

K-STATE RESEARCH AND EXTENSION GEARY COUNTY SNAP-ED DECEMBER 2022 NEWSLETTER

The Geary County Food System Plan addresses healthy food access, the local food economy, food waste, nutrition and agricultural education. Bringing together food system stakeholders can generate many positive benefits for the community.

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

*Lunch is provided.

For more information,

<https://docs.google.com/forms/d/e/1FAIpQLSeUSgB2LBxysGkzjAHopFSrj8eKvVmhDx-KwMTqpKvWseEcQQ/viewform>



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NUTRITION EDUCATION NEWS

Free Classes – Families Eating Smart and Saving Money

Families Eating Smart and Saving Money offers simple solutions to eat smart and provides the skills to be able to eat more meals at home, eat healthy when eating out, and move more every day. 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, beginning in March. 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.*

DECEMBER TEFAP RECIPE

Vegetable Frittata

4 servings

Ingredients:

2 cups vegetables, chopped (mushrooms, onions, peppers, tomatoes)

6 eggs

1/4 cup nonfat milk

1/2 cup shredded cheese

Instructions:

1. Heat an oven proof skillet over medium heat. Spray with nonstick cooking spray. Add vegetables and sauté until tender, 3–5 minutes. Reduce heat to medium low.
2. While vegetables are cooking, beat eggs and milk together in a medium sized bowl. Stir in cheese.
3. Turn oven broiler on high.
4. Pour eggs over vegetables. Cover with a lid. Cook until eggs are nearly set, about 6 minutes. Do not stir and do not remove lid.
5. Remove lid from skillet and place skillet in the oven. Broil until eggs are completely set and lightly browned, 2–3 minutes.

Tips:

Use leftover vegetables, frozen vegetables that have been thawed, or canned vegetables that have been drained and rinsed. Season eggs in step 3 to add more flavor. Add dried herbs, ground black pepper, or garlic powder.

Nutrition Facts: Calories 190, Total Fat 12g, Cholesterol 295mg, Sodium 210mg, Total Carbohydrates 5g, Dietary Fiber 1g, Total Sugars 3g, Protein 14g, Vitamin D 2cmg, Calcium 168mg, Iron 2mg, Potassium 256mg

Source: Spend Smart. Eat Smart. Iowa State University Extension Outreach, <https://spendsmart.extension.iastate.edu/recipe/vegetable-frittata/>

FAMILY FRIENDLY FITNESS

Stay Active in the Cooler Months. Here are some tips to keep you moving during these dark, chilly months!

- Make everyday tasks more physical. Walk around during phone calls, put on some fun music and dance while you clean the house, and do some stretching exercises during television commercial breaks.
- Bundle up and enjoy the chilly temperatures with a winter walk or hike, or join a snowball fight with the neighborhood kids.
- Do indoor activities like at-home exercises or an at-home fitness video using things you already have at home or with no equipment. Practice yoga or set up an indoor obstacle course for the kids.

For more ideas, <https://snaped.fns.usda.gov/nutrition-education/nutrition-education-materials/physical-activity>