



In Good Health Johnson County

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Upcoming Events

Join us for a class, visit us at an event!

Kitchen Restore Drop-Off

Dec 21 | 10:00 AM - 12:00 PM

January 6 | 10:00 AM - 12:00 PM

Adult/Youth Class: Family Fun

Jan 20 | 10:00 AM - 12:00 PM

Four-Course Living

Jan 8 | 11:00 AM - 1:00 PM

Jan 25 | 6:00PM - 7:45 PM

Adult Class: Couples Date Night

Feb 16 | 6:00 PM - 8:00 PM

Kids Class: Bread Making

Feb 10 | 10:00 AM - 12:00 PM

**Scan the QR code or visit
bit.ly/EMFVEvents
to Register!**



K-STATE

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**

Featured Article

The end of the year is always a busy time, but in my opinion it is also the perfect time for organizing our life to set us up for success and hit the ground running to achieve the goals we set out for ourselves at the start of the new year. If you are like me, you might not have taken a deep look into your cupboards, refrigerator, or freezer lately. Items tend to get pushed to the back or we just plain forget we have something. I encourage you to go through your cabinets and take inventory of what you have and reorganize. If you have a surplus of canned and dried goods consider donating them to a local food pantry! The spice cabinet may be the last thing that has been overhauled lately in your cabinets. Ground spices will keep for about 1 year and whole spices will keep about 2 years. They should be kept away from heat, light and humidity. If you currently store them above the stove, dishwasher, microwave, sink or near a heating vent it is recommended you find a new home for them to ensure they maintain good quality. If your spices are outdated, it doesn't necessarily mean they are bad but their flavor may be less than expected. Lastly, don't be fooled by the dates on products. Here is all you need to know about those confusing dates to ensure your products are used for the freshest quality and to prevent food from unnecessarily being thrown out.

- Best by/before: indicates when product will be best flavor or quality.
- Sell by: indicates how long the store is to display the product for sale for inventory management.
- Use by: indicates last date recommended for use of the product at peak quality. Not a safety date except for infant formula.
- Freeze by: indicates when a product should be frozen to maintain peak quality.

Happy Holidays



In Good Health,
Chelsea Reinberg, MPH, RD
Nutrition, Food Safety & Health Agent

Recipe of the Month

Make Your Own Spice Blends

Mix following recipe and store in airtight container for up to 1 year.

Chili

- 2 tablespoon chili powder
- 2 teaspoon garlic powder
- 2 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon onion powder
- 1 teaspoon ground black pepper
- 1/2 teaspoon salt

Ranch

- 1 tablespoon parsley
- 1 tablespoon dried dill
- 2 teaspoon garlic powder
- 2 teaspoon onion powder
- 1 teaspoon ground black pepper
- 1/2 teaspoon salt

Italian Seasoning

- 1 tablespoon dried basil
- 1 tablespoon dried oregano
- 1 tablespoon dried parsley
- 1/2 tablespoon dried rosemary
- 1/2 tablespoon dried thyme
- 1/2 teaspoon garlic powder
- 1 teaspoon ground black pepper
- 1/2 teaspoon salt

Taco Seasoning

- 1 tablespoon chili powder
- 1 1/2 teaspoon cumin
- 1 1/2 teaspoon smoked paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt
- 1/8 teaspoon red pepper flakes (adjust to taste or omit)



Fun Food Facts

In a recent survey of 2,000 Americans, conducted by OnePoll, eating sweets and desserts passed opening presents and playing in the snow as the top activity that made adults feel like a kid again. Nearly 75% said they are more likely to give in to their cravings for sweets at the end of the year and 8 out of 10 people indulge in sweets because it brings back memories of holidays and family. So enjoy the sweets this holiday season but remember to do so in moderation!

Kitchen Corner

Does cooking stress you out? Do you feel in a rut with meal ideas? Do you want to gain confidence in your cooking abilities? Consider attending joining us in 2024 for one of our many cooking classes and presentations on health, food and nutrition, and food safety. Until you join us in 2024, here are a few must-have tools that help make meal prep and delicious meals a breeze.

- A good chef knife, be sure to keep it sharp, and a cutting board
- Skillet & large pot
- Measuring spoons & cups
- Baking sheet, great for roasting vegetables and making cookies
- 4-sided box grater makes grating your own cheese and vegetables a breeze and don't forget the vegetable peeler
- Mixing spoons and spatulas
- Food thermometer is essentially for food safety.
- Set of mixing bowls of various sizes
- And don't forget the kitchen shears