Healthy Choices

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Commodities
- Pears
- Beef Stew
- Chicken Thighs
- Tortillas
- Cherry/Apple Juice
- Oat Circles Cereal
- Frozen Peas
- Apple Slices
- Vegetable Soup
- Apple Juice
- Beans

In this Issue
- Honey Lemon Chicken
- Good Breakfast
- Drink Water
- Safety Tips

Some may not receive all commodities due to availability

Honey Lemon Chicken

Ingredients:
- 8 Chicken pieces
- 1 Tablespoon vegetable oil
- 1/2 cup flour (all purpose)
- 1 teaspoon salt
- 1/4 cup honey
- 1/4 cup lemon juice
- 1 teaspoon rosemary (fresh or dried)

8 Servings

Directions:
1. Wash hands with soap and water.
2. Preheat oven to 375 degrees. Line a baking pan with foil for easy clean up. Lightly oil the foil.
3. Combine flour and salt in a plastic bag. Shake chicken pieces in flour mixture, remove from bag and place on prepared pan.
4. Bake for 45 minutes.
5. Combine honey, lemon and rosemary. Spoon mixture over chicken to glaze chicken pieces. Bake another 15 minutes.

Nutrition Information: Serving 1 chicken piece, Calories 115, Total Fat 3g, Cholesterol 22mg, Sodium 317mg, Carbohydrates 15g, Total sugar 9g, Protein 8g

Source: Adapted USDA MyPlate

Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2-1/2 hours a week of physical activity, and children need 60 minutes a day.

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Have you ever heard that breakfast is the most important meal of the day? Some morning the snooze button might seem like a better idea than getting up to fix yourself or your family’s breakfast, but fight that urge!

A good breakfast gives us a good start to our day, but just like any other meal, we can make smart choices or poor choices; nutritionally dense food or just calorie-dense foods.

Here are 4 easy tips to help you build a smart breakfast:

- Keep it Simple: Fancy breakfasts are nice to have every once in a while, but if you’re racing the clock in the morning, they probably aren’t that realistic. A sandwich or leftovers from dinner with a glass of milk or yogurt with fruit and a slice of whole-wheat toast works just fine!
- Plan and Shop Ahead of Time: If you have food already purchased and prepared you are that much closer to becoming a breakfast person!
- Almost Everything Goes: It doesn’t matter whether you choose traditional breakfast food or foods that you would enjoy for lunch or dinner. The main thing to keep in mind is that you make a healthy choice.
- Split Your Breakfast in Half: By splitting your breakfast in half, you will not overdo it when you do become hungry later in the morning.

During the summer months, it is especially important to stay hydrated and drink water. According to the CDC, water helps your body maintain a normal temperature, lubricate and cushion joints, protect the spinal cord, and get rid of waste. There is no specific recommendation for daily water intake, but there are several tips you can follow to drink more water. These include carrying a water bottle with you and freezing some freezer safe water bottles to take with you so you will have ice cold water throughout the day. Be sure to watch for signs of dehydration which can include extreme thirst, less frequent urination, dark colored urine, dizziness, fatigue, and confusion.

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.

Cook:

- All foods should be cooked thoroughly to kill pathogens.
- The internal temperature of meats and other foods should be checked with a food thermometer.
- Beef, pork, lamb, and veal steaks, chops, and roasts; seafood: 145°F with a 3-minute rest time after cooking.
- Ground beef, pork, lamb, and veal; egg dishes (quiches, etc.): 160°F.
- All poultry products, all reheated foods: 165°F.

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)