

In Good Health

Johnson County

January 2024
Vol 2 Issue 1

Upcoming Events

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

Four-Course Living

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

Kitchen Restore

January 18 | 10:00 AM - 12:00 PM

February 3 | 10:00 AM - 12:00 PM

Adult/Youth Class:

Family Cooking

January 20 | 10:00 AM - 12:00 PM

Youth Class: KIK Bread Making

February 10 | 10:00 AM - 12:00 PM

Adult Class: Couples/Date Night

February 16 | 6:00 PM - 8:00 PM

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



K-STATE

Research and Extension

Master Food Volunteer
Johnson County

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

Featured Article

This winter has been a mild one thus far, but it is still wintertime and mother nature always keeps us on our toes, so we need to be prepared for when bad weather strikes. Keeping food safe during a power outage begins well before that winter storm hits. The first step is to ensure that your refrigerator or freezer has a back up thermometer in place to be able to monitor the temperature even when there is no electricity. Your refrigerator should be kept at 40 degrees Fahrenheit or below, and the freezer should be at 0 degrees Fahrenheit or below. If you do lose power, leave the doors of the refrigerator and freezer closed as long as possible to preserve the cold temperatures. Coolers filled with ice and dry ice placed in a freezer can be helpful in emergency situations. If using dry ice, be sure to follow all safety precautions. If a power outage lasts more than four hours at temperatures greater than 40 F, refrigerated or frozen food kept without another cold source should be thrown out. Food spoilage may be unavoidable if power outage is lengthy. If food has changed color, has an unusual odor, or a different texture, those all may be signs of spoilage, Remember, when it doubt, throw it out! You can learn more about food safety during a power outage from foodsafety.gov. They have a very useful chart for items in refrigerator and freezer both to help you navigate if you should discard or keep the item. Lastly, don't forget to stock up on canned and non-perishable foods to have on hand! Choose foods that are not only shelf-stable but nutrient dense like whole grain crackers, nut butters, nuts, dried or dehydrated fruit (choose lower sugar when possible), canned fruit in 100% juice or water, and whole grain oat bars.

In Good Health,
Chelsea Reinberg, MPH, RD
Nutrition, Food Safety & Health Agent

Recipe of the Month

Baked Blueberry Oatmeal

Serves 6

Ingredients

- 2/3 cup chopped walnuts, toasted
- 2 cups old-fashioned oats
- 2 teaspoon ground cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 ½ cups milk (or milk alternative)
- 1/3 cup honey
- 2 large eggs
- 3 tablespoons melted butter
- 2 teaspoons vanilla extract
- 2 ½ cups frozen blueberries



Preparation

1. Preheat oven to 375 degrees Fahrenheit and grease 8 x 8 square baking dish.
2. In a skillet over medium-low heat, toast nuts about 5 minutes, until fragrant, stirring frequently to prevent burning. Set aside small amount for topping.
3. In a medium mixing bowl, combine toasted walnuts, oats, ground cinnamon, baking powder and salt. Whisk to combine.
4. In a small mixing bowl, combine milk, honey, egg, melted butter, and vanilla. Whisk to combine.
5. Place blueberries evenly over bottom of baking dish. Reserve 1/4 to 1/2 cup blueberries for topping.
6. Pour oat mixture over blueberries spreading evenly.
7. Pour wet mixture over oats, spreading evenly, ensuring all oats are covered.
8. Sprinkle remaining blueberries and walnuts on top.
9. Bake for 40 minutes, until top is golden brown.
10. Let cool for 5 minutes before serving.

Contact foodhelp@jocogov.org for nutrition information

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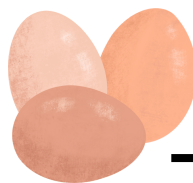
Fun Food Facts

January is Oatmeal Month

Did you know that oats were once thought to be a weed?! Now, more than half of the world's oats are grown in the US and Canada. Oats are a good source of fiber and are higher in protein and lower in carbohydrates than most other whole grains. You can enjoy oatmeal in many ways. Oats are especially delicious with the sweetness of fresh fruit.

Which is your favorite way to eat oats?

- A) Bowl oatmeal
- B) Overnight oats
- C) Baked oatmeal
- D) Granola



Kitchen Corner

Did you know, the fresher the eggs, the better the flavor. If you want to keep eggs fresh as long as possible, you should store them in the back of the fridge not in the front or in the door. The back is cooler which will keep eggs for several weeks. So, how do you know if your eggs are fresh or old? The best way to know if an egg is still good is to go by the date code on the package that it came in. But if still are not sure, put them in a bowl of cold water. Use enough water to fully cover eggs. If your eggs sink to the bottom and lie flat on their sides, they are very fresh. If your eggs stand on one end at the bottom, they are a few weeks old, but still fine to eat. If your eggs float to the surface, they are no longer fresh. Lastly, remember to use room temperature eggs when baking! This helps ingredients combine more cohesively which makes for better batters and doughs, and therefore, better baked goods!

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