

K-STATE RESEARCH AND EXTENSION GEARY COUNTY SNAP-ED APRIL 2023 NEWSLETTER

The Geary Community Farmers Market season begins May 4.

The Market provides Double-Up Bucks for all SNAP-EBT customers! This means that a *charge of \$25 on an EBT card will provide \$50 worth of fresh fruits and vegetables!
*the EBT charge can be any amount up to \$25

The Market is located in the parking lot of the JC Naz Church in Junction City, Thursdays from 4-7 p.m. May 4 – October 26.



K-State Research and Extension
Geary County SNAP-Ed
(785) 579-4726
snap-edgearycounty@ksu.edu

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NUTRITION EDUCATION NEWS

Upcoming Free Classes!

Families Eating Smart and Saving Money

Snap-Ed is partnering with Konza Prairie Community Health Center and the Local Health Equity Action Team (LHEAT) to offer the *Families Eating Smart and Saving Money* series. Lessons focus on money management and stretching a family's food dollar. This 4-lesson series will be held each Wednesday, April 5 – 26, 4 pm at the *Dorothy Bramlage Public Library, 230 W. 7th Street, Junction City. <https://bit.ly/LHEAT>

Fresh Conversations is an opportunity to connect with other adults for a friendly discussion focused on nutrition and physical activity education.

Join us on April 24 at 5:00pm the *Larry Dixon Building, 920 W. 6th Street, Junction City to discuss *The Connection Between Diet, Exercise, and Sleep*. For more information or to register for classes, contact the SNAP-Ed office.

*If you are unable to attend in person, a zoom link will be sent at registration.

APRIL TEFAP RECIPE

Applesauce Cookies

Makes 12 servings

Ingredients:

1 cup sugar

1/2 cup margarine (or butter or shortening)

1 egg

2 teaspoons baking soda

2 1/2 cups all-purpose flour

1/2 teaspoon salt

1 teaspoon cinnamon

1 1/2 cups of applesauce, unsweetened

1 cup raisins

1 cup nuts (optional)

Directions: Wash hands with soap and water.

1. Preheat oven to 350 degrees F. Prepare pan or cookie sheet (see below).

2. In a medium bowl, mix sugar, margarine, and egg.

3. In a separate bowl, combine baking soda, flour, salt, and cinnamon.

4. Stir flour mixture into shortening mixture just until moist.

5. Add applesauce, raisins, and nuts (if using).

For Cookies: Drop dough by heaping teaspoon several inches apart on a greased baking sheet. Bake at 350 degrees F for 10 - 12 minutes.

Nutrition Facts: 1/2 cup serving - Calories 150, Total Fat 5g, Saturated fat 1g, Cholesterol 20mg, Sodium 90mg, Total Carbohydrate 21g, Dietary fiber 3g, Sugars 6g, Protein 5g, Nutrition Facts: 2 cookies - Calories 330, Total Fat 14g, Saturated fat 2g, Cholesterol 15mg, Sodium 390mg, Total Carbohydrate 48g, Dietary fiber 3g, Sugars 26g, Protein 5g. Source: Food and Nutrition Service. USDA Recipe adopted from FoodHero.org

RAINY DAY ACTIVITIES

Can't get outside? Pick from this list of indoor activities to reach your Physical Activity goal...even on rainy days!

Circuit training. Create a routine using the following exercises: sit-ups, jumping jacks, wall push-ups, toe touches, knee lifts, side bends, stretching, invisible jump rope.

Dance Party/Freeze Dance. Clear a space where you have room to move around easily, put on some music, and dance by yourself or with family and friends. Make up your own dance moves if you want. Freeze when the music stops.

Indoor Olympics. Set up an Olympic challenge for yourself using things in your house.

Limit screen time (TV, computer, video games) to less than 2 hours per day. If you do watch TV, participate in active commercial breaks – choose an activity from this handout and do it during commercials.

Source: <https://ecuphysicians.ecu.edu/wp-content/pv-uploads/sites/78/2020/06/rainy-day-activities.pdf>