

Nutritious Delicious WISCONSIN

Connecting Nutrition Education and Local Foods

Wisconsin Foods

Fruits

Apples
Blackberries
Cantaloupe
Cherries
Cranberries
Muskmelon
Pumpkin
Raspberries
Strawberries
Watermelon

Grains

Popcorn
Wheat
Wild Rice

Dairy

Cheese
Cottage Cheese
Ice Cream
Milk
Yogurt

Vegetables

Asparagus
Beans
Beets
Bell Peppers
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Corn
Cucumber
Eggplant
Kale
Kohlrabi
Peas
Potatoes
Rhubarb
Spinach
Summer Squash
Winter Squash
Swiss Chard
Tomatoes

Protein

Beef Cattle
Brats
Bison
Chicken
Deer
Emu
Ostrich
Pork
Soybeans
Turkey
Walnuts
Whitefish

Other

Butter
Honey
Maple Syrup



Wisconsin Department of Public Instruction
Tony Evers, PhD, State Superintendent