## Basic Ingredient Substitutions

<table>
<thead>
<tr>
<th>Don’t have</th>
<th>Use this</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 teaspoon Baking Powder</td>
<td>1/4 teaspoon baking soda + 1/2 teaspoon cream of tarter</td>
</tr>
<tr>
<td>1 cup Barbeque Sauce</td>
<td>3/4 cup ketchup, 2 tablespoon mustard + 2 tablespoon brown sugar</td>
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<tr>
<td>1 cup Buttermilk</td>
<td>1 cup milk + 1 tablespoon vinegar or lemon juice (allow to stand 5 minutes)</td>
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<tr>
<td>1 cup Sour Cream</td>
<td>1 cup plain Greek yogurt + 1 teaspoon baking soda</td>
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<tr>
<td>1 Egg (for baking)</td>
<td>1/4 cup applesauce</td>
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<tr>
<td>1 cup White Wine</td>
<td>1 cup chicken broth</td>
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<tr>
<td>1 teaspoon Pumpkin Pie Spice</td>
<td>1/2 teaspoon cinnamon + 1/4 teaspoon ground ginger + 1/8 teaspoon ground allspice + 1/8 teaspoon ground nutmeg</td>
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<tr>
<td>1 Tablespoon Cornstarch (for thickening)</td>
<td>2 Tablespoon flour</td>
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</tbody>
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### No-Bake Cookies

**Ingredients:**
- 2 cups sugar
- 3 tablespoons cocoa powder (unsweetened)
- 1/2 teaspoon salt
- 1/2 cup margarine (1 stick)
- 1/2 cup milk
- 1 cup peanut butter
- 3 cups quick oats
- 1 teaspoon vanilla

**Directions:**
1. In a medium saucepan, bring sugar, salt, cocoa powder, butter, milk to a rolling boil for 1 minute, stirring as needed.
2. Remove from heat. Add peanut butter, vanilla, oats, and mix well.
3. Drop by tablespoons onto waxed paper and let stand until cool, about 15-20 minutes.

**Nutrition Information:** Serving 1 cookie, Total Calories 215, Total Fat 7g, Cholesterol 9g, Sodium 57mg, Carbohydrates 23g, Sugar 15g, Protein 4g

Source: Adapted from Washington State University Extension
“Happy Birthday, MyPlate! A healthy eating routine is important at every stage of life and can have positive effects that add up over time. It’s important to eat a variety of fruits, vegetables, grains, protein foods, and dairy and fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count by following the MyPlate method: make half your plate fruits and vegetables, make half your grains whole, choose lean proteins, and include low-fat dairy.”

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Safety tips at home:
No matter where you get your foods — whether at a farmers market, grocery store, you raise it yourself, or from another source — there are certain food safety rules at home that you should always follow to reduce your risk of getting a foodborne illness.

They can generally be divided into the following four categories: clean, separate, cook, chill. We will look at each one of these in the next newsletters.

Separate:
• Keep raw and ready to-eat foods separate to prevent cross contamination.
• Use different cutting boards, plates, and utensils for raw meat, poultry, and seafood than for fresh produce or cooked meat.
• Keep raw meat, poultry, and eggs separate from all other foods in the refrigerator.
• Place these raw items in sealed plastic bags or other containers.
• Keep eggs in their original carton and store them in the main compartment of the refrigerator, not the door, to keep them cooler.

Shopping Safely at Farmers Markets Author, Londa Nwadike Kansas State University/ University of Missouri Extension Food Safety Specialist. Find the publication Here: MF3136 Shopping Safely at Farmers Markets, Fact Sheet (ksu.edu)

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Physical Activity!
Did you know that physical activity can boost your mood, sharpen your focus, reduce your stress, and even improve your sleep? Regular physical activity is one of the most important things you can do to improve your health. It is currently recommended that adults get at least 150 minutes of moderate-intensity aerobic activity each week and do muscle-strengthening activities at least two days per week. However, if that is too much for you right now, you can even start with just five minutes!

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