

In Good Health

Johnson County

March 2023
Vol 1 Issue 3

Upcoming Events

Join us for one of our events!

Kids in the Kitchen: Snack Attack

March 11th 10:00 AM - 12:00 PM

Four Course Living

March 13th 11:00 AM - 1:00 PM
February 23rd 6:00 PM - 7:45 PM

Purposeful Pantry

March 23rd 6:00 PM - 8:00 PM

Kitchen Restore Donation Drive

March 4th & 16th 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

What I love most about March is the nicer weather, longer daylight, plants coming back to life, and National Nutrition Month! Every year in March, we dedicate the whole month to celebrating nutrition and fueling our bodies a little bit better. Lately, it seems more and more challenging to properly fuel our bodies without breaking the bank. The good news is that you can get a lot of nutrition bang for your buck and budget with just a little extra planning. Here are five budget-friendly tips to get you started this month with eating a little bit better while keeping your wallet happy.

- 1. Make your own snacks:** The prepackaged snack-size bags of crackers, popcorn, trail mix, and granola bars cost more than purchasing items in bulk and making your own snack-sized bags. Convenience costs money!
- 2. Drink more water:** Any beverage not from the tap faucet costs money. Don't like plain water? Add slices of fruit for a little added flavor. You will also consume fewer calories from added sugar when you cut out or reduce other beverages.
- 3. Shop seasonally:** Fruits and vegetables in season are fresher, easier to get, and may be less expensive than produce not in season. Be sure to check out your local farmer's market!
- 4. Stock up on nutrient rich foods:** Many foods are relatively inexpensive and packed full of nutrition, plus they store for several months. Stock up on beans, natural peanut butter, sweet potatoes, oats, brown rice, and canned salmon or tuna.
- 5. Check for sales and store rewards programs:** Take a few minutes to check your local store's ad or online coupons. Plan meals around items on sale. Remember to compare prices of different brands and sizes. The price per unit/ounce/pound helps you get the best deal!

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

Recipe of the Month

Twisted Tropical Green Smoothie

Serves 2

Ingredients

- 2 cups baby spinach leaves
- 2 cups cold water
- 1 cup frozen mango
- 1 cup frozen pineapple
- 2 medium bananas



Preparation

- Put 2 cups (packed) spinach leaves in a blender.
- Add water. Blend until smooth and leafy greens are smooth.
- Add mango, pineapple, and banana. Blend until smooth.
- Pour into glass and enjoy!



Tips:

- Mix it up and try different fruits! Aim for a total of 2-3 cups of fruit.
- Substitute milk or milk alternative for water.
- Swap out kale for spinach (this will have a stronger flavor). Aim for 2 cups of leafy greens.
- Add 1-2 tablespoons of chia or flax seeds, nut butter, or protein powder for an extra boost of nutrition.
- Add a scoop of Greek yogurt.
- Use frozen fruit to make it extra creamy and chilled and delicious!

Nutrition Facts	
2 servings per container	
Serving size 1/2 container (598g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 57g	21%
Dietary Fiber 7g	25%
Total Sugars 30g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 3mg	15%
Potassium 422mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Fun Food Facts



Every year on St. Patrick's Day, corned beef and cabbage can be found in almost every restaurant. But did you know corned beef and cabbage was first created in America!? In Ireland, corned beef was actually exported and wasn't affordable, so pork was consumed instead. During the 1800s, Irish immigrants in the U.S. found beef inexpensive and considered it a luxury so they used it instead of pork.



And of course, we can't forget the potatoes, an Irish staple!

Kitchen Corner

Spring is knocking on the door and that means local fresh fruits and vegetables will soon be abundant in our grocery stores and farmer's markets.

The Seasonal and Simple website is a must-have resource to bookmark on your computer or phone! It is the one-stop shop for all things fruit and vegetable related for produce grown in Kansas (and Missouri, Iowa, and Nebraska!). The site helps you:

- Search for local farmers markets by zip code
- Learn what's in season
- Learn how to select and store fresh produce
- Search for easy, nutritious and delicious recipes

Go to seasonalandsimple.info to access this valuable resource!

