



State of Wisconsin
Department of Health Services

Jim Doyle, Governor
Karen E. Timberlake, Secretary

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Department Announces Winners of *14 Carrot Gold Award*

Today, Department of Health Services Secretary Karen Timberlake announced the winners of the 2009 *14 Carrot Gold Award*, which recognizes the efforts of individuals and organizations to promote consumption of fruits and vegetables.

“These awards honor the tremendous work being done locally to help people eat more fruits and vegetables, which are key to a healthy diet and lifestyle,” said Secretary Timberlake. “Our kids need the vitamins and minerals as they grow, and we certainly need them as adults.”

Fruits and vegetables can help reduce chronic health risks and obesity. The Centers for Disease Control and Prevention (CDC) says those who eat more generous amounts of fruits and vegetables as part of their diet are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases, and certain cancers. The CDC has identified fruit and vegetable consumption as a strategy to prevent and reduce the overweight and obesity problem in the nation.

The Department of Health Services’ nutrition program developed the annual award in 2006. The *14 Carrot Gold Awards* are a joint effort of the Wisconsin WIC Program, the Senior Farmers' Market Nutrition Program and the Wisconsin Nutrition and Physical Activity Program.

The 14 Carrot Gold Award winners for 2009 are:

- **Pat Phair and Terry Kramer - Waupaca High School:** for the Waupaca Community/School Garden that provides fresh produce along with nutrition information at charitable outlets in the community.
- **Toni Rogers, Nutrition Coordinator for the UW-Extension Wisconsin Nutrition Education Program - Iron County:** for the Rhinelander Area Food Pantry and Community Garden that provides access to fresh produce, healthy recipes, and food safety information to pantry recipients.
- **Paulette Flynn - SHARE Wisconsin:** for access improvements which include accepting food orders on-line and the SHARE Express program, which brings mobile food sales including fresh fruits and vegetables to underserved communities in the Milwaukee area.
- **Barbara Martin and the Friends of the Dane County Farmers’ Market:** for the School on the Square and Farmers’ Market FoodShare Program that provides education about local produce and Electronic Benefits Transfer (EPT) of FoodShare benefits at the farmers’ market.
- **Jill McCauley - Traditions on Chestnut LLC, Marshfield:** for hands-on education and teaching techniques in the kitchen to adults, families, children, and scouting classes.

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- **Dot Kalmon, Marla Hill, and Amanda Ostrowski - Marathon County Health Department:** for the Footprints to Health Summer Program which presented information to area youth and families regarding fruits and vegetables and physical activity.
- **Shari Winter - Healthy People Project of Washington County:** for providing convenient and affordable access to fruits and vegetables to the community through implementation of farmers' markets at local workplaces.

Visit <http://dhs.wisconsin.gov/wic/Fmnp/award.htm> to learn more about the 14 Carrot Gold Award and honorable mention award winners.

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