Commodities

Apple Sauce
Meatless Spaghetti Sauce
Green Beans
Cheddar Cheese Shredded
Potato Flakes (Dehy)
Macaroni n Cheese
Boned Chicken
Frozen Pork/Ham
Cherry Apple Juice
Vegetable Soup (Pouch)
Cream of Chicken Soup
Swiss Cheese Slices

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Some may not receive all commodities due to availability

Peanut Butter Applesauce Muffins

Ingredients:

1/2 cup Butter
1 cup Sugar
1/2 cup Peanut butter
2 Eggs
1 cup Applesauce
2 cups Flour
1 teaspoon Baking powder
1/2 teaspoon Salt
1/2 teaspoon Baking soda
1 cup Dried fruit (raisins, cranberries, cherries or a mix)

Directions:

1. Preheat the oven to 350 degrees F. Line muffin pans with paper or spray.
2. In a large bowl, mix butter and sugar until fluffy. Add peanut butter and eggs and beat until smooth. Add applesauce. Stir until well mixed.
3. In a medium bowl, mix flour, baking powder, salt and baking soda. Add to butter and sugar mixture in large bowl, stir until just moistened. Fold in dried fruit.
4. Fill muffin cups 1/2 to 2/3 full. Bake 15 to 20 minutes or until golden.

Nutrition Information: Serving size 1 muffin, Calories 220, Total Fat 9g, Cholesterol 35mg, Sodium 220mg, Carbohydrates 31g, Fiber 1g, Sugar 17g, Protein 4g

Fruits are quick and easy; Fresh, frozen, dried, or canned fruits, such as applesauce, frozen grapes, or raisins, can be easy “grab and go” options that need little preparation. Offer whole fruit and limit the amount of 100% juice served. Choose canned fruits that are lowest in added sugars.

K-State Research and Extension is an equal opportunity provider and employer.
September is National Suicide Prevention Month. Did you know that regular physical activity can help with depressive symptoms? According to Colorado State University Extension, just ten minutes of physical activity can improve your mood! If you want to get more active, the Move Your Way activity planner is a great tool to use. You can check it out at bit.ly/MoveYourWayPlanner. If you or someone you know is having thoughts of suicide or experiencing a mental health or substance use crisis, 988 provides 24/7 connection to confidential support. Just call or text 988 or chat 988lifeline.org/chat.

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Seasonal Spices
There are many reasons to add spices to your foods. Spices bring rich flavors to our favorite foods without adding additional calories, fat, sugar, or salt. Some of the most popular fall spices are Cinnamon, Ginger, Nutmeg, Cloves, and All-Spice. As the weather cools down and the fall goodies begin to appear, try using a new spice you’ve never tried to enhance the flavor and try something new!

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Answers to some common questions about food safety when shopping at farmers markets:

Should I wash produce before putting it in the refrigerator or other storage place? In order to maintain produce quality and ensure safety, it is best to wash it just before eating or cooking, rather than when it is first purchased.

Can I carry meat in a reusable grocery bag? Yes, but the meat should be put into a disposable plastic bag first and then into the reusable bag. Throw away the disposable bag the meat was in after use to prevent contamination of other products.

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)