

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

The Geary County Food System Plan addresses healthy food access, the local food economy, food waste, nutrition, and agricultural education.

Please plan to attend the Geary Community Food Planning Meeting on January 25, 10 am -2 pm at the Larry Dixon Center, 920 W. 6th St. *Lunch is provided.

For more information,
<https://docs.google.com/forms/d/e/1FAIpQLSeUSgB2LBxysGkzjAHopFSrj8eKv vMhDx-KwMTqpKVWseEcQQ/viewform>



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K-STATE
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NUTRITION EDUCATION NEWS

Free Classes – 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 will be held Wednesdays, at 4 pm at the Dorothy Bramlage Public Library, starting April 5. Participants are encouraged to bring their children. 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.*

JANUARY TEFAP RECIPE

Slow Cooker Boston Baked Beans

Serves 6-8

Ingredients:

1 lb. white beans (navy)
8 oz salt pork (sliced)
1 medium onion (chopped)
1/2 cup brown sugar
1/2 cup molasses
1 tablespoon yellow mustard
5-6 cups water

Directions:

1. In a slow cooker, stir together, beans, chopped onion, sugar, molasses, and mustard. Add salt pork and 5 cups water.
2. Cook on high for 4 hours, change to low and cook until dark brown and beans are tender. Stir occasionally. Add water if the beans begin to look dry and are still uncooked. Can be cooked overnight on low.

Nutrition Facts: Calories 510, Total Fat 24g, Cholesterol 25mg, Sodium 800mg, Total Carbohydrates 63g, Dietary Fiber 9g, Total Sugars 30g, Protein 14g, Calcium 136mg, Iron 4mg, Potassium 1006mg

Source: <https://www.food.com/recipe/crock-pot-boston-baked-beans-447334>

*FOR FOOD SAFETY: DO NOT COOK RED KIDNEY BEANS IN A SLOW COOKER

MAKING HEALTHY RESOLUTIONS WITH SNAP-Ed!

Here are some tips and tricks to help begin the new year in a healthy way.

- Start with small changes. Make small changes that you can maintain.
- Take one day at a time. Things don't always go as planned. Don't give up!
- Pick activities you enjoy! You'll be more likely to stick to it.
- Team up with a friend to help you both stay on track to reach your goals.
- Celebrate successes! Reward yourself as you build positive habits.

Check out the Nutrition and Healthy Eating page for more information, ideas, and resources about specific food groups.

Source: <https://snaped.fns.usda.gov/nutrition-education/nutrition-education-materials/nutrition-and-healthy-eating>