Plan to attend the Geary Community Farmer’s Market in the JC Naz Church parking lot, Thursdays from 4-7 p.m.

July 6: Kid’s Day Market Bucks, SNAP Double-Up Food Bucks (DUBF), SNAP-Ed Resources

July 13: Community Service Day, Support Local Growers, SNAP DUBF

July 20: Christmas in July, SNAP DUBF, SNAP-Ed Program Resources

July 27: Kansas Sunflower Day, Support Local Growers, SNAP DUBF

For market updates and information: https://www.livewellgearycounty.org/farmers-market or follow the market on Facebook.

NUTRITION EDUCATION NEWS

Upcoming Free Classes!

**Fresh Conversations** is an opportunity to connect with other adults for a friendly discussion focused on nutrition and physical activity education. Join us on **July 31 at 5:00pm** at the *Larry Dixon Building, 920 W. 6th Street in Junction City to discuss how Fat Can Be Heart Healthy. EAT LESS SATURATED FAT and replace it with unsaturated fats, especially polyunsaturated fats, to lower your risk for cardiovascular disease.*

*If you are unable to attend in person, a zoom link will be sent at registration.

**Walk with Ease** sessions include pre-walk discussion on exercise and/or walking safely and comfortably; motivational strategies; group sharing; warm-up exercises; 10 to 30 minutes of walk; cool-down; and closing remarks. Classes begin **July 11**. For more information or to register for classes, contact the SNAP-Ed office.

JULY TEFAP RECIPE

**Chicken Taco Soup**

Serves 8 - 1-1/2 cups
1 15 ounce can black beans
1 15 ounce can pinto beans
1 15 ounce can sweet corn
1 14.5 ounce can petite diced tomatoes
1 12.5 ounce can chicken breast in water
1 10 ounce can green enchilada sauce
1 14 ounce can low-sodium chicken broth
1 packet taco seasoning
1 teaspoon black pepper, or to taste
4 corn tortillas (optional)

Oil

Directions:
1. Wash your hands well with soap and hot water.
2. Drain and rinse black beans, pinto beans, and sweet corn and add to a large pot.
3. Add diced tomatoes, canned chicken, enchilada sauce, chicken broth, and seasonings.
4. Bring to a boil and then simmer on low for 20 – 30 minutes.
5. Preheat oven to 350°F. Lightly coat both sides of each tortilla with oil and bake 8 – 11 minutes or until crisp. Stack tortillas and cut into strips. Top each serving with baked tortilla chips. Refrigerate leftovers within 2 hours.

NOTE: Can also prepare in slow cooker on low heat for 2 – 3 hours.

Nutrition Facts: Calories 240, Total Fat 2.5g, Cholesterol 25mg, Sodium 1000mg, Total Carbohydrates 39g, Dietary Fiber 5g, Total Sugars 4g, Protein 17g, Calcium 68mg, Iron 6mg, Potassium 485mg. **Recipe courtesy of Mississippi State University Extension Service and the Office of Nutrition Ed**

WARM WEATHER FUN: MOVEMENT IN THE SUMMER

Summer is the best time to step outside and play in the water. Try these water games with your kids for some cool fun!

- **Drip, Drip, Splash** - This is a simple variation on the old classic Duck, Duck, Goose. On the drip, the person that is it will drip just a tiny bit from a wet sponge on the other players. When it is time to splash, it will be a big soaking from the sponge.

- **Sponge Bullseye** - With sidewalk chalk, draw various circles and assign point values, letters or numbers. Ask the children to get as many points as possible, hit a certain letter or a certain number with their wet sponges.

*Source: [https://www.cacfp.org/assets/pdf/Happy+Summer+Activity+Page+cacfp.org+N/](https://www.cacfp.org/assets/pdf/Happy+Summer+Activity+Page+cacfp.org+N/)*