

Commodities

Canned Diced Tomatoes
Long Grain Rice
Potatoes
Canned Pink Salmon
Shredded Cheese
Whole Chicken
Ground Beef
Refried Beans
Canned Pumpkin
Mixed Vegetables
Chicken Leg Qtrs

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

Serving: Allen, Bourbon,
Neosho, Woodson Counties

Wildcat Extension District
620-331-2690

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

Serving: Crawford, Labette,
Montgomery, Wilson Counties



Cheesy Chicken, Broccoli, and Rice Bake

12 Servings

Ingredients:

5 cups water
2-1/2 cups brown rice, uncooked
1/4 cup onion, (chopped)
1 garlic clove (chopped)
1 cup milk
1 can cream of mushroom soup, reduced-sodium
1/4 teaspoon salt
1/4 teaspoon black pepper
3/4 cup shredded cheddar cheese, low-fat
2 cups chicken (shredded, cooked)
2 cups broccoli (pieces)



Source: Adapted from Oregon
State University Extension

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees. In large saucepan, bring water to a boil. Add rice, onion, and garlic. Cook for about 30 minutes or until rice is soft.
3. While rice is cooking combine milk, soup, salt, and pepper, mix well. When rice is done combine with milk mixture, chicken, and broccoli. Mix well.
4. Grease 9x13 pan and pour mixture into pan. Bake in preheated oven for 18 minutes. Sprinkle with cheese. Bake another 6 minutes or until cheese is melted.
5. Serve immediately.

Nutrition Information; 1 cup serving size. Total Calories 219, Total Fat 3g, Cholesterol 24mg, Sodium 324mg, Carbohydrates 34g, Total Sugars 2g, Protein 13g

It's hard to believe that a new year is just around the corner! A new year means that we have a new start, 365 days, to plan, execute, and crush our goals! This can all be very exciting, but it's okay if it also feels very overwhelming. You might be saying, "I don't even know where to start!"

Have you ever set a New Year's resolution to improve your health? The resolution itself sounds great, but there are several different avenues one could venture down to improve different aspects of their health and wellness! Everyone that embarks on a health and wellness journey has a different starting line; so where should YOU start? To ensure success, it is a great idea to use the S.M.A.R.T. goal-setting method. You will need to set aside time to prepare and plan this roadmap, but the long-term benefits will be worth it!

SMART goals are:

Specific- Planning to eat healthier is a great idea, but what does that really mean? Aim for specific goals instead, such as eliminating sugary beverages, grabbing a fruit or vegetable for a snack instead of a bag of chips or limiting the meals you are eating out.

Measurable- Make your goal one that can easily be measured. Instead of having a goal of exercising, have a goal of strength training 3 times a week.

Attainable- Meet yourself where you are! Avoid aiming too high or too low. Set small goals that will lead to big results over time.

Realistic- Losing 15 pounds in a week sounds great, but it's not realistic. Often people set unrealistic goals and give up because they don't see progress at the rate they want. Choosing realistic goals that you can meet will reinforce your efforts and keep you moving forward. Losing one pound per week is a realistic and sustainable goal.

Time-Bound- Set a date to aim towards. Setting a date will give you something to keep pushing towards!

Be patient and stay focused on your goals. Soon you will be on your way to a healthier and happier you this new year!



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As we enter the peak of flu season, it is important to remember the importance of one of the easiest and most effective ways to protect yourself from getting sick: handwashing. I am currently traveling to schools to provide a handwashing school enrichment lesson to first-grade students. As part of this activity, youth put lotion on their hands and look at their hands under a blacklight. Like germs, the lotion is invisible to the naked eye. However, the lotion lights up brightly underneath the blacklight. Youth are then instructed to wash their hands and look at them again underneath the blacklight to reveal the spots they missed. I have yet to have a single student get their hands completely clean the first time. This hands-on activity is an excellent reminder for youth about the importance of handwashing, but taking the time to wash hands properly is important for all of us.

So, what are the proper handwashing steps? The U.S. Centers for Disease Control and Prevention (CDC) lists the following five steps: **Wet, Get Soap, Scrub, Rinse, Dry**

While these steps seem simple, there are a few more items to keep in mind. First, after you wet your hands with water (which can be either warm or cold), you should turn off the tap before getting soap. Lather all surfaces of your hands with the soap. You should scrub your hands for as long as it takes to sing the "Happy Birthday" song from beginning to end twice. (Practicing this has been a favorite in the first-grade classrooms I've visited!) To learn more about the science behind these proper handwashing steps, visit bit.ly/handwashingscience.



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