

K-STATE RESEARCH AND EXTENSION GEARY COUNTY SNAP-ED SEPTEMBER 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 on Thursdays from 4:00pm to 7:00pm.

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

September 1: Kid's Day

September 15: Fall Mums Sale

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: Create Better Health. Classes designed to teach adults how to prepare easy meals and make your food dollar go further. Virtual classes (Zoom) taught by K-State Nutrition Educators. Mondays and Wednesdays, 4:00p.m to 5:00p.m.

September 12 & 14

September 19 & 21

September 26 & 28

Attend all six classes for a free kitchen appliance! For more information or to register for classes, contact the SNAP-Ed office.

SEPTEMBER IS FOOD SAFETY MONTH

Fight Bacteria – Clean, Separate, Cook and Chill

Clean - Wash hands and surfaces often. Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops and food. Wash your hands and cooking surfaces often.

Separate - Don't cross-contaminate. Improper handling of raw meat, poultry, seafood and eggs can create an inviting environment for cross-contamination. As a result, harmful bacteria can spread to food and throughout the kitchen leading to a foodborne illness.

Cook - Cook to the safe internal temperature. Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause foodborne illness.

Chill - Refrigerate promptly. Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria.

FAMILY FRIENDLY FITNESS

Enjoy some family fun with these activities.

- Have a hula-hoop contest.
- Play Simon Says. Ask everyone to touch their toes, reach up high, make circles with their arms, and do jumping jacks.
- Walk the dog.
- Have a jumping jacks contest. Who can do the most during a TV commercial break?
- Go on a nature walk. In the fall and winter, look for leaves to collect.
- Do a playground workout while the kids are playing. Build your arm muscles on the monkey bars. Pump your leg muscles on the swing.
- Hit the track. Walk or run while your children ride their bikes.

K-STATE
Research and Extension



This institution is an equal opportunity provider.