



GEARY COUNTY K-STATE RESEARCH & EXTENSION

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

RESOURCES DURING COVID-19

With new regulations in place, K-State Research and Extension has delayed SNAP-Ed Nutrition Classes till July 4th. Our current intentions are to help inform the community on accessing local resources they may need.

- If you know someone in Geary County who is needing help putting food on their table, here is a resource to share. Our Geary County SNAP-Ed Website will have the list updated every week. It is also available in Spanish. www.geary.k-state.edu/health-home-family/family-nutrition-program.html
- While schools are closed due to COVID-19, families with children age 5-18 who received free or reduced-priced meals from August 2019-May 2020 will receive up to \$291 per child in Pandemic EBT (P-EBT) benefits to purchase food. Visit Kansas Department for Children and Families for more information. <http://www.dcf.ks.gov/Pages/Default.aspx>
- The Geary County Food Pantry is distributing Disaster Relief Boxes for families. It is a drive-thru service. Pull up on North Washington Street and 3rd Street, let the attendants know how many are in your family, and they will put the allocated amount of food in your trunk. The next date for distribution is **Friday, May 22**. Call 785-762-8830 for time of pick-up.

While we may be distant, please visit these resources or contact us through email if you have any questions.

TEFAP GOLDEN SPLIT PEA SOUP

Makes 8 Servings



Ingredients

- 2 teaspoons vegetable oil
- 2 cups onion (chopped)
- 4 small potatoes (2 cups diced, with skin on)
- 1 1/2 cups yellow split peas
- 5 1/2 cups chicken broth, low-sodium
- 1 cup water
- 1/2 teaspoon onion powder
- 1 teaspoon poultry seasoning

Directions

1. Place the vegetable oil in a large soup pot or Dutch-oven style pan. Heat over medium-high.
2. Add the onion and sauté until golden, about 2-3 minutes.
3. Add the rest of the ingredients and mix well. Bring to a boil and then lower the heat to a simmer. Cook uncovered until the peas are tender, about 45 minutes. Serve hot.

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

GOLDEN SPLIT PEA SOUP NUTRITION

1 Serving or
1 Cup

Calories 210	Total Carbohydrate 35g
Total Fat 2.5 g	Dietary Fiber 11g
Saturated Fat .5g	Total Sugars 3g
Cholesterol 5mg	Protein 11g
Sodium 350mg	

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