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

**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 12th 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 omeg, Calcium 32mg, Iron 4mg, Potassium 237mg
- MyPlate Food Groups: Fruits ¼ cup, Grains ½ ounce, Protein Foods 1½ ounces.

**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.

---

**Geary Community Farmers Market**

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 Thursday 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

---

This institution is an equal opportunity provider.