

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

You are invited to take the Geary County Community Health Perception Survey. If you live or work in Geary County, complete the survey to show how you feel about health access and community health.

[https://www.surveymonkey.com/r/](https://www.surveymonkey.com/r/LiveWell2023)

LiveWell2023



(English)

<https://www.surveymonkey.com/r/LiveWell2023EnEspaol>



(Spanish)

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K-STATE
Research and Extension



This institution is an equal opportunity provider.

NUTRITION EDUCATION NEWS

Upcoming Free Classes!

Fresh Conversations is an opportunity to connect with other adults for a friendly discussion focused on nutrition and physical activity education. Join us on February 27 at 5:00pm the Larry Dixon Building, 920 W. 6th Street, Junction City to discuss *Staying Whole in a Processed World*.

Families Eating Smart and Saving Money

Snap-Ed is partnering with Konza Prairie Community Health Center 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 starts April 5 at 4 pm at the Dorothy Bramlage Public Library, 230 W. 7th Street, Junction City.

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.*

A SNACK TO FUEL PEOPLE DURING THE BIG GAME!

Physical activities can be done during time outs and commercial breaks.

Crunchy Vegetable Wraps

Makes 4 servings.

Ingredients

4 tablespoons cream cheese, low-fat (whipped)

2 flour tortillas

1/2 teaspoon ranch seasoning mix

1/4 cup broccoli (washed and chopped)

1/4 cup carrot (peeled and grated)

1/4 cup zucchini (washed and cut into small strips)

1/4 cup summer squash (yellow, washed and cut into small strips)

1/2 tomato (diced)

1/8 cup green bell pepper (seeded and diced)

2 tablespoons chives (chopped fine)

Directions

Wash hands with soap and water.

In a small bowl, stir ranch seasoning into cream cheese, chill. Wash and chop vegetables. Steam broccoli in microwave for 1 minute with 1 tablespoon of water. Spread cream cheese onto flour tortilla, staying one inch from edge. Sprinkle vegetables over cream cheese. Roll tortilla tightly. Chill for 1-2 hours before serving. With a sharp knife slice into circles and serve.

Nutrition Facts: Calories 111, Total Fat 4g, Cholesterol 5mg, Sodium 210mg, Total Carbohydrates 16g, Dietary Fiber 2g, Total Sugars 2g, Protein 4g, Calcium 58mg, Potassium 193mg

Source: <https://snaped.fns.usda.gov/nutrition-education/healthy-thrifty-holiday-menus/>

MAKE EVERY MOVE COUNT!

When you Move More every day, you can reach some pretty big goals over time. Small steps can add up to huge strides — in your physical health, mental health, stress levels, sleep, productivity, relationships and more. Let movement take you places you never thought possible!

- 10 minutes of stretching is like walking the length of a football field
- 20 minutes of vacuuming is like walk one mile
- 30 minutes of singles tennis is like walking a 5k
- 30 minutes of grocery shopping every other week for a year is like walking a marathon
- 2.5 hours of walking each week for a year is like walking across Wyoming

For more ways to add activity to your life, visit HEART.ORG/MOVEMORE