

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

Reminder that the Geary County Community Health Perception Survey is available through March. Complete the survey to reflect how you feel about health access and community health.

<https://www.surveymonkey.com/r/LiveWell2023>



(English)

<https://www.surveymonkey.com/r/LiveWell2023EnEspanol>



(Spanish)

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**K-STATE**  
Research and Extension



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## 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 March 27 at 5:00pm the Larry Dixon Building, 920 W. 6<sup>th</sup> Street, Junction City to discuss *The Battle of the Carbohydrates*.

### 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 starts April 5 at 4 pm at the Dorothy Bramlage Public Library, 230 W. 7<sup>th</sup> Street, Junction City.

\*<https://bit.ly/LHEAT>

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.*

## MARCH TEFAP RECIPE

### Apple Spice Baked Oatmeal

Makes 9 servings

Ingredients:

- 1 egg, beaten
- ½ cup applesauce, unsweetened
- 1 ½ cups nonfat or 1% milk
- 1 teaspoon vanilla
- 2 tablespoons oil
- 1 apple, chopped (about 1 ½ cups)
- 2 cups old fashioned rolled oats
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 teaspoon cinnamon

Topping: 2 tablespoons nuts, chopped (optional)

Directions: Wash hands with soap and water.

1. Preheat oven to 375 degrees F. Lightly oil or spray an 8" x 8" baking dish.
2. Combine egg, applesauce, milk, vanilla, and oil in a bowl. Mix in chopped apple.
3. In a separate bowl, mix the rolled oats, baking powder, salt, and cinnamon. Add to the liquid ingredients and mix well.
4. Pour mixture into baking dish, and bake for 25 minutes.
5. Remove from oven and sprinkle with nuts (optional).
6. Return to oven and broil for 3 - 4 minutes until top is browned and the sugar bubbles. Serve warm.

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

Source: Recipe adopted from FoodHero.org

## SPRINGTIME ACTIVITIES

**Search for signs of spring.** Take a stroll around your neighborhood or nearby park and search for signs of spring using all your senses to find spring. What can you see or smell? How does spring feel? Mindfully appreciate nature.

**Go on a spring picnic.** Enjoy a spring picnic outside. Bring healthy foods that are in season, like strawberries and peas, and taste how yummy they are when you eat them outdoors. Enjoy a book about spring!

**Plant some easy-to-grow seeds.** If you don't have a yard, try planting seeds in a pot on your patio or even indoors. Planting seeds is an important opportunity to learn how food grows and how to care for plants.

**Play in the wind.** Spring weather can be windy! Play in the wind with a kite, flag, or streamers. Ask your child to experiment with throwing things in the wind like a leaf, pine cone, or feather.