

Simply Produce

BUY **15** POUNDS of Produce FOR ONLY **DOLLARS**
That's about half the retail price

Can You Store Food in the Snow?

While storing food outside in the snow may work in a pinch, long term storage is not advised.

Placing food in the snow will not necessarily protect it. Frozen food can thaw when exposed to the sun's rays even when the temperature is very cold. Food may become too warm and foodborne bacteria could grow. The outside temperature can vary hour by hour and the temperature outside will not protect refrigerated and frozen food.

Additionally, perishable items could be exposed to unsanitary conditions or to animals. Animals may harbor bacteria or disease; never consume food that has come in contact with an animal. 🍓

There are rules in football and in food safety! Don't be penalized with foodborne illness this Super Bowl Sunday.



RULES of the GAME for Food Safety



Keep it clean

Before you eat or handle food, wash your hands, food prep tools and surfaces.



Cook to the right temperature

Use a food thermometer to check that foods are cooked to the right temperature:
165°F for chicken and
160°F for ground beef.



Watch the clock

Throw out perishable food that has been sitting at room temperature for more than two hours; one hour if it's **90°F** or warmer.



Serve at the right temperature

Keep hot foods at **140°F** or warmer, and cold foods at **40°F** or colder.





www.cdc.gov/foodsafety

CS272887-B

Simply Produce Ellsworth County increases access to fruits and vegetables while encouraging shopping local.



What is Clostridium perfringens?

Clostridium perfringens bacteria are one of the most common causes of foodborne illness. The Centers for Disease Control and Prevention estimates these bacteria cause nearly 1 million illnesses in the United States every year.

With soup season upon us, these large batches of thick hot food can be trouble. If the soup is not held above 140°F or not chilled to below 40°F in small batches, then the potential for C. perfringens growth increases. If this bacteria makes spores, which act like a protective coating to help bacteria survive, and food held between 40-140°F will allow the bacteria to grow. It can produce a toxin which can cause foodborne illness symptoms such as diarrhea. Illness can occur within 6 to 24 hours after eating contaminated food.

Prevention steps include cooking soups, whole roasts and whole poultry to safe temperatures. Keep hot foods hot and cold foods cold. Refrigerate leftovers, divided into shallow containers, within two hours after cooking. Reheat leftovers to 165°F before serving. 🍓

Source: Centers for Disease Control and Prevention, Prevent Illness from C. perfringens.

Simply Produce Ellsworth County

Buy **15** Pounds of Produce
for only **Dollars!**
(That's about half the retail price!)

How it works?

Order a produce basket for only \$15 (plus tax) at Gene's Heartland Foods (745 O'Donnell)!



Pick up your basket at the American Legion Post 174 (645 W 15th St.) on the third Friday of the month from NOON-12:45pm.



Each basket will include recipes featuring basket items and other sale items in store!



For more information contact Jessica Kootz at Midway Extension District, 785.472.4442 or by email at jessicak@ksu.edu

Simply Produce K-STATE Research and Extension Midway District

Ordering/Distribution Dates

Watch local media or check with the store for additional dates!

Place Orders: 2/11/22 (8am) - 2/16 (Noon)	Pick up Basket: 2/18/22 (Noon - 12:45pm)
Place Orders: 3/11/22 (8am) - 3/16 (Noon)	Pick up Basket: 3/18/22 (Noon - 12:45pm)
Place Orders: 4/15/22 (8am) - 4/20 (Noon)	Pick up Basket: 4/22/22 (Noon - 12:45pm)
Place Orders: 5/13/22 (8am) - 5/15 (Noon)	Pick up Basket: 5/20/22 (Noon - 12:45pm)

For more information, contact

Jessica Kootz at Midway Extension District, 785.472.4442 or by email at jessicak@ksu.edu

Produce basket distribution utilizing local retail venues is designed to increase access to healthy fruits and vegetables for consumers, while stimulating positive economic impact and building regional food system sustainability.



Upcoming Events:

Date	Event	Organization
January 30	4-H Favorite Food Show at Russell County 4-H Building	Midway Extension District
February 11-16	Order your Simply Produce Basket	Gene's Heartland Foods in Ellsworth
February 18	Pick up your Simply Produce Basket NOON - 12:45p	American Legion Post 174
February 21	Monthly Breakfast (Free Will Donation) 6a-10a	American Legion Post 174
February 23	Annual Meeting 5:30p	Ellsworth County Economic Development (Call to register)
February 26	4-H Club Day at Wilson Elementary School	Midway Extension District
March 11-16	Order your Simply Produce Basket	Gene's Heartland Foods in Ellsworth
March 12	Nutfry 5p	Legion Riders
March 18	Pick up your Simply Produce Basket NOON - 12:45p	American Legion Post 174
March 21	Monthly Breakfast (Free Will Donation) 6a-10a	American Legion Post 174



Kale and White Bean Soup



Nutrition Facts

Serving Size 1 cup (241g)
Servings Per Container 5

Amount Per Serving

Calories 110 **Calories from Fat 30**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 550mg **23%**

Total Carbohydrate 18g **6%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 5g

Vitamin A 70% • Vitamin C 80%

Calcium 10% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Servings: 5 Cups

Ingredients:

- 1 cup onion, chopped (1 medium onion)
- 4 cloves garlic, minced or 1 teaspoon garlic powder
- 1 tablespoon butter or margarine
- 2 cups broth (chicken or vegetable)
- 1 1/2 cups cooked white beans (1 can - 15.5 ounces, drained and rinsed)
- 1 3/4 cups diced tomatoes (1 can - 14.5 ounces with juice)
- 1 tablespoon Italian seasoning
- 3 cups kale, chopped (fresh or frozen)

Directions:

1. Wash hands for 20 seconds with soap and water.
2. In a saucepan over medium-high heat, sauté onion and garlic in butter or margarine until soft.
3. Add broth, white beans, and tomatoes; stir to combine.
4. Bring to a boil; reduce heat, cover, and simmer for about 5 minutes.
5. Add the kale and Italian seasoning. Simmer until kale has softened, 3 to 5 minutes. Serve warm.

Refrigerate leftovers within 2 hours.

Source: eatgathergo.org

Simply Produce

Simply Produce Ellsworth County brought to you by:



American Legion Post 174
785.810.8291

Ellsworth County Economic Development
785.472.9204



Ellsworth County Medical Center
785.472.3111

Gene's Heartland Foods, Ellsworth
785.472.4111



Midway Extension District
785.472.4442

Thank you for shopping local!