Stay Strong, Stay Healthy in Ellsworth

Stay Strong, Stay Healthy is your ticket to better health. Our bodies are made for activity, but modern conveniences allow us to be increasingly inactive. Physical inactivity can place our health at risk for many chronic diseases.

Here’s the good news! We have something fun planned to get you up and moving: the Stay Strong, Stay Healthy program in Ellsworth! His eight-week program can help you get started on the road to better health. The Stay Strong, Stay Healthy program is built on simple, strength-building exercises that will improve balance, health, and state of mind. No, it’s not difficult or complicated weight-lifting. You’ll start at a level that’s right for you. No one is too inactive to participate. Building strength promotes quality of life and independence, especially for adults over 60. Instruction is provided by Midway District FCS Agent Jessica Kootz.

The class meets for one hour, two times each week at J.H. Robbins Memorial Library on Tuesdays and Thursdays from 10am to 11am. Pre-registration is required. The fee is $20.00. To register, contact the Ellsworth Office at 785.472.4442 or email Jessica at jessicak@ksu.edu.

What are the benefits of strength training?

- Increases muscle strength
- Helps control weight
- Improves balance
- Lifts depression
- Enhances flexibility
- Reduces stress
- Strengthens bones
- Reduces risks for heart disease
- Relieves arthritis
- Relieves arthritis

Stay Strong, Stay Healthy in Ellsworth

Simply Produce Ellsworth County increases access to fruits and vegetables while encouraging shopping local. Call Gene’s Heartland Foods in Ellsworth to order your basket 785.472.4111.

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Shoot for Three

Although mornings can be busy, making time for breakfast is important, especially for children and teens. Eating within 1-2 hours of getting up in the morning helps to break-the-fast from the night before, and sets children and teens up for success throughout the day. Ideally, a breakfast meal includes foods from at least three food groups (a protein or dairy, a fruit or vegetable and grain, most often being a whole grain) from MyPlate and is low in added sugars, salt and saturated fat. Here are a few tips:

- Make small changes to your usual breakfast options to find a healthy eating style that works for you.
- If a sit-down breakfast doesn't work for your family, have granola bars, cheese sticks, yogurt, and fruit in an easy to grab place for family members to take with them on their way out the door.
- Everything you eat and drink matters. Choose foods and drinks that can help your family be healthier now and as they grow.
- Choose whole-grains. For example, choose ready-to-eat breakfast cereals fortified with folic acid. If your family enjoys sweetened cereals, try mixing them half and half with whole grain cereal. Add fruit, such as peaches, blueberries or strawberries for extra nutrients. Top with low-fat/fat-free milk.
- If eating breakfast at a restaurant, read and compare the nutrition information. Choose options lower in calories, saturated fat, added sugar and sodium.

Source: food.unl.edu
### Upcoming Events:

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<th>Date</th>
<th>Event</th>
<th>Organization</th>
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<tbody>
<tr>
<td>July 16 - 21</td>
<td>Ellsworth County Fair</td>
<td>Ellsworth County Fair Association &amp; Midway Extension District</td>
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<tr>
<td>July 18</td>
<td>Monthly Breakfast (Free Will Donation) 6a-10a</td>
<td>American Legion Post 174</td>
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<tr>
<td>July 17; 25 - 29</td>
<td>Russell County Free Fair</td>
<td>Russell Fair Board &amp; Midway Extension District</td>
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<tr>
<td>August 2 - October 6</td>
<td>Stay Strong, Stay Healthy (Registration Required)</td>
<td>Midway Extension District</td>
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<tr>
<td>August 8 - 12</td>
<td>Order your Simply Produce Basket</td>
<td>Gene's Heartland Foods in Ellsworth</td>
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<td>August 19</td>
<td>Pick up your Simply Produce Basket NOON - 12:45p</td>
<td>American Legion Post 174</td>
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**When the Truck Forgets Your Lemons You Still Make Lemonade**

Simply Produce Ellsworth County has taught us to be adaptable and flexible. The truck doesn't always carry some of the items we plan to include in our monthly baskets and on the rare occasion it doesn't bring several items.

This month, our baskets look a little different than normal as we had to adapt to what the truck did bring us and what the store had on hand to supplement your baskets. We know you understand the volatility of the produce market right now and appreciate your grace as we try to give you the best produce we have available. In an effort to express our gratitude for your support, our sponsors will give away three baskets for the month of August. If you ordered this month (July) you will be entered to win. Stay tuned to our Midway Facebook page and our Simply Produce Facebook group for more info! 🍊

**THANK YOU!**
Pita Pockets

Ingredients:
- 1 tablespoon cream cheese (vegetable flavored)
- 1 whole wheat pita bread
- 1 cup total of any combination of the following vegetables:
  - Lettuce cut or broken into small pieces
  - Green pepper diced
  - Onion chopped
  - Carrots shredded
  - Cucumbers sliced very thin or chopped small
  - Tomato cut into small chunks
- 1 tablespoon mozzarella cheese, shredded

Directions:
1. Wash hands for 20 seconds with soap and water.
2. Spread cream cheese over top of pita.
3. Sprinkle vegetables of your choice over cream cheese.
4. Sprinkle mozzarella cheese on top of vegetables.
5. Microwave for 15 seconds or until cheese begins to melt.
6. Cut in half.

Source: Spend Smart Eat Smart

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!