

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

Plan to attend the Geary Community Farmer's Market in the JC Naz Church parking lot, Thursdays from 4-7 p.m.

**July 6:** Kid's Day Market Bucks, SNAP Double-Up Food Bucks (DUFB), SNAP-Ed Resources

**July 13:** Community Service Day, Support Local Growers, SNAP DUFB

**July 20:** Christmas in July, SNAP DUFB, SNAP-Ed Program Resources

**July 27:** Kansas Sunflower Day, Support Local Growers, SNAP DUFB

For market updates and information: <https://www.livewellgearycounty.org/farmers-market> or follow the market on Facebook.



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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 July 31 at 5:00pm at the \*Larry Dixon Building, 920 W. 6th Street in Junction City to discuss how *Fat Can Be Heart Healthy. EAT LESS SATURATED FAT and replace it with unsaturated fats, especially polyunsaturated fats, to lower your risk for cardiovascular disease.*

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

**Walk with Ease** sessions include pre-walk discussion on exercise and/or walking safely and comfortably; motivational strategies; group sharing; warm-up exercises; 10 to 30 minutes of walk; cool-down; and closing remarks. Classes begin July 11. For more information or to register for classes, contact the SNAP-Ed office.

## JULY TEFAP RECIPE

### Chicken Taco Soup

Serves 8 - 1-1/2 cups

- 1 15 ounce can black beans
- 1 15 ounce can pinto beans
- 1 15 ounce can sweet corn
- 1 14.5 ounce can petite diced tomatoes
- 1 12.5 ounce can chicken breast in water
- 1 10 ounce can green enchilada sauce
- 1 14 ounce can low-sodium chicken broth
- 1 packet taco seasoning
- 1 teaspoon black pepper, or to taste
- 4 corn tortillas (optional)

Oil

Directions:

1. Wash your hands well with soap and hot water.
  2. Drain and rinse black beans, pinto beans, and sweet corn and add to a large pot.
  3. Add diced tomatoes, canned chicken, enchilada sauce, chicken broth, and seasonings.
  4. Bring to a boil and then simmer on low for 20 – 30 minutes.
  5. Preheat oven to 350°F. Lightly coat both sides of each tortilla with oil and bake 8 – 11 minutes or until crisp. Stack tortillas and cut into strips. Top each serving with baked tortilla chips. Refrigerate leftovers within 2 hours.
- NOTE: Can also prepare in slow cooker on low heat for 2 – 3 hours.

Nutrition Facts: Calories 240, Total Fat 2.5g, Cholesterol 25mg, Sodium 1000mg, Total Carbohydrates 39g, Dietary Fiber 5g, Total Sugars 4g, Protein 17g, Calcium 68mg, Iron 6mg, Potassium 485mg. *Recipe courtesy of Mississippi State University Extension Service and the Office of Nutrition Ed*

## WARM WEATHER FUN: MOVEMENT IN THE SUMMER

Summer is the best time to step outside and play in the water. Try these water games with your kids for some cool fun!

- **Drip, Drip, Splash** - This is a simple variation on the old classic Duck, Duck, Goose. On the drip, the person that it will drip just a tiny bit from a wet sponge on the other players. When it is time to splash, it will be a big soaking from the sponge.
- **Sponge Bullseye** - With sidewalk chalk, draw various circles and assign point values, letters or numbers. Ask the children to get as many points as possible, hit a certain letter or a certain number with their wet sponges.

Source: <https://www.caefp.org/assets/pdf/Happy+Summer+Activity+Page+caefp.org+N/>