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Produce
Bundle
\$15**

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Walk Kansas 2023

The annual Walk Kansas program from K-State Research and Extension starts March 26th and goes through May 20th. Walk Kansas is a team-based health initiative. Teams can be family, co-workers, friends, community organization members, neighbors, or part of a faith-based community.

- Groups of six form a team.
- One serves as the captain.
- Team members do not have to live in the same town, county, state or country.


Stay tuned for registration info! 



January is Fiber Focus Month

Kick-off the new year by increasing your fiber intake. Adding more fruits and vegetables to your diet is an easy way to accomplish this, especially with Simply Produce. Use the following tips to increase your fiber intake:

- *Add high fiber foods gradually
- *Add a fruit or veggie to each snack
- *Make half your plate fruits and veggies
- *Include other fiber-rich foods to your plate such as oats, whole grain bread, whole-grain pasta, and lentils
- *Snack on popcorn, but watch out for added fats, salt, and sugar

Reach out to Midway District FCS Agent Jessica Kootz for other ideas on incorporating fiber-rich foods into your diet. 

**Simply Produce
Ellsworth
County
increases access
to fruits and
vegetables while
encouraging
shopping local.
Call Gene's
Heartland
Foods in
Ellsworth to
order your
basket
785.472.4111.**




Living Well Wednesday - Documents You Need

The Living Well Wednesday webinar series is back for Winter 2023! The next webinar will be January 25 with the topic of Documents You Need -- Estate Planning.

"Estate Planning Essentials: A Matter of Life and Death" - As Benjamin Franklin famously said, "nothing is certain except death and taxes." While no one really enjoys thinking too much about either of these unavoidable certainties, good Estate Planning now can ease the future burden of loved ones facing tough end-of-life and post-mortem decisions. In this presentation, Kansas Legal Services Staff Attorney - Dom D. Cavicchia, will explain the essential documents everyone should have, including: Last Will and Testament, Power of Attorney, and Living Will.

January 25, 12:15 pm


Register: <http://bit.ly/LWW2023> 

Online Webinar
Wednesday, Jan. 25th
12:15 - 1:00 PM
Central Standard Time

LEGAL DOCUMENTS YOU NEED

Do you know what legal documents you should have? Join us for expert advice from guest speaker, Dominic Cavicchia, Staff Attorney with Kansas Legal Services.

REGISTER ONLINE AT
<http://bit.ly/LWW2023>
or scan the QR Code










LIVING WELL WEDNESDAY

K-State Research and Extension Statewide Webinar Series

K-State Research and Extension is an equal opportunity employer

Safety Tips for handling and preparing common foods

Type of FOOD	AVOID	Better CHOICE
 MEAT & POULTRY	Raw or undercooked meat or poultry	Meat or poultry cooked to a safe internal temperature. Use a food thermometer to check https://www.foodsafety.gov/keep/charts/mintemp.html
 SEAFOOD	Raw or undercooked fish, shellfish, or food containing raw or undercooked seafood, such as sashimi, some sushi, and ceviche.	<ul style="list-style-type: none"> • Seafood cooked to 145°F • Canned fish and seafood • Refrigerated smoked seafood in a cooked dish, such as a casserole
 DAIRY	Unpasteurized (raw) milk	Pasteurized milk
 EGGS	Foods that contain raw or undercooked eggs, such as: <ul style="list-style-type: none"> • Homemade Caesar salad dressing • Raw cookie dough • Eggnog 	Use pasteurized eggs and egg products when preparing recipes that call for raw or undercooked eggs.
 SPROUTS	Raw or undercooked sprouts, such as alfalfa, bean, or any other sprout	<ul style="list-style-type: none"> • Cooked sprouts • No sprouts
 VEGETABLES	Unwashed fresh vegetables, including lettuce and salads	<ul style="list-style-type: none"> • Washed fresh vegetables, including salads • Cooked vegetables
 CHEESE	Soft cheeses made from unpasteurized (raw) milk, such as queso fresco, blue-veined, feta, Brie, Camembert	<ul style="list-style-type: none"> • Soft cheeses that are clearly labeled "made from pasteurized milk" • Processed cheeses, cream cheese, mozzarella, hard cheeses



Accessible version: <http://www.cdc.gov/foodsafety/communication/foodsafety-tips.html>

CS296105-A

www.cdc.gov/foodsafety

Check out these safety tips for handling and preparing common foods. You can help prevent food poisoning! 



Upcoming Events:

Date	Event	Organization
January 27	Lunch & Learn Register by Jan. 24 to Stacie at <i>ewcountyeconomicdevelopment@g mail.com or 785.810.8303</i>	Grow Ellsworth County
February 9 <i>(2nd Thurs. of Each Month)</i>	Weight Loss Support Group <i>2nd Thurs. of Each Month 3p-4p Contact Kate Flint for more info kflint@ewmed.com or 785.810.1125</i>	Ellsworth County Medical Center
February 10	Patrick Hoffman, LLC Ribbon Cutting: 1p Open House: 1p-5p <i>at High Jinks Rec Club</i>	Grow Ellsworth County
February 10 - 15	Order your Simply Produce Basket	Gene's Heartland Foods in Ellsworth
February 17	Pick up your Simply Produce Basket NOON - 12:45p	American Legion Post 174
February 20	Youth Entrepreneurship Challenge Tradeshow 10a-11:30a Come and Go EJSHS Gym	Grow Ellsworth County
February 22	Wake Up Wednesday Register by Feb. 19 to Stacie at <i>ewcountyeconomicdevelopment@g mail.com or 785.810.8303</i>	Grow Ellsworth County



Dining on a Dime's Cooks' Corner
'Get Your Fruits and Veggies' Smoothie
(Makes 2 servings, almost 1 cup each)

Cool off with this nutty treat at breakfast or for a snack. Make a double batch and freeze the extra servings for the busy days of summer!

Ingredients

- 1 cup (about 6 large) frozen unsweetened strawberries
- 3/4 cup fat-free milk
- 1/2 cup firmly-packed fresh kale leaves
- 2 tablespoons peanut butter
- 1 tablespoon sugar

Directions

1. Wash your hands and work area.
2. Put all of the ingredients in a blender.
3. Cover and blend on high speed until smooth.
4. Serve cold.
5. Cover and freeze leftovers promptly.

Nutrition Facts for 1 serving: 170 calories, 8 g fat, 2 g saturated fat, 0 g trans fat, 21 g carbohydrate, 8 g protein, 0 mg cholesterol, 130 mg sodium and 3 g dietary fiber. Daily Values: 60% vitamin A, 80% vitamin C, 15% calcium, 6% iron



Cooperative Extension Service
K-State Research and Extension

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K-State, County Extension Councils, Extension Districts, and the U.S. Department of Agriculture cooperating.

K-State is an equal opportunity provider and employer.

Simply Produce Ellsworth County
brought to you by:



American Legion Post 174
 785.810.8291

Ellsworth County Medical Center
 785.472.311



Gene's Heartland Foods, Ellsworth
 785.472.4111

Grow Ellsworth County
 785.472.9204



Midway Extension District
 785.472.4442

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FOODS



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Bundle
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Simply Produce

GET YOUR
Simply Produce
BASKET!

Order a Produce Basket for only 15 dollars (plus tax) at:

Pick up your Basket at:

Ordering/Distribution Dates

Watch local media or check with the store for additional dates!

Place Orders:

Pick up Basket:

Place Orders:

Pick up Basket:

Place Orders:

Pick up Basket:

Place Orders:

Pick up Basket:

For more information, contact

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting Jessica Kootz two weeks prior to the start of the event at 785.472.4442 or jessicak@ksu.edu. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.
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