

In Good Health

Johnson County

April 2024
Vol 2 Issue 4

Upcoming Events

Join us for a class, visit us at an event!

Kitchen Restore Donation Drop-off

Apr 3 | 10:00-12:00 PM

Apr 18 | 10:00-12:00 PM

WITS Workout: Apple a Day (virtual))

Apr 8 | 1:00-2:00 PM & 3:00-4:00 PM

Kids in the Kitchen: Air Fryer

Apr 13 | 10:00 AM - 12:00 PM

Preventing Diabetes with Simple Changes

Apr 16 | 6:00 PM - 7:00 PM

20 Minute Meals

Apr 18 | 6:00 PM - 8:00 PM

Dig Your Dinner: Pristine Potatoes

Apr 23 | 12:00 PM - 1:00 PM

Four-Course Living

(for individuals with disabilities)

Apr 25 | 6:00 PM - 7:45 PM

Scan the QR code or visit bit.ly/EMFVEvents
to Register!



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Master Food Volunteer
Johnson County

Need a speaker? Have questions about food or
nutrition or our classes? Contact Us!
foodhelp@jocogov.org

Featured Article

Every year in the United States, about 38% of all food that is produced goes uneaten. This is the equivalent of about 149 billion meals wasted annually! The second week of April is National Food Waste Prevention Week. In honor of this occasion, here are some helpful tips and tricks to remind you of ways that we can all prevent food waste in our everyday lives.

Plan, plan, plan.

Planning out meals takes extra time but can be worth it in the end by throwing less food away. Try planning out some meals each week and determine which ingredients you will need to prepare them. Be sure to check your pantry, fridge, and freezer to see if you have any ingredients on hand that you can use up. Then, make a grocery list for when you shop for the remaining items so you only purchase what you need. Keep the quantity of each food that you will need in mind. If you only need a few apples to bring as a part of your lunch, then there's no need to buy a large package of them.

Store foods to maximize freshness.

The refrigerator is a great tool that allows many foods to stay fresh. Knowing how to store foods properly helps make them last longer. Many fruits and vegetables including broccoli, apples, and grapes last longer refrigerated. For a full produce storage guide, visit the American Heart Association's website. Additionally, always make sure that your fridge is at or below 40 degrees. Foods like meat, poultry, and eggs need to be kept the coldest, so also avoid storing these in the door of your fridge.

Use your freezer.

The freezer is another tool for food storage that is sometimes forgotten. Buying or preparing foods in bulk and then freezing them is a way to save money on food costs and make that food last for longer. From fruits and vegetables to baked goods, and soups - freezing items is the way to go when it comes to preserving freshness and reducing food waste.



In Good Health,
Lydia Paulsen, Dietetic Intern

Recipe of the Month

Quick Soft Pretzels

Yield: 12

Ingredients

- 3/4 cups lukewarm water (110 to 115°F)
- 1 package active dry yeast
- 2 tablespoons granulated sugar
- 1 teaspoon salt
- 1/4 cup vegetable oil
- 2 1/2 - 2 2/3 cups all-purpose flour or bread flour
- 1 egg white
- 1/2 tablespoon cold water
- Optional: Sesame, poppy seeds, or flakey sea salt



Preparation

Check out the cooking video at

1. Measure water into large bowl.
2. Sprinkle in yeast; stir until dissolved.
3. Add sugar, salt, oil and 2 cups flour; beat until smooth.
4. Gradually add enough remaining flour to make a soft dough.
5. Knead dough 8 to 10 minutes.
6. Cover dough; let rest 30 minutes.
7. Divide dough into 12 pieces; cover, let rest 5 minutes.
8. Roll each into a uniform 18-inch rope. Shape into a pretzel by making a circle, bringing the ends together, twisting once and then pressing ends onto the bottom curve of the circle.
9. Place on greased or parchment-lined baking sheets. Beat together egg white and cold water; brush pretzels with mixture. If desired, sprinkle on seeds or salt.
10. Bake in preheated 425°F oven 12 to 15 minutes, or until golden.
11. Remove pretzels from baking sheets; cool on wire rack.



Contact us for nutrition information

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Fun Food Facts

Friday, April 26th is National Pretzel Day!

Did you know that pretzels were originally invented by an Italian monk in the year 610 CE? They were thought to resemble hands that were crossed in prayer. Today, about 80% of pretzels in the United States are made in Pennsylvania. Pretzels often enjoyed as a snack. For a more nutritious snack option, try pairing pretzels with a source of protein such as peanut butter or hummus!



Kitchen Corner

Have you been wanting to dust off your blender but weren't sure what to make with it? There are tons of dishes and recipes that can be made using a blender that ARE NOT smoothies. Here are some ideas for alternative ways to use this appliance:

1. Homemade peanut butter: Simply combine dry roasted unsalted peanuts and a 1/4 teaspoon of salt if you would like, and blend until creamy or to your desired consistency.
2. Salad dressings: Use any of your favorite ingredients such as balsamic vinegar, garlic, and your choice of herbs and spices.
3. Marinara sauce: Combine San Marzano tomatoes and their juice, onion, garlic, tomato paste, and your choice of Italian herbs and seasonings. Blend, and simply simmer in a skillet for 30-40 minutes and you have homemade marinara sauce.

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