May is Mental Health Awareness Month

Mental health is our psychological, emotional, and social well-being. It impacts every part of our lives including our thoughts and behaviors.

Mental health can change over time. Many things can impact a person's mental health including excess stress, limited resources, or lack of support.

Millions of Americans are currently living with at least one mental health condition.

Untreated mental conditions can have serious consequences such as: substance abuse, unemployment, homelessness, poor quality of life, suicide, unnecessary disability, or incarceration.

The most common treatment for mental health conditions is a combination of therapy and prescription medication.

Talk to a mental health professional if you believe you may be living with an untreated mental condition.

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.

K-State Research and Extension is an equal opportunity provider and employer.

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting the event contact Jessica Kootz at 785.472.4442 or jessicak@ksu.edu.

Mental Health: The Ins & Outs

There is no one cause of mental illness. A number of things could potentially contribute to the onset of a mental illness. Examples include trauma, biological factors, chronic medical conditions, and natural disasters.
Spice up Snacks and Meals with Salsa:
Add taste without adding lots of calories. A combination of tomatoes, onions and peppers can add zest to chips. A mixture of fruit, herbs, onion, and pepper added to meat or fish can add unique flavors to dishes. There are a variety of salsa options for different preferences and dishes such as spicy, hot, sweet, savory, herbal and aromatic.

Salsa ingredients and preparation tips.
Keep cut fruits, such as apples, pears, bananas and peaches, from turning brown by coating them with an acidic juice such as lemon, orange or pineapple juice. Or use a commercial produce protector and follow the manufacturer's directions. Cover and refrigerate cut fruit and veggies until ready to serve. Most salsas taste best if refrigerated for about an hour before serving to let flavors blend.

Serve salsa safely.
Perishable foods like dips, salsas, and cut fruit and vegetables should not sit at room temperature for more than two hours. If you will be serving items such as these for a longer period than this, set out a smaller bowl and then replace it with another one when it is empty. Do not add fresh dip or salsa to dip or salsa that has been sitting out. Refrigerate and use up any that has not been served within three to four days of preparation.

Source: https://food.unl.edu/healthy-bites-may-national-salsa-month
## Upcoming Events:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Organization</th>
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<tbody>
<tr>
<td>May 25</td>
<td>Wheat Plot Tour</td>
<td>Midway Extension District</td>
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<tr>
<td></td>
<td>Russell Begins at 7:30a</td>
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<tr>
<td></td>
<td>Lorraine Begins at 11:30a</td>
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<tr>
<td>May 30</td>
<td>Memorial Day Services</td>
<td>American Legion Post 174</td>
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<td>10a with lunch at 11a</td>
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<td>June 8</td>
<td>4-H Junior Leaders Day Camp</td>
<td>Ellsworth County 4-H</td>
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<td>Registration Due: June 2</td>
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<td>June 11</td>
<td>Midway Walk Kansas 5K Fun Run/Walk</td>
<td>Midway Extension District</td>
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<td>T-Shirt Deadline: May 28</td>
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<td>Registration - 7:30a; Race: 8a</td>
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<tr>
<td>June 11</td>
<td>Legionfest 2022</td>
<td>American Legion Post 174</td>
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<td>Gates Open:10a; Bands:4p; Supper:5p</td>
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<tr>
<td>June 10 - 15</td>
<td>Order your Simply Produce Basket</td>
<td>Gene’s Heartland Foods in Ellsworth</td>
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<tr>
<td>June 17</td>
<td>Pick up your Simply Produce Basket</td>
<td>American Legion Post 174</td>
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<td>NOON - 12:45p</td>
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### Open Nutrition Educator Position

K-State Research & Extension is hiring a full-time Nutrition Educator to serve the communities in Barton, Ellis, Ellsworth, and Russell counties.

Office location is flexible within the service area with primary office location in Great Bend or Hays. Preferred candidates will have a passion for community health, working with diverse audiences and making a difference in the lives Kansans.

See [www.ksre.ksu.edu/jobs](http://www.ksre.ksu.edu/jobs) for responsibilities, qualifications, and application procedure. Screening begins immediately.

K-State Research and Extension is an EOE of individuals with disabilities and protected veterans. Background check required. This position offers generous benefits package, paid vacation, and sick leave. Contact Janelle VanKooten (janellev@ksu.edu) for more information.
Tasty Taco Rice Salad

Serves: 8 Cups; Serving Size: 1 1/2 Cups

**Ingredients:**
- 1 pound lean ground beef
- 1 1/2 cups instant brown rice, uncooked
- 2 cups water
- 1 cup onion, chopped (about 1 medium)
- 1 tablespoon chili powder
- 3 cups tomatoes, chopped
- 1 seeded jalapeno, chopped finely
- 2 cups spinach or lettuce, chopped
- 1 cup 2% fat cheese, shredded

**Directions:**
1. Wash hands for 20 seconds with soap and water.
2. Cook ground meat in a large skillet until brown (160°F). Drain off fat, rinse meat with warm water to remove grease.
3. Add rice, water, onion, and chili powder to meat in skillet.
4. Cover. Simmer over low heat about 15 minutes to cook rice.
5. Add tomatoes and jalapeno. Heat for 2-3 minutes.
6. Place layers of spinach or lettuce, rice mixture, and cheese on plates. Serve at once.
7. Refrigerate leftovers within two hours.

**Nutrition Facts**

8 Servings Per Recipe
Serving Size: 1 1/2 cups

**Amount Per Serving**

<table>
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<tr>
<th>Calories</th>
<th>230</th>
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% Daily Value*

- Total Fat 10g 16%
- Saturated Fat 4g 20%
- Trans Fat 0g
- Cholesterol 45mg 15%
- Sodium 210mg 9%
- Total Carbohydrates 10g 3%
- Dietary Fiber 3g 12%
- Total Sugars 3g
- Added Sugars NA*
- Protein 17g
- Vitamin D 0mcg 0%
- Calcium 237mg 18%
- Iron 2mg 11%
- Potassium 427mg 9%

* 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.

Source: Seasonal and Simple

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**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!