

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

The Geary Community Farmer's Market season begins **May 4** in the parking lot of the JC Naz Church from 4-7 p.m.

May 4: Kid's Planting Activity, SNAP Triple Bucks, SNAP-Ed Nutrition & Physical Activity Resources

May 11: Painting Flowers Activity, SNAP Double-Up Food Bucks

May 18: Photo Booth, SNAP Double-Up Food Bucks, SNAP-Ed Nutrition & Physical Activity Resources

May 25: Support Local Growers, SNAP Double-Up Food Bucks

For market updates and information:

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



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This institution is an equal opportunity provider.

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 May 29 at 5:00pm the *Larry Dixon Building, 920 W. 6th Street in Junction City to discuss the *'Sunshine' Vitamin & the Connection with Depression, where to find Vitamin D, and Being Active Outside!*

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

Walk with Ease begins Monday, May 22 from 5:00pm to 6:00pm at Heritage Park in downtown Junction City. Each session is based on a pre-walk discussion about related topics 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.

MAY TEFAP RECIPE

Skillet Penne with Veggies

Yield: 4 servings

- 2 cups vegetable broth
- 2 cups water
- 2 ½ cups whole grain penne
- 1 small tomato, chopped
- 2 small zucchinis, chopped
- 1 (15 oz.) can cannellini beans, drained and rinsed
- 1 ½ teaspoons dry basil or ¼ cup chopped fresh basil
- ¼ cup parmesan cheese

In large nonstick skillet, cook penne in broth and water over high heat until penne is tender, about 12-15 minutes. Add tomato, zucchini, beans, and dried basil (if using fresh basil, add after veggies have cooked). Cook until veggies are tender. Str in cheese and fresh basil if using.

Nutrition Facts: 1 cup serving - Calories 730, Total Fat 8g, Cholesterol 5mg, Sodium 460mg, Total Carbohydrate 138g, Dietary fiber 8g, Sugars 6g, Protein 30g.

Source: https://extension.usu.edu/fscreate/files/2020-22-staff/Create_Skillet_Meal.

For other TEFAP recipes: <https://www.k-state.edu/ks-snaped/recipes/index.html>

WALK FOR HEALTH

Walking offers many benefits for your body and spirit. For most people, a regular walking program is the easiest and safest way to get needed cardiovascular exercise and all the wonderful physical and mental benefits it brings. Many health benefits can be gained from lifestyle physical activities - these are activities that naturally fit into your daily routine and for which

you don't need special equipment or gym memberships. Some examples include:

- Using the stairs instead of an elevator or escalator.
- Walking to places less than one-mile away or biking to places less than 3 miles away.
- Walking or biking to work. Or catching a ride part of the way to work and walking the rest.
- At noon, doing a group activity for 10-30 minutes and then eating a quicker lunch.
- Taking a 10-minute walk during work breaks.
- At work or home, try doing something to break the stillness every 30 minutes or so. Rather than sending an e-mail to the next office, get-up and walk over to talk to the person. Stand-up and stretch, fidget your legs while sitting, or walk down the hall and back

Source: <https://www.ars.usda.gov/plains-area/gfnd/gfhnrc/docs/news-2012/an-active-and-healthy-life/>