

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

The Geary Community Farmers Market will host a winter market on December 1 from 4:00 p.m. – 6:00 p.m. It will be a Double Up Food Bucks day, which means *a charge of \$25 to a SNAP-EBT card will receive \$50 worth of Kansas grown fruits and vegetables!

*the EBT charge can be any amount up to \$25

Come to the market to see Santa and the Grinch!

The market is located in the parking lot of the JC Naz Church in Junction City

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Geary Community Farmers Market

NUTRITION EDUCATION NEWS

Upcoming Free Classes – Fresh Conversations is a free opportunity to connect with other adults for a friendly discussion focused on nutrition and physical activity education. Join us for *in-person classes taught by K-State Nutrition Educators at the Larry Dixon Center in Junction City. This month's class will be on November 28 at 5:00p.m. We will discuss *Know Your Heart Signs*, with current recommendations for behaviors that reduce heart attack risk, using nutrition facts labels to compare and choose foods with less sugar, and ways to add 10 minutes of activity to your day. 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.*

NOVEMBER TEFAP RECIPE

White Chili

5-1½ cups servings

INGREDIENTS

- 1 whole boneless, skinless chicken breast (2 breast halves), cubed
- 1 cup onion, diced
- 4 cups reduced sodium chicken broth
- 2 cans (15 oz each) white beans (drained and rinsed) (cannellini, great northern)
- 2 cans (4 oz each) diced green chilies
- 1½ cups frozen corn
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano

INSTRUCTIONS

1. Spray a large saucepan with nonstick cooking spray. Heat the saucepan over medium high heat. Add cubed chicken and diced onion. Cook and stir for 5 minutes.
 2. Add chicken broth, white beans, diced green chilies, frozen corn, garlic powder, ground cumin, and oregano to the saucepan. Heat until boiling. Reduce heat to medium.
 3. Cook until chicken is cooked to 165°F (about 15–20 minutes). Stir occasionally while cooking.
 4. Use a potato masher to slightly mash beans to thicken the chili, if desired.
- Nutrition Facts: Calories 360, Total Fat 3.5g, Cholesterol 55mg, Sodium 600mg, Total Carbohydrates 51g, Dietary Fiber 11g, Total Sugars 5g, Added Sugars 0g, Protein 32g, Vitamin D 0cmg, Calcium 124mg, Iron 4mg, Potassium 1158mg
Source: <https://spendsmart.extension.iastate.edu/recipe/white-chili/>

FAMILY FRIENDLY FITNESS

Walking works! Walk in an area that is comfortable for you like in your neighborhood, at a park, or in the mall. If your child's school is nearby, walk with him or her to school. Take a 10-minute walk during work breaks. Being physically active reduces our risk of fractures, high blood pressure, heart disease, obesity, diabetes, some cancers, depression and anxiety.

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