

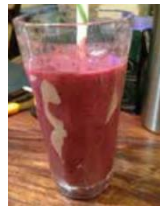


GEARY COUNTY K-STATE RESEARCH & EXTENSION

SNAP-ED NUTRITION | 119 E. 9TH STREET, JUNCTION CITY, KS

TEFAP GRAPE JUICE & FRUIT FREEZE

Makes 4 Servings



Ingredients

- 2 cups grape juice
- 2 tablespoons lemon juice
- 1 cup canned mixed fruit (drained)
- 1/2 tablespoon cinnamon
- 1/2 cup plain nonfat yogurt (if you like)

Directions

- Mix all ingredients in a blender until smooth. If using yogurt, add that too.
- Pour over crushed ice to serve.

Tip: Use 1 cup frozen pitted cherries or 1 cup drained canned cherries, or 1 cup drained canned pears.

Visit our SNAP-Ed TEFAP Recipe Website for more meals to try!
<https://www.hhs.k-state.edu/ks-snaped/recipes/tefap/index.html>

JOIN EAT SMART MOVE MORE SERIES

Geary County SNAP-Ed Nutrition Educators offer an online nutrition series!

Eating Smart and Moving More is a curriculum that offers simple solutions to help those eat smart and move more while providing the skills to be able to eat more meals at home, eat healthy when eating out, and move more in their everyday routine. You can join anytime!

Wednesdays from 4pm-5pm on:

- | | |
|------------|-------------|
| January 20 | February 3 |
| January 27 | February 10 |
| | February 17 |



These classes will be held on Zoom and are **FREE** if you and your family qualify for FDPIR, Free and Reduced Lunch Program, Head Start, Medicaid/Kancare, SNAP, TANF, TEFAP, or WIC.

If you would like to start the new year learning new skills from this series, contact Courtney Angelo and Ann Katt at snap-edgearycounty@ksu.edu.

CREATE BETTER HEALTH SERIES

Starting in March, Geary County SNAP-Ed Nutrition Educators will be hosting Create Better Health online. Create Better Health is a **FREE** nutrition curriculum designed to teach adults how to eat well and be active on a budget.

If you would like to learn new skills from this series, contact Courtney Angelo and Ann Katt at snap-edgearycounty@ksu.edu.

GRAPE & FRUIT FREEZE NUTRITION INFORMATION

1/4 of the Recipe

<u>Calories</u> 130	<u>Total Carbohydrate</u> 30 g
<u>Total Fat</u> 0 g	<u>Dietary Fiber</u> 2 g
<u>Saturated Fat</u> 0 g	<u>Total Sugars</u> 27 g
<u>Cholesterol</u> 0 mg	<u>Protein</u> 3 g
<u>Sodium</u> 30 mg	

DEB ANDRES
EXTENSION AGENT

FAMILY AND CONSUMER SCIENCES
785-238-4161
DANDRES1@KSU.EDU

ANN KATT
SNAP-ED NUTRITION EDUCATOR

785-579-4726
AMKATT1@KSU.EDU

COURTNEY ANGELO
SNAP-ED NUTRITION EDUCATOR

785-579-4726
CJANGELO@KSU.EDU



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