



Simply Produce

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

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!

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

Stay Strong, Stay Healthy



**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.**



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

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: 8/12/22 (8am) - 8/17 (Noon)	Pick up Basket: 8/19/22 (Noon - 12:45pm)
Place Orders: 9/9/22 (8am) - 9/14 (Noon)	Pick up Basket: 9/16/22 (Noon - 12:45pm)
Place Orders: 10/14/22(8am) - 10/19(Noon)	Pick up Basket: 10/21/22 (Noon - 12:45pm)
Place Orders: 11/11/22(8am) -11/15(Noon)	Pick up Basket: 11/18/22 (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.

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; 785.472.4111)!



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



Upcoming Events:

Date	Event	Organization
July 16 - 21	Ellsworth County Fair	Ellsworth County Fair Association & Midway Extension District
July 18	Monthly Breakfast (Free Will Donation) 6a-10a	American Legion Post 174
July 17; 25 - 29	Russell County Free Fair	Russell Fair Board & Midway Extension District
August 2 - October 6	Stay Strong, Stay Healthy (Registration Required)	Midway Extension District
August 8 - 12	Order your Simply Produce Basket	Gene's Heartland Foods in Ellsworth
August 19	Pick up your Simply Produce Basket NOON - 12:45p	American Legion Post 174

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



Nutrition Facts

2 Servings Per Container
Serving Size: 1/2 of pita

Amount Per Serving

Calories **140**

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 210mg	9%
Total Carbohydrates 22g	8%
Dietary Fiber 3g	11%
Total Sugars 3g	
Added Sugars	NA*
Protein 5g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1mg	6%
Potassium 199mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.

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

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 District

Midway Extension District
785.472.4442

Thank you for shopping local!