal and cranberries and set aside.

In a small pot combine the coconut oil, brown sugar, honey and pinch of salt. Heat the mixture up and stir well to completely dissolve the brown sugar. Bring to a boil. Cook over medium heat for 2 minutes. Remove from the heat and stir in the vanilla and cinnamon.

Pour the wet ingredients over the dry ingredients and stir well to combine. Once completely combined, pour the mixture into the prepared 8×8 pan and press down very well with a spatula (lightly oiled if the mixture is sticking).

Cool completely before cutting into 10 bars (if they seem to pull apart while cutting into bars, place in the fridge for 20 minutes before slicing.). Wrap individually in paper or plastic wrap and store at room temperature.

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Nutritious, Delicious, WISCONSIN

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