

K-STATE

Research and Extension

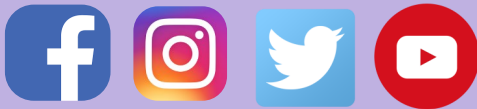
Master Food Volunteer
Johnson County

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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The Winter Blues

Seasonal affective disorder (SAD) isn't just a case of the "blues" – it's a cyclical pattern of depression during winter months, with improvement during other times of the year.

Symptoms of SAD include:

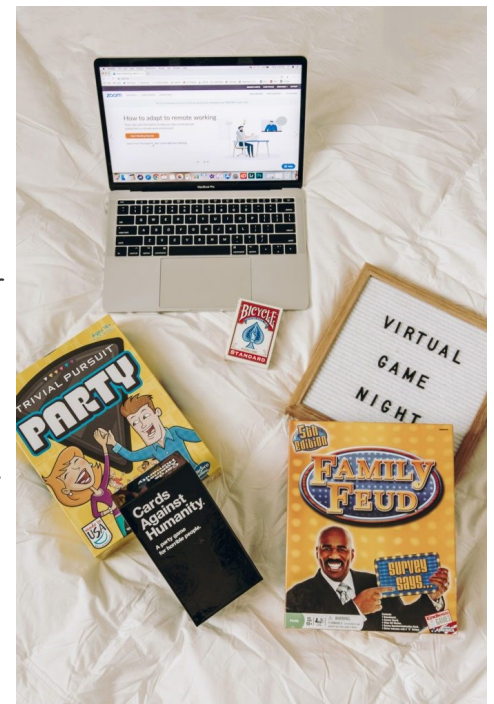
- Tiredness and loss of energy
- An increased need for sleep
- Craving of carbohydrates
- Weight gain
- Withdrawal — general disinterest in socializing
- An overall sense of hopelessness, unhappiness and/or irritability

SAD is a manageable condition, but it is important to seek the assistance of a trained medical professional and not to self-diagnose the disorder to ensure you're getting proper treatment.

Here are some ways to counteract the effects of SAD:

- Get more sunlight. Ways to do this are enjoying the outdoors during sun hours and, when indoors, having a window near where one sits or works during the sunny part of the day.
- Eat healthy foods.
- Exercise.
- Spend time doing enjoyable activities with positive and upbeat people.
- Prescribed light therapy may make a difference for some people in treating the symptoms of SAD. This involves exposure to a very bright light (usually fluorescent) for 30 minutes or more each day during the winter months.
- Some people may need mental health therapy and/or prescription anti-depressants during this time of the year.
- Avoid alcohol and illegal drugs, which can impair one's judgment when making decisions and dealing with other people and could make SAD worse.

If you think you may be experiencing the symptoms of SAD it is important to seek the opinion of a trained medical professional. In cases of severe depression or if having suicidal thoughts contact a medical professional or the emergency room of a local hospital immediately.



Recipe of the Month

Wisconsin Chicken Noodle Soup

3-pounds chicken pieces
6 cups hot water, divided
2 large stalks celery, thin sliced
1 cup carrots, thin sliced
1/2 teaspoon dried basil
1/4 teaspoon parsley
1/4 teaspoon pepper
1 teaspoon salt
1/2 cup thin egg noodles

1. In a 5-quart casserole, combine chicken, 4 cups hot water, celery, carrots, basil, parsley, pepper and salt.
2. Microwave casserole on high 30 to 40 minutes, or until chicken falls easily from the bone. Stirring twice during cooking.
3. Remove chicken from the bones. Discard bones and skin. Dice meat and return to casserole. Add 2 cups hot water and noodles. Cover.
4. Microwave on high 8 to 10 minutes, or until water boils. Then microwave on high 7 to 10 minutes or until noodles are tender.

Makes 8 servings, 1/2 cup each

Source: Dunn County UW-Extension

Nutrition Facts

Serving Size .5 Cup (353g)
Servings Per Container 8

Amount Per Serving

Calories 180 **Calories from Fat** 35

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 85mg **28%**

Sodium 480mg **20%**

Total Carbohydrate 5g **2%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 30g

Vitamin A 50% • **Vitamin C** 6%

Calcium 2% • **Iron** 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



