

# HEALTHY CHOICES

August 2023



**K-STATE**  
Research and Extension

## Commodities

Pinto Beans

Long Grain Rice

English Walnut Pcs

Chicken

Smooth Peanut Butter

Green Split Pea

Raisins

Cream of Chicken Soup

Unsalted Crackers

Hazelnuts

Cut Green Beans

Low Sodium Collards

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Wildcat Extension District

620-331-2690

<http://www.wildcatdistrict.k-state.edu>

Serving: Crawford, Labette,  
Montgomery, Wilson Counties

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Southwind Extension District

620-365-2242

<https://www.southwind.k-state.edu>

Serving: Allen, Bourbon,  
Neosho, Woodson Counties

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Cherokee County

620-429-3849

<http://www.cherokee.k-state.edu>

Serving: Cherokee County

## Italian Pasta Salad

Serves 6

### Ingredients:

- 2 cups cooked pasta (any shape)
- 1 cup diced cucumber
- 1 large tomato, chopped
- 1/2 medium bell pepper, diced (any color)
- 1/4 medium red onion, diced
- 1/4 cup Italian salad dressing (light or reduced fat)

### Directions:

1. Mix all ingredients in a medium-sized bowl.
2. Cover and refrigerate.
3. Mix again before serving.

Nutrition Information: Serving size 1 cup, Calories 160, Total Fat 7g, Cholesterol 5mg, Sodium 180mg, Total Carbohydrates 20g, Fiber 2g, Sugars 3g, Protein 4g



Source: Adapted from  
USDA Myplate

## Three Bean Salad

Serves 8

### Ingredients:

- 1 can wax bean(15 ounce), drained
- 1 can green bean(15 ounce), drained
- 1 can kidney bean(15 ounce), drained
- 1/2 cup onion, chopped
- 1/2 white vinegar
- 1/4 cup sugar
- 1/4 cup olive oil
- Salt and pepper to taste

### Directions:

1. Drain and rinse the beans.
2. In a small bowl combine vinegar, sugar, olive oil, salt and pepper. Whisk together.
3. In a large bowl combine the wax beans, green beans, kidney beans, and onion. Pour the dressing over them and lightly toss together.
4. Store in the refrigerator covered until ready to serve.

Nutrition Information: Serves 8, Calories 196, Total Fat 7g, Sodium 154mg, Carbohydrates 27g, Fiber 7g, Sugar 9g, Protein 7g

It may still be hot out, but for kids, summer is just about over. The beginning of a new school year is a good time for families to rethink their schedules. Many parents want their children to participate in a variety of activities, but while this gives kids great experiences, it can also be stressful.

Here are some guidelines from K-State Research and Extension for building a school-year schedule that will be healthy for kids as well as parents:

- **Plan to focus on just a few activities.** Choosing a smaller number of activities allows children to explore their interests, without being overwhelmed.
- **Try to allow for family time.** Pick activities that are important to your kids, but make sure you will still have time with your children.
- **Allow kids to be a part of the decision-making process** as much as possible. What is important to them? This will help kids to feel some ownership in the process.
- **Try to avoid pushing children** to participate in activities that you find interesting, but that might not be their own choice.
- If you need help narrowing down your family activities, **try making a “Pros and cons”** list for each activity. What would be the benefits of committing to this activity? What would the drawbacks be? What would be the benefits of turning down the opportunity? What would the drawbacks be?



**Kate Fluckiger**  
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Cherokee County  
620-429-3849



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June's topic included storage for white and wheat flour. We continue this month with information on flour storage containers and honey.

**Flour Storage Containers** should be airtight and nonabsorbent. Be sure the container you use or purchase will fit into the cabinet or on the shelf easily. The lid should be easy to open and seal tightly. Follow this simple chart for storage amounts and container sizes.

1-pound flour = 4 cups flour fitting in a 1-quart container

4 pounds flour = 16 cups flour fitting in a 1-gallon container

10 pounds flour = 40 cups flour fitting in a 2.5-gallon container

**Honey** is best stored at room temperature to prevent crystallization. Crystallized honey can be revitalized by placing the jar in warm water and stirring until crystals dissolve. Honey can be substituted for sugar in many recipes. 1 cup sugar can be substituted with 1 cup honey and reducing the liquid in recipe by  $\frac{1}{4}$  cup.

Information is taken from *Cleaning the Kitchen Cupboard: Toss or Save?* By Alice Henneman, retired agent, UNL Extension in Lancaster County and Joyce Jenson, Lincoln-Lancaster County Health Department in Lincoln, Nebraska.



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