



## Snacking Around Wisconsin!



Wisconsin agriculture provides us with many healthy snacks and additions to our daily diet. Here's a fun way to learn about Wisconsin agriculture and products that are raised or grown on over 76,000 farms. You can use all or some of the ingredients listed to make your own Wisconsin Snack Mix. What other things could you add that are grown or raised in Wisconsin?

**Chex Corn Mix®**- made with corn meal, whole grain corn and corn starch. We produce field (dent), sweet and popcorn in Wisconsin. There were 3.60 million acres of corn planted in 2004.

**Craisins®**- made with dried cranberries. We rank #1 - producing over 50% of the nation's cranberry crop with over 3.6 million barrels of fruit. A barrel weighs about 100 pounds. The cranberry was named Wisconsin's state fruit in 2004.

**Cherrios®**- made from whole grain oats, modified corn starch and oat bran. Wisconsin planted 370,000 acres of oats in 2006 and averaged 63 bushels per acre.

**Dried Apples**- made from apples. Wisconsin grows apples in 46 of our 72 counties with over 56 million pounds of fruit produced each year. Apples are fat, sodium and cholesterol free and a good source of fiber.

**Marshmallows**- contain corn syrup. There are over 3500 uses for corn products!

**Dried Cherries**- made from cherries. Door County cherries account for over 95% of all tart cherries produced in Wisconsin. Wisconsin produced over 7,200 pounds of tart cherries in 2005.

**Pretzels** – made from wheat flour and corn syrup. Wisconsin planted 261,000 acres of wheat in 2006 with an average yield of 76.2 bushels per acre.

**M & M's®**- the milk chocolate contains skim milk and lactose (milk sugar). Wisconsin's dairy industry contributes \$20.6 billion in revenue annually. Dairy employs 40% of all agricultural related jobs. We have 1.2 million dairy cows in our state in over 14,490 herds.

**Cheese Popcorn**- Contains popcorn, cheddar cheese, soybean oil and buttermilk powder. Wisconsin produced over 1 million shelled pounds of popcorn in 2002. Each American eats an average of 68 quarts of popcorn each year!

**Roasted Soy Nuts**- made from roasted soybeans and sunflower oil. Wisconsin planted over 1.6 million acres of soybeans in 2006. Soybeans are used for a variety of human foods, animal feeds and for bio-diesels. There are over 1.9 million acres of sunflowers planted in the United States with North Dakota planting over 900,000 acres.

**Shoestring Potatoes**- made from white cooked potatoes. Wisconsin had over 66,000 acres of potatoes planted and harvested in 2006. Potatoes grow best in sandy soils.

**Candy Corn**- contains corn syrup, egg whites and honey. Wisconsin has over 68,000 bee colonies producing 5.8 million pounds of honey. We also have over 36 million broilers (chickens) in our state.