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Geary County

K-State Research and Extension News

Knowledge
for Life

Ask the Agent

Q: When is Walk Kansas registration due this year?

A: Walk Kansas 2016 team registrations are due by March 25, 2016. Our office is open that day until 5:00 p.m. and Team Captains can drop off their team's registration packet up until that time. Walk Kansas begins April 3 and continues thru May 28. Registration is \$8 per person, and a team is not formally registered until payment is received from all team members. Teams are limited to 6 this year due to the new online reporting system.



For more information call the Geary County K-State Research and Extension office at:

785-238-4161

Kansas Food Bank and Geary County

March 2016

Sometimes we *look* for those "ah-ha" moments and sometimes we *stumble* in to them. As part of my recent tour of the Kansas Food Bank in Wichita, Kansas with 7 other Geary County representatives, I have the privilege to experience both. Here is a brief recap of the "ah-ha's" I experienced.

The Kansas Food Bank was established in 1984 and serves 85 of the 105 Kansas counties, including Geary County. Food provided by the Kansas Food Bank serves over 137,000 meals each week.



The purpose of the Kansas Food Bank is far reaching: "Our mission is to provide comprehensive and compassionate HungerCare whenever and wherever it is needed to safeguard the health, well-being and productivity of food-insecure Kansas families and their children, as well as senior citizens, the homeless and the chronically ill and impoverished among us." I walked in to the tour *looking* for this "ah-ha" - knowing that the food bank helped a lot of hungry people.

How does the food bank serve Geary County? This is where I *stumbled* in to an "ah-ha"! The Kansas Food Bank currently serves our Geary County Food Bank, Wheels of Hope (a mobile food pantry) as well as provide the weekend backpack program, Food 4 Kids, to our local schools. I also learned that there are many other services they provide.

In addition to offering food for food-insecure families, they also provide hygiene kits to several Wichita-area community outreach services. Within the next year, they are planning to expand this work to several pilot sites in their 85-county region.



The Bob Box is one of their newer endeavors. This program targets senior citizens who struggle to seek out food assistance either because of pride or access challenges. The Bob Box program, sponsored by Senator Bob Dole, launched in 2012 in Northwest Kansas and is expanding to Southwest Kansas this fall. Over the next 5 years, it will be rolled out to all 85 counties the Kansas Food Bank serves.

Why are these services needed? Because many adults and children living in Kansas are hungry, the Kansas Food Bank continues to seek local partners in giving Kansas families the food they need. The statistics for hunger in America is concerning, to say the least. Check out this video developed by the Feeding America network that the Kansas Food Bank is part of:

<https://www.youtube.com/watch?v=zx2o2huVm2o>

A recently formed county-wide food coalition, Live Well Geary County, has been looking at ways to meet the basic needs of those in our communities that are lacking the resources to provide for themselves. Live Well Geary County is organized for the purpose of inspiring and advancing policy, systems, and environmental changes that make it easier for Geary County Kansas residents to lead healthy lives. We are working on identifying where there are gaps in our county's support system for hungry families. We are also looking for volunteers to help work alongside us as we plant programs in Geary County. If you are interested in learning more about this effort or in providing a voice on our planning team, give me at call at the Geary County Extension office at 785-238-4161.



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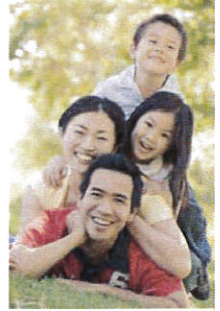
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BE A POSITIVE PARENT

Life can be stressful at times.

Create routines and give love and support to your child. He will behave better and be less likely to become upset.

1. Say "I love you" to your child when he goes to bed and when he wakes up.
2. Create family routines. Plan to have 3 meal times, a couple snack times and a nap time every day. Your child will thrive on these routines. A small child often gets upset when he's hungry or tired.
3. Hug your child. Rub his back while you read a story together. Smile at your child often during the day. When your child does something good, tell him that you are proud of him. Have a consistent bedtime routine.



Remember - learning to be a parent is a work in progress. No one is perfect. We try our best, have fun and love our children!

Nutrition Matters™ -www.numatters.com; NuBites Tipsheet #243

Steps and Strides—What's the Best Tracker?

Counting steps, recording heart rate and food consumed are just some of the different type of data that you can record with wearable trackers. How do you know which one is the best, though? In the February, 2016 issue of Consumer Reports, 17 wearable trackers were rated on several data modes:

Ease of Use: This evaluated characteristic looked specifically at ergonomics, the ease in which you can interact with the tracker, syncing and pairing the device, and the display's ability in bright and low light.

Heart-Rate Monitor Accuracy – CR notes that this feature is useful for data-oriented runners who are targeting a specific heart-rate for their workouts.

Step-Count Accuracy – This is a standard measurement taken by all 17 of the trackers measured and an area in which very nearly all of the trackers rated very good to excellent.

Batter Life – CR measured how many days the battery lasted in comparison to the manufacturer's claims.

Consumer Reports also noted which of the trackers had the following features: 1) floors climbed; 2) GPS Tracking; 3) Sleep Tracking; 4) Food Tracking; and 5) Notifications.

Although many wearable trackers worked well, none of them are perfect. Consumer Reports found that the more elaborate the measurements taken, the more likely there were flaws discovered in the data. The CR labs recommend that if you want to track a "hard-to-measure" variable such as calories burned, it is best to assume that

the data you read is a ball-park figure.

THE RESULTS: The tracker that ranked the highest (a), not surprisingly, is also the most expensive running a lofty price of \$250. It rated excellent in all four data modes and possessed all 5 features. The battery life would hold for 7 days. There was only a \$50 difference in the second highest (b) tracker, coming in at \$200. It received Excellent in the first two data modes, with a "very good" status rating for the step-count accuracy. However, it had two of the 5 features CR looked for (sleep tracking and notifications.) Skip down to the 5th (c) and 6th (d) best ratings and you will find what CR endorses as their Best Buys. You can spend a range of \$100 - \$130 to get trackers that have several excellent ratings and possess 3 of the 5 features CR looked for. However, the more expensive of the two had a battery life of 1.5 days, while the other had a 14 day battery life.

Which one should you buy? It all depends on what you need the tracker to do for you and the consistency in which you will use the data to guide you in your health and wellness decisions. Even the best trackers can't make those choices for you. The follow-thru fall on your shoulders.

a) Fitbit Surge; b) Basis Peak; c) Fitbit One; d) Microsoft Band**

***Geary County Extension does not endorse any products listed. Product names are listed solely for the purpose of reporting and comparison.*



Healthy Habits

Meal Delivery Service Gaining Popularity

Forget pizza and submarine sandwich delivery! The latest trend is meal kits sent to your door with all the ingredients. This eliminates searching for a recipe, creating a grocery list and the hassle of grocery shopping.

Meal delivery services range anywhere from sending individual ingredients to put together yourself to dishes already prepared—just warm and serve!

Boxed meals delivered to your door are designed for two to four people. They include a recipe and all the main ingredients to prepare the meal. The cost ranges from \$10-\$30 per plate. So for four people, it can add up to \$120 for that meal. Some shipping costs may be added. Subscriptions allow for flexibility.



The average calorie content per meal is 500-800 calories depending on the meal. The meals allow you to try new ingredients, flavors and recipes.

Packaging for shipping is key to success. Recipes help the user know which ingredients need to be used first. Ice bags and insulated boxes help keep

food cold and each ingredient is individually packaged. Some services deliver nationally, others are local.

When determining whether a meal delivery service is a good fit for you and your family, take into consideration these factors:

Cost: Does the cost per person exceed your current meal preparation expense? Even at the low end of what this service costs, preparing the meal from scratch at home would easily be half the cost per plate.

Convenience: What you may pay for in cost you make up for in convenience. Most of the kits come with everything you need—saving you time at home and at the store.

Waste: Although the food waste will likely be minimal, the waste creating from the packaging is significant. The food comes well packed—insulated boxes/coolers, individual plastic packages, ice packs, just to mention some of the packaging waste!

Flexibility: This is a challenge. The recipes/meals are designed for 2–4 people. If you are single, you will have too much. If you are a family of more than 4, there's not enough. Most of the food needs to be consumed within a few days of preparation.

QUICK SNACKS ON THE RUN



Trying to make it to baseball practice, dance lessons, or a meeting on time? Wanting to get your walk in after work, but your kids are telling you they're hungry? Having a busy schedule can leave even the most prepared parent in a lurch as they shuffle their schedule to get everywhere and keeps their kids fueled with food. What can you grab for a quick healthy snack on the run?

Try one of these "quick grabs":

Apple
Banana
Almonds
Baby carrots
Banana chips
Seedless grapes
Whole Grain Cereal
Rice Cakes

Raisins
Cheese stick
Whole wheat tortilla
Low-sodium pretzels
Low-fat yogurt
Granola Bar
Trail Mix
100 Calorie Packs™



You can't go wrong with fresh fruits and vegetables. Prepare them in bulk on the weekend to make it easier to grab during the busy week!



K-STATE

Research and Extension

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Upcoming Geary County Extension Programs

**Requires pre-registration.

March

- 22** MPI Parenting Class**—Junction City YMCA, 1703 McFarland Road, Junction City, is a 6-session class open to any parents with children ages toddler to teen to help support and equip parents with the challenging task of raising children. Please call the Geary County Extension Office to register for the program—785-238-4161. The class consists of 6 consecutive sessions held from 5:30—7:30 p.m. on Tuesday evenings. A \$10/session registration fee is required before the class begins. The total cost for the class is \$60.00 per individual or \$90.00 for the parent and a partner/support person. The class continues through April 26.
- 25** Walk Kansas Team Registrations Due** in the Geary County K-State Research and Extension office by 5:00 p.m. Registration is \$8/person. One payment per team, please. Six member team limit. We now accept credit card and debit card payments in our office for a nominal transaction fee.

April

- 3** Walk Kansas begins**—Incentives will be awarded to a single team and two individuals each week! Check us out at the Geary County Walk Kansas Facebook page!
- 4** Mighty Monday - New to Geary County Walk Kansas this year, we are hosting a weekly walking activity at Homer's Pond on Eisenhower Street in Junction City. Get your Walk Kansas week off to a great start and join us each Monday at 5:30 p.m. for a fun and fitness focused walk around Homer's Pond. Walk as far as you like or as long as you like. At the first Mighty Monday walk, we will have a small gift for each person registered and will distribute any t-shirts participants purchased. Join us each Monday of Walk Kansas for Mighty Monday!

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Geary County Office information: <http://www.geary.ksu.edu/>
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