

## K-STATE

Research and Extension

Master Food Volunteer  
Johnson County

### Upcoming VIRTUAL Classes

#### March — Basic Breads

Thursday, March 25 at

6:00pm to 8:00pm

Fee: \$25

[Sign Up](#)

#### April — MIND Diet

Thursday, April 15 at

6:00pm to 8:00pm

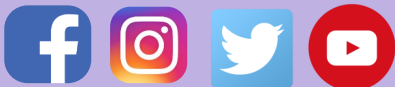
Fee: \$25

[Sign Up](#)

Classes include recipe booklet, some ingredients and supplies. The link for the class and more details will be sent once registration is complete and payment received,

#### Follow us on Social Media!

Click to see our pages!



*Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Johnson County K-State Research and Extension, 913-715-7000.*

**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**

*K-State Research and Extension is an equal opportunity provider and employer.*

## Staying Active in All Seasons!

Despite the odds, many communities re-envisioned what community physical activity could look like last year. They learned to turn limitations into opportunities and to meet people where they are – especially when those people are stuck at home.

Some communities saw fewer barriers around transportation, scheduling, and disability access when their events moved online. Many online fitness classes plan to continue these initiatives even after social distancing is over.

While people are spending more time inside their homes during COVID-19, communities have also noticed increased enthusiasm for **outdoor activity** options. And they're finding creative ways to make the outdoors even more engaging. Socially distant activities such as scavenger hunts have been introduced. Participants can look for certain things along trails and within parks and if they wish, can post selfies with their findings on social media to share with their communities.

Communities also needed strategies to translate the sense of **togetherness** and excitement from in-person events into the online environment. **Friendly competition** emerged as a way to boost virtual engagement.

Your Johnson County Extension Office will soon start a friendly competition physical activity program. It's called Walk Kansas. This program encourages you to move more by helping you set physical activity goals. Enrollment in the program gives you access to a database where you can input your physical activity minutes, and the website will convert those minutes to miles (15 minutes of exercise = 1 mile), and you can watch yourself "walk across Kansas".

The program is suitable for teams of 4 to 6 individual or can be done solo. Enrollment into the program and access to the website costs \$10. This fee also includes a weekly newsletter and free access to the following virtual programs:

- Developing Healthy Habits
- The MIND Diet
- Sleep: Want It, Need It, Get It
- Food After 50
- Family Meal Times
- Pulses: The World's Most Nutritious Food
- Multicooker Basics
- Mindfulness

Don't miss out on your opportunity to stay active despite the pandemic and the weather. Walk Kansas is a great way to stay motivated while you achieve your health goals. Signing up is easy. Just visit: <https://www.johnson.k-state.edu/health-food-safety/walk-kansas/index.html>

Source: <https://health.gov/news/202009/move-your-way-pilot-communities-get-creative-during-covid-19>

# Recipe of the Month

## Cashew Energy Bites with Cranberries

1 cup raw cashews, divided  
3 tablespoons pure maple syrup  
1 teaspoon vanilla extract  
1/2 teaspoon sea salt  
1-1/4 cups old-fashioned oats, divided  
1/2 cup dried cranberries

1. Place 3/4 cup of the cashews in a food processor and process until nut butter forms, about 7 minutes.
2. Scrape down the sides of the food processor bowl and add the maple syrup, vanilla and sea salt. Process until incorporated, scraping down the sides and bottom of the bowl with a spatula as needed.
3. Add 1 cup of the oats, the remaining 1/4 cup cashews and the dried cranberries. Pulse in 12 short pulses to chop and combine.
4. Transfer mixture to a bowl and use clean hands or a spoon to mix in the remaining 1/4 cup oats.
5. With slightly wet hands, shape 1 tablespoon portions of dough into balls.
6. Store in the refrigerator for up to 1 week.

Makes 18 servings, 1 ball each

Source: [www.kristineskitchenblog.com](http://www.kristineskitchenblog.com)



### Nutrition Facts

Serving Size 1 Energy Ball  
Servings Per Container 18

Amount Per Serving

**Calories 80**      **Calories from Fat 30**

% Daily Value\*

**Total Fat 3g**      **5%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 65mg**      **3%**

**Total Carbohydrate 11g**      **4%**

Dietary Fiber 1g      **4%**

Sugars 6g

**Protein 2g**

Vitamin A 0%      • Vitamin C 0%

Calcium 0%      • 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

