

Healthy Choices

February 2024

Commodities

Applesauce
Black Beans
Green Beans
Long Grain Rice
Beef Stew
Frz. Strawberry
Garbanzo Beans
Dry Split Pea, Green
Pork Loin Roast
1% Milk
Apple Slices
American Cheese
Almonds
Whole Dates

Wildcat Extension District

620-331-2690

<http://www.wildcatdistrict.k-state.edu>

Serving: Crawford, Labette,
Montgomery, Wilson Counties

Southwind Extension District

620-365-2242

<https://www.southwind.k-state.edu>

Serving: Allen, Bourbon,
Neosho, Woodson Counties



Best Date Bars

Ingredients:

2-1/2 cups pitted dates, cut up
1/4 cup sugar
1-1/2 cups water
1/3 cup coarsely chopped walnuts, optional
1-1/4 cups all-purpose flour
1/4 teaspoon salt
1/2 teaspoon baking soda
1-1/2 cups quick-cooking oats
1 cup packed brown sugar
1/2 cup butter, softened
1 tablespoon water



Directions:

1. In a saucepan, combine dates, sugar and water. Cook, stirring frequently, until very thick. Stir in walnuts if desired, cool.
2. Sift the flour, salt and baking soda together in a large bowl; add oats and brown sugar. Cut in butter until mixture is crumbly. Sprinkle water over mixture; stir lightly. Pat half into a greased 13x9 baking pan. Spread with date mixture, cover with remaining oat mixture.
3. Bake at 350 degrees until lightly browned, 35-40 minutes. Cool on a wire rack. Cut into bars.

Nutrition Information: Serving size, 1 bar, Calories 97, Total Fat 3g, Cholesterol 6mg, Sodium 65mg, Carbohydrates 19g, Sugars 12g, Fiber 1g, Protein 1g

Being physically active is important for your health. Adults who are physically active are less likely to develop some chronic diseases than adults who are inactive. Physical activity is any form of exercise or movement of the body that uses energy. People of all ages, shapes, sizes, and abilities can benefit from a physically active lifestyle.

New Year New Diet

A new year brings thoughts of a new diet for many people. Taking measures to become healthier is a great way to start our new year. With the availability of information on the internet it is important to think about the source in which the information is gained and whether it is reliable.

The same should be applied to our current diet and any new diet we may want to try. There are a few quick and easy steps that should be considered before we jump into a new diet.

They include does the diet:

Promote short term changes?

Involve rapid weight loss?

Have an absence of physical activity?

Have missing food groups?

Result in nutritional inadequacies?

Have maintenance issues?

Result in working against those with chronic diseases like heart disease or diabetes?

Go against recommendations for a healthy lifestyle and scientific evidence?

If you answered yes to any of these questions, you may want to reconsider your plans for using the diet. A diet is not a quick fix for losing weight. A good diet helps you develop healthy habits that will last for the rest of your life and allow you to lose weight slowly and maintain weight loss.

For more information about nutrition, food safety or health, contact Holly Miner at haminer@ksu.edu or call 620-331-2690 or stop by any Wildcat Extension Office

K-STATE
Research and Extension

Wildcat District

Holly Miner
Nutrition, Health & Food Safety Agent
Wildcat Extension District
620-331-2690



Beef Pot Pie

Servings 3

Ingredients:

1 can beef stew (24 ounce)

1 can of biscuits (5 count)

Note: A can of stew can be eaten as is or used as a topping for baked potatoes, rice, or pasta.

Directions:

1. Wash hands with soap and water.
2. Place the contents of the canned beef stew in a small casserole dish.
3. Top the beef stew with the uncooked biscuits.
4. Bake at 350 degrees F about 25-30 minutes until the biscuits are lightly browned and the stew is bubbling.

Nutrition Information: Calories 360, Total Fat 16g, Cholesterol 230mg, Sodium 1459mg Total Carbohydrates 41g, Sugars 3g, Protein 13g

Source: USDA, MyPlate