

# HEALTHY CHOICES

February 2023

Dinner for Two!

Wildcat Extension District

620-331-2690

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

Serving: Crawford, Labette,  
Montgomery, Wilson Counties

Southwind Extension District  
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Serving: Allen, Bourbon, Ne-  
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Cherokee County

620-429-3849

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Serving: Cherokee County

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## Saucy Beef with Broccoli

2 servings



### Ingredients:

- 1 tablespoon cornstarch
- 1/2 cup reduced-sodium beef broth
- 1/4 cup sherry or additional beef broth
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon brown sugar
- 1 garlic clove, minced
- 1 teaspoon minced fresh gingerroot
- 2 teaspoons canola oil, divided
- 1/2 pound beef top sirloin steak, cut into 1/4-inch thick strips
- 2 cups fresh small broccoli florets
- 8 green onions, cut into 1-inch pieces



Source: Taste of  
Home

### Directions:

1. Mix the first 7 ingredients. In a large nonstick skillet, heat 1 teaspoon oil over medium-high heat; stir-fry beef until browned, 1-3 minutes. Remove from pan.
2. Stir-fry broccoli in remaining oil until crisp-tender, 3-5 minutes. Add green onion; cook just until tender, 1-2 minutes. Stir cornstarch mixture and add to pan. Bring to a boil; cook and stir until sauce is thickened, 2-3 minutes. Add beef and heat through.

**Nutrition Information:** Serving size 1-1/4 cups: 313 Calories, 11g Fat, 3g Saturated fat, 68mg Cholesterol, 816mg Sodium, 20g Carbohydrates, 11g Sugars, 4g Fibers, 29g Protein



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.



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Storing Foods in Kitchen cupboards should be limited to shelf stable foods such as sugars, flour, shortening, oil, spices, canned foods, baking soda, baking powder, honey, vinegar and popcorn. Throughout the next year tips for storing these foods safely will be the focus of this portion of the newsletter. The information is taken from *Cleaning the Kitchen Cupboard: Toss or Save?* By Alice Henneman, UNL Extension in Lancaster County, Retired, and Joyce Jenson, Lincoln-Lancaster County Health Department in Lincoln, Nebraska.

**Baking Powder** can be stored for 12-18 months or until the date on the container. Store tightly covered in a dry place. Use measuring utensils that are dry. Test for freshness by mixing 1 teaspoon baking powder with 1/3 cup hot water. If it foams vigorously, the rising power is still active.

**Baking Soda** can be stored for 12-18 months or until the date on the container. Store tightly covered in a dry place. Use measuring utensils that are dry. Test for freshness by placing 1 ½ teaspoons in a small bowl. Add 1 Tablespoon vinegar. It is still active if it fizzes. If no fizz then use in the refrigerator as an odor catcher.

**Shortening** can be stored 3-8 months if open and 8-12 months if unopened. Store in a tightly closed container in a cool dark place. Shortening that is old will go rancid and develop an odor and undesirable taste. Before you use shortening, smell it to detect rancidity. If it smells bad then toss it out and start with a fresh container.



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As the winter months drag on, we spend more time indoors and it's important to take a look at how much of that time is spent on screens. Screen time now plays a major role in the lives of most kids—every day! Too much screen time isn't just a potential time-waster; it also affects children's development. Spending a lot of time on smartphones, tablets, TV, online gaming, and other screens can lead to problems at school, issues with sleeping

and eating, depression, and weight difficulties.

Here are some screen time guidelines from K-State Research and Extension experts Bradford Wiles and Laura Schechtner and from the Centers for Disease Control and Prevention (CDC):

Ideally (this may surprise you!), kids under age 2 should not use screens at all! Infants' and toddlers' brains are developing quickly, and time spent on screens may disrupt important developmental experiences.

For children, make sure that screen time doesn't get in the way of their sleep! Children ages 1-5 years old need 10-14 hours of sleep, including naps.

For older children and teens, try out "screen-free" zones at home. Some places to think about making "screen-free" include kids' bedrooms and the dinner table.

Screen time isn't all bad, though! Wise media use can allow families to use digital time to bond through games, movie nights, and physical activities like dance parties.

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