



Geary County

K-STATE RESEARCH AND EXTENSION NEWS

geary.k-state.edu

March 2020

Ask the Agent

Q: I found a hand sanitizer “recipe” online. Is it safe to use in place of commercial hand sanitizers?

A: Not likely. Karen Blakeslee, K-State Research and Extension Food Safety Specialist, recommends that a good handwashing is far more desirable than using a hand sanitizer. The surfactants in hand soap are designed to take dirt and germs away as you wash your hands for 20 seconds then rinse with warm water. Using commercial hand sanitizers are acceptable to use if you cannot access hand soap and warm water. If you still choose to make your own hand sanitizer, the ONLY formulation you should use is posted on the website of the World Health Organization (WHO). Ensure that you are able to use the exact concentrations of each product listed. Better yet, wash your hands with hand soap and warm water!

For more information call the Geary County K-State Research & Extension office at: **785-238-4161**

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Stir Crazy?

With the Stay Home orders our communities and state are under, it can be easy to feel a little stir crazy! However, you don't need to head downtown or go out in public to keep yourself and your family busy. Whether you are looking for activities for yourself or for your family, there are many ways to keep busy! Here are a few tips to keep you and your family from going stir crazy while staying healthier and safer at home.

Try a new recipe: Iowa State University Extension and Outreach offers a resource to help you expand your palate without blowing the budget. Spend Smart Eat Smart is a comprehensive program that offers meal budgeting, preparation, and nutrition tips with an emphasis on managing your food dollar. The program website (<https://spendsmart.extension.iastate.edu/recipes/>) has a ton of great easy and cost-effective recipes to try. You can explore menu planning, learn tips about budget based shopping techniques, watch food preparation videos, and more! Check out the recipe inside this newsletter for a sample recipe you can find on the valuable and cost-friendly website.

Read a book: Unplug from all the screens and encourage the whole family to pick up a book, either an old favorite or one that's been on your reading list for a while! I use the online audiobook service that the staff of the Dorothy Bramlage Public Library recommended to me last summer. Hoopla is an online digital media service that offers ebooks, audiobooks, movies, music and more. What's even better? It's FREE! You can learn more about this excellent resource at: <https://www.hoopladigital.com/>.

Play an indoor game: Try a scavenger hunt or board game, build a fort or have fun with whatever your family can dream up! Or try a crossword puzzle based on USDA's MyPlate! You'll find it on the Geary County K-State Research & Extension webpage at: <https://www.geary.k-state.edu/health-home-family/>. You will also find a few other activities to do with your family including making a family tree or creating a "Game Jar."

Get active indoors! Physical activity has proven health benefits, such as decreasing the risk factors for chronic diseases and improving memory and academic performance. The Centers for Disease Control and Prevention recommends that children and adolescents between the ages of 6 through 17 should incorporate in their daily activities at least 60 minutes of moderate to vigorous exercise.

Instead of increasing screen time, consider these options:

- Playing tag
- Jumping rope
- Simon Says with exercises
- Scavenger hunts through the house
- Dancing
- Hopscotch
- Relay races or obstacle courses.

If you're looking for something more traditional, try a quick at-home workout with little to no equipment needed. You can find videos, stretches, exercises and more at the National Institute on Aging Go4Life website at: <https://go4life.nia.nih.gov/>

Keep your mind and body moving without putting your health at risk. Take some time to change up what you do each day and take this opportunity to enjoy your family!

March 2020



Coping with Crisis

Children and adults experience and react differently in times of crisis.

"We sometimes only think of disasters as weather-related events, but we know that anything that disrupts daily life and community well-being on a large scale is a disaster," said Bradford Wiles, associate professor and extension specialist with Kansas State University's College of Health and Human Sciences. "Thinking about and being compassionate in how we all feel and process our emotions is crucial to our own, our families', and our communities' resilience in the face of the current pandemic."

Ways parents can help children cope during hard times:

- Reassure the child that you are still together and that you will be there to help as long as you can.
- Return to pre-disaster routines to the extent possible,

including bedtime, bath time, meal time and waking up times.

- Make sure you are taking care of yourself. It can be difficult to take care of a child if you are not feeling well.
- Talk with your child about your feelings.
- Encourage children to draw, write or tell stories about their experiences. Talking about how the disaster or tough time has changed them can be beneficial.

For more information on helping children cope with crisis, download the K-State Research & Extension publication titled: *Disasters: Children's Responses and Helping Them Recover* on the Geary County K-state Research & Extension website at: <https://www.geary.k-state.edu/health-home-family/family-life.html>.



Create a Family Action Plan

Identify everyone who needs to be part of your plan

and what his/her needs are. This should include things like health or medical conditions, medication needs, medical equipment needs, dietary needs, and other things you'd take into account during any other type of emergency. Current information about COVID-19 suggests that older adults and those with underlying chronic medical conditions may be at risk for more serious complications.

Create an emergency contact list. Make sure you have a current list of emergency contacts that includes family, friends, neighbors, healthcare providers, employers, schools and your local public health department.

Identify organizations and resources in your community. Consider including organizations that provide mental health or counseling services. If your neighborhood has a website or social media page, consider joining to maintain access to neighbors and other nearby resources.

Learn about the emergency plans at your family's jobs and schools and plan for what you'll do if a family member gets sick. What plans do you have in place if schools are closed because of widespread illness? Who will take care of your children if daycares must close? What sick-leave and telework policies does your employer have? Don't forget to include social services that are part of your daily life, including things like student meal programs and mental health services.

Encourage your whole family to practice preventive hygiene. Wash your hands frequently. Avoid touching your face. Cover your mouth with your elbow or a tissue when you cough or sneeze. Stay home when you or a family member are sick. Clean frequently touched surfaces everyday. Avoid or minimize close contact with sick people.

Choose a room in your home that can be used to separate those who are sick from the rest of the household. If possible, this should include a bathroom for the sick individuals to use. Clean and disinfect these rooms as needed and minimize contact between sick and healthy people.

K-State Research and Extension has developed a designated website to assist Kansas individuals, families, ag producers, and agencies during these unprecedented times with the COVID-19 pandemic: <https://www.ksre.k-state.edu/news/stories/about-us/covid-19-extension.html>.

To reach Geary County K-State Research and Extension, call our office at 785-238-4161 or by email at ge@listserv.ksu.edu

SPEND SMART. EAT SMART.®

Cheesy Chicken Casserole

Serves: 4 Cost/Serving: \$1.22 Serving Size: 1 1/2 cups

INGREDIENTS

- 1 **tablespoon** oil (canola, olive, or vegetable)
- 1 **cup** onion, diced (1 medium onion)
- 1 **clove** garlic, minced
- 1 **1/2 cups** reduced sodium chicken broth
- 1 **cup** instant brown rice, uncooked
- 2 **cups** frozen vegetables (broccoli, carrots, corn, mixed vegetables, peas)
- 2 **cups** cooked chicken (shredded or cut up)
- 3/4 **cup** cheddar cheese, shredded

INSTRUCTIONS

- 1 Heat oil in a skillet over medium heat. Add onion and garlic. Cook for 2 minutes.
- 2 Add chicken broth. Heat to boiling. Stir in rice and frozen vegetables.
- 3 Reduce heat to low. Cover and cook for 10 minutes.
- 4 Add chicken and cheese. Stir constantly until chicken is heated through and cheese is melted.

TIPS

Use leftover chicken or turkey. Or cook your favorite way (bake, boil, or grill). Leftovers can be stored in the refrigerator for up to four days.

Nutrition Facts

4 servings per recipe	
Serving Size: 1 1/2 cups	
Amount Per Serving	
Calories	390
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 5g	25%
<i>Trans Fat</i> 0g	
Cholesterol 80mg	27%
Sodium 420mg	18%
Total Carbohydrates 32g	11%
Dietary Fiber 3g	12%
Total Sugars 6g	
Added Sugars NA*	
Protein 32g	
Vitamin D 0mcg	0%
Calcium 194mg	15%
Iron 1mg	6%
Potassium 363mg	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.	

We Need to Hear From You!

As part of the Blue Cross Blue Shield of Kansas Pathways to a Healthy Kansas grant, Live Well Geary County (LWGC) needs residents of Geary County to complete a perception survey. This brief survey will give the LWGC team an opportunity to gather information about food availability, use, and consumption habits. Gathering this information will also assist in future work toward improving accessibility to healthy foods and identifying other related areas of need in our county. Please take a moment of your time to complete the short survey posted on the Live Well Geary County website at:

<https://www.livewellgearycounty.org/>



Check out the work LWGC is doing for our communities:

www.livewellgearycounty.org/lwgc-video

Geary County

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Upcoming Geary County Extension Programs

****Requires pre-registration. Call 238-4161 to pre-register****

In following the Kansas State University's CORVID-19 protocols, all Geary County K-State Research and Extension face-to-face programs have been suspended through May 16, 2020. Look in future newsletters for rescheduled program dates and times.

Listen for our continued local radio programs and newspaper articles. Then, check out our Facebook page noted below.

We look forward to our continued work with– and for– the residents of Geary County. Stay safe and healthy!



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