

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

The Geary Community Farmer's Market season is open in the JC Naz Church parking lot, 4-7 p.m.

June 1: Kid's Day Scavenger Hunt, SNAP Double-Up Food Bucks (DUFEB), SNAP-Ed Resources

June 8: Support Local Growers, SNAP DUFEB

June 15: SNAP Triple Bucks, Veggie & Fruit Kabob Tasting, SNAP-Ed Program Resources

June 22: Safety Day, SNAP DUFEB

June 29: Kid's free *Have Fun at Your Local Farmer's Market* coloring books, SNAP DUFEB, SNAP-Ed Program Resources

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



K-State Research and Extension
Geary County SNAP-Ed
(785) 579-4726
snap-edgearycounty@ksu.edu

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 June 26 at 5:00pm the *Larry Dixon Building, 920 W. 6th Street in Junction City to discuss *Cooking for 1 or 2*.

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

Walk with Ease Join us Monday, June 5 from 5:00pm to 6:00pm at Heritage Park in downtown Junction City. Each session has a pre-walk discussion on exercise, or walking safely and comfortably, as well as motivational strategies and group sharing, followed by warm-up exercises, a walk of 10 to 30 minutes, cool-down and closing remarks.

For more information or to register for classes, contact the SNAP-Ed office.

JUNE TEFAP RECIPE

Sweet Potato Burritos

Makes 6 servings

2 sweet potatoes (peeled and cubed, about 3 cups)

1/4 cup salsa

1 tablespoon oil (canola, olive, or vegetable)

1 onion, diced (about 1 cup)

1 can (15 ounces) black beans (drained and rinsed)

6 (8 inch) whole wheat tortillas

3/4 cup shredded cheese (cheddar, Colby, pepper jack)

1. Put sweet potatoes in a medium sized saucepan. Cover with water and cover with a lid. Heat over high until boiling. Reduce heat to low. Simmer for 10 minutes or until sweet potatoes are tender.

2. Drain water from sweet potatoes and place in a medium bowl. Add salsa and mash sweet potatoes with a fork.

3. Add oil to the saucepan and heat over medium. Add diced onion and sauté for 3 minutes. Add black beans and heat for 3 minutes more.

4. Stir sweet potatoes into the beans and onion until combined.

5. Spread 1/2 cup sweet potato mixture onto each tortilla. Top with 2 tablespoons shredded cheese and optional ingredients. Serve immediately.

Try adding other ingredients such as chopped vegetables (avocado, corn, onion, peppers), salsa, sour cream or plain yogurt, or sliced or shredded cooked meat (beef steak, chicken breast, pork chop).

Nutrition Facts: Calories 340, Total Fat 11g, Cholesterol 15mg, Sodium 620mg, Total Carbohydrates 51g, Dietary Fiber 11g, Total Sugars 5g, Protein 13g, Calcium 151mg, Iron 2mg, Potassium 492mg. *Source: Iowa State University, Spend Smart. Eat Smart*

FUN, FOOD, AND FITNESS FOR HEALTHY FAMILIES

Nutrition and physical activity can help you and your loved ones stay healthy. Healthy food choices and regular exercise help kids of all ages grow and develop, and also supports adults to maintain health and reduce the risk of chronic disease.

- Fuel right for your stage of life. Your body's nutrient needs change when growing and aging.
- Build memories and healthy cooking skills in the kitchen. You can pass down family traditions or try new recipes.
- Be active at any age. Regular exercise and active play can strengthen muscles and bones during growth or aging and improve your stress levels and sleep. Try a family hike, soccer match or afternoon yoga break.

Visit [Nutrition.gov](https://www.nutrition.gov) for more healthy eating and cooking resources to fuel your family.