

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

Geary Community Farmers Market provides Double-Up Bucks for all SNAP-EBT customers! This means that a \*charge of \$25 on an EBT card will provide \$50 worth of fresh fruits and vegetables!

The market is located in the parking lot of the JC Naz Church in Junction City each Thursdays from 4-7 p.m.

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

October 6: Kid's Day at the Market – Pumpkin Decorating

October 27: Halloween Treats! Last day of the market for the 2022 season.

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



Geary Community Farmers Market

## NUTRITION EDUCATION NEWS

**Upcoming Free Classes - Walk with Ease.** A regular walking program is the easiest and safest way to get cardiovascular exercise with the positive physical and mental benefits it brings. Join us for *Walk with Ease* classes with the goals of fun, safety and success! In person classes taught by K-State Nutrition Educators at the 12<sup>th</sup> Street Community Center in Junction City, Mondays and Wednesdays at 7:30a.m.

October 17 & 19

October 24 & 26

November 7 & 9

November 14 & 16

November 28 & 30

December 5 & 7

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

## HEALTHY HALLOWEEN SNACK MIX

### Roasted Pumpkin Seed Snack Mix

Makes: 8 Servings

A quick and tasty snack mix that can be enjoyed on the go!

Ingredients

- 2 cups crispy rice or wheat cereal squares
- 1/2 cup roasted whole pumpkin seeds
- 1/3 cup slivered almonds
- 1/2 cup dried cranberries
- 1/2 cup raisins

Directions

- 1) Wash hands with soap and water.
- 2) Mix all ingredients together and serve.

Nutrition Information. Serving Size: approx. 1/2 cup, 1/8 of recipe  
Calories 199, Total Fat 11 g, Saturated Fat 2 g, Cholesterol 0 mg, Sodium 121 mg, Carbohydrates 23g, Dietary Fiber 2g, Total Sugars 11 g, Added Sugars 4g, Protein 6g, Vitamin D 0mcg, Calcium 32mg, Iron 4mg, Potassium 237mg

MyPlate Food Groups: Fruits 1/4 cup, Grains 1/2 ounce, Protein Foods 1 1/2 ounces.

<https://snaped.fns.usda.gov/nutrition-education/healthy-thrifty-holiday-menus/halloween#recipe-1975>

## FAMILY FRIENDLY FITNESS

**Promote physical activity.** Use party games and trick-or-treat time as a way to fit in 60 minutes of physical activity by providing small and inexpensive toys that promote activity. Items could include a bouncy ball, jump rope, side walk chalk for a game of hopscotch, or a hacky sack beanbag.

**K-STATE**  
Research and Extension



This institution is an equal opportunity provider.