

# In Good Health

## Johnson County

October 2023  
Vol 1 Issue 9

### Upcoming Events

Join us for one of our events!

**Savory Soups and Stews**  
October 19th 6:00 - 8:00 PM

**Kitchen Restore Donation Drive**  
November 4th 10:00 AM - 12:00 PM

**Pie Baking 101**  
November 2nd 6:00 - 8:00 PM  
November 16th 6:00 - 8:00 PM

**Kids in the Kitchen:  
Gingerbread Art**  
November 10th 10:00 AM - 12:00 PM

**Beyond Meatless Mondays**  
November 14 6:00 - 8:00 PM



Scan the QR code or visit  
[bit.ly/EMFVEvents](https://bit.ly/EMFVEvents)  
to Register!



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Research and Extension

Master Food Volunteer  
Johnson County

**Need a speaker? Have questions about food or  
nutrition or our classes? Contact Us!**

[foodhelp@jocogov.org](mailto:foodhelp@jocogov.org)

### Featured Article

October is National Eat Better, Eat Together Month. Eating together as a whole family unit has many social, physical, emotional, and health benefits. For example, when families eat together they report eating a wider variety of foods, have better nutrition, and report better communication. Additional benefits of family meals for youth and adolescents is better performance in school and fewer behavioral problems. We know that the frequency of family meals has been declining over time. The greatest barrier families report in eating together is busy schedules including work and evening activities taking them away from the house and often in different directions. More and more activities are available for adults and children in the evening and weekend hours which lead to families more frequently consuming fast food and food outside of the home. Other barriers to families eating together is lack of cooking skills among family members, lack of planning, competing electronics (tv, computer, phone), no place to eat together, and unpleasant family environment like arguing at mealtime. Here are a few ideas to help you prioritize family mealtime. Try to add one or two more family meals aiming for at least 5 meals a week!

- Plan a family breakfast date involving everyone in the cooking process.
- Have a no electronics policy for meal time.
- Keep your pantry, freezer and refrigerator stocked with ingredients for easy to prepare meals.
- Spend less time cooking by using appliances like a slow cooker or pressure cooker to prepare meals for busy nights.
- Engage the whole family in meal planning, including identifying favorite family recipes, and meal preparations, like setting the table.
- Take one of our Cooking Classes to improve your skills and get new recipe ideas.

In Good Health,  
Chelsea Reinberg, MPH, RND  
Nutrition, Food Safety and Health Agent

# Recipe of the Month

## Butternut Sausage Soup

6 Servings

### Ingredients

- Large butternut squash (about 3 pounds)
- 2 tablespoon olive oil
- 1 pound turkey sausage, cooked
- 1 small yellow onion, chopped
- 3 garlic cloves, chopped
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon dried rosemary
- 1/4 teaspoon ground ginger
- 1/2 teaspoon red pepper flakes
- 2 cups vegetable broth
- 1 cup half and half (or use heavy cream or coconut milk)
- 1 tablespoon maple syrup



### Preparation

1. Preheat oven to 425°F. Slice butternut squash in half and remove seeds.
2. Place butternut squash on baking sheet, drizzle with half the oil and sprinkle with salt and pepper. Turn butternut squash over and place cut side down. Roast for 60 minutes or until soft.
3. While squash is cooking, cook sausage over medium-high heat until cooked through. Set aside.
4. In the same pan you cooked the sausage, add half the oil and chopped onions. Cook until soft and starting to caramelize.
5. Stir in garlic and remaining spices, cook for 1 minute. Set aside.
6. Once butternut squash is done, let cool then remove the skin. Cut into cubes.
7. In a large stock pot, put in squash, vegetable broth, maple syrup and cream. Bring to a boil.
8. Using an immersion blender or stand blender, puree soup until smooth and creamy. Add cooked sausage and onion in and bring back to a boil for 1 minute.



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# Fun Food Facts

Each year 9 billion pieces of candy – over a billion more than there are people on Earth, are produced. A majority is for Halloween. On Halloween, the average child consumes about three cups of sugar. That equals about 169 sugar cubes! In order to burn off all the calories in the average candy haul for a child on Halloween they would have to play for two days. Remember, its okay to enjoy your treats but in moderation!



## Kitchen Corner

Have you ever wondered, what's the deal with an electric pressure cooker? We will lay out the facts here to help you decide if it is a worthwhile investment for you.



### Advantages

- 1) Food cooks faster as it cooks with a high pressure.
- 2) Produces better flavor and texture for some foods especially for tough meats and beans.
- 3) Set it and forget it - with preset functions and automatic regulation.
- 4) Easy clean up with one pot insert.

### Disadvantages

- 1) Some learning needs to take place on how to use and prepare the perfect meal.
- 2) Cannot check food and season as food cooks.
- 3) Works best for some meals but not all.
- 4) Overcooking food may be an issue as you cannot check food as it cooks.

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