



GEARY COUNTY K-STATE RESEARCH & EXTENSION

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

TEFAP OATMEAL PLUM BARS

Makes 12 Servings/Bars

Ingredients

- 1/2 cup butter softened
- 1/2 cup brown sugar
- 1 egg
- 1 cup flour
- 1 cup old fashioned oats
- 1/4 teaspoon salt
- 8-10 plums cut into fourths
- 3/4 cup chocolate chips
- 1/2 cup shredded coconut



Directions

1. Preheat the oven to 350.
2. In a medium bowl, cream the butter and brown sugar until light and fluffy. Add the egg and mix until combined. Add the flour, oats and salt and mix until combined. Fold in the plums, chocolate chips and shredded coconut.
3. Spread the mixture in a greased or parchment lined 9x9 baking dish. Bake 24-28 minutes, or until lightly browned on top. Let cool before slicing.

Source: Kansas SNAP-Ed - TEFAP Recipes
<https://www.hhs.k-state.edu/ks-snaped/recipes/tefap/index.html>

UPCOMING CLASSES

Family Gardening

Ann Katt and Debbie Savage with Breaking Bread, come together to teach about gardening and how to make use of the food from the Community Garden at the 12th Street Center. Learn about the connection of seeds and plants, the foundation for nourishing gardens, and the importance of healthy plants and healthy bodies. Classes are 45 minutes in length.

Eat Smart Move More

Courtney Angelo and Tonette Hammond with the Geary County Health Department, join forces to discuss how to eat more meals at home, eat healthy when ordering meals for delivery or pickup, and how to move more in your everyday routine. Classes are 45 minutes in length.

Dates for these classes have not been finalized due to the Stay at Home orders across Kansas. Please send an email if you are interested in additional information about these classes. See contact information below. You will be contacted directly once the dates are set.

FOOD PLANNING DURING CORONAVIRUS

Start Simple with MyPlate offers a guide on food planning, including what to buy, how much to buy, and preparation tips. During this pandemic, you may want to make sure you have everything you need at home to keep you and your family prepared. MyPlate covers:

- How much should I buy?
- What should I make?
- Sample 2-Week Menu
- Access to food while school is closed
- And more!



OATMEAL PLUM BARS NUTRITION FACTS

1/12 of Recipe or
1 Bar (62g)

Calories 270
 Total Fat 14 g
 Saturated Fat 9 g
 Cholesterol 35 mg
 Sodium 65 mg
 Total Carbohydrate 35 g
 Dietary Fiber 2 g

Total Sugars 20 g
 Added Sugars included 8 g
 Protein 4 g
 Vitamin D 0 mcg
 Calcium 9 mg
 Iron 1 mg
 Potassium 59 mg

DEB ANDRES
 EXTENSION AGENT
 FAMILY AND CONSUMER SCIENCES
 785-238-4161
 DANDRES1@KSU.EDU

ANN KATT
 SNAP-ED NUTRITION ASSISTANT
 785-238-4161
 AMKATT1@KSU.EDU

COURTNEY ANGELO
 SNAP-ED NUTRITION ASSISTANT
 785-238-4161
 CJANGELO@KSU.EDU



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