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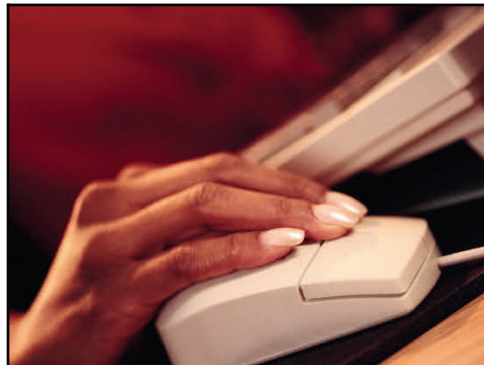


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Media Smart Youth: Eat, Think, and Be Active!®



How media-smart are the youth in your community? The National Institutes of Health (NIH) want to help youth become smart about diet and physical activity and how they receive this information through multiple media sources. The media changes constantly and is highly influential on young minds.

The NIH of Child Health and Human Development has created a curriculum entitled Media-Smart Youth targeting youth age 11-13. The goal is to empow-

er youth to become aware of the influence of media; build skills to make informed decisions about physical activity and food choices; establish and maintain healthy habits; and to learn about media and create their own media products for their peers.

For program leaders, there is a free 1-hour training to start the program. The curriculum focuses on media awareness, media production, nutrition, and physical activity.

Learn more about this program at www.nichd.nih.gov/msy/Pages/index.aspx.



2016 Farmers Market Conference and Workshops

Sign up now for these Farmers Market workshops in your area! Spread the word!

- Hays—January 29
- Wichita—February 6

- Parsons—February 20
- Olathe—March 11

Details and registration can be found at:

<http://bit.ly/1Rz1R9W>

The *From the Land of Kansas* Annual Meeting and Farmers Market Conference is February 25-26, 2016. More information is coming soon!

<http://bit.ly/1Re9i7U>

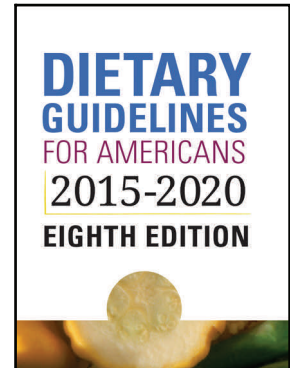


What is a Healthy Eating Pattern?

The 2015-2020 Dietary Guidelines for Americans emphasizes adopting a healthy eating pattern across the lifespan. What does this mean?

A healthy eating pattern includes all foods and beverages within an appropriate calorie level. In other words, moderation. This includes:

- A variety of vegetables in all colors
 - Fruits, especially whole fruits
 - Grains, at least half whole grains
 - Fat-free or low-fat dairy products
 - A variety of protein foods
 - Oils
- The healthy eating pattern limits the following to less than 10% of daily calories:
- Saturated fats and *trans* fats
 - Added sugars
- Limit sodium to less than 2,300 mg per day



<http://health.gov/dietaryguidelines/2015/guidelines/>



Apply for a National Award!

Handwashing can help reduce absenteeism and improve school community health.

Do you teach handwashing in schools? If so, you can win an award! The Healthy Schools, Healthy People, It's a SNAP! Program is a joint effort between the Centers for Disease Control and Pre-

vention and the American Cleaning Institute®.

Award guidelines include:

- Deadline is January 31

- Open to K-12 schools
- Must include key handwashing messages

Learn more at <http://itsasnapp.org/>.

Better Process Control School

In order to sell acidified foods, such as pickles and salsa, food businesses must attend a Better Process Control School to meet the requirements of the Food and Drug Administration.

Food processors can attend the Better Process Control School scheduled for:

March 28-29, 2016

Jackson County, University of Missouri Extension Offices
105 E 5th St, Kansas City, MO 64106 (near City Market)

For more information and registration, see the [K-State Food Safety Website](#) under "Hot Off the Press!"

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Bake for Family Fun Month



<http://www.homebaking.org/>

Once again, February is designated as [Bake for Family Fun Month](#) by the Home Baking Association. Build new traditions by sharing the goodness of baking with your family.

The Home Baking Association has developed lessons, recipes and videos to help teach skills of baking. Materials are divided up into four weeks of classes. Recipes are for the beginner, intermediate and advanced baker.

Besides baking bread, making homemade pizza is a fun family activity. The bonus is the time and money savings of about half the time and cost when making it at home. Another bonus is the control of ingredients to make a healthier pizza. According to the USDA, Americans spend \$37 billion a year on pizza. Learn more at the benefits of making pizza at home at <http://www.homebaking.org/>.



Storing Food for Emergencies

A disaster can occur at any time. What can take seconds to cause destruction can take weeks, months or longer to recover. What if no assistance was available?

Food and water are keys

to surviving an emergency. Even a 3-day emergency supply can help.

To help create a plan for an emergency food supply, Utah State University Extension has an extensive publication on storing food. It covers

the basics, canned food, dried food, grains, and much more.

Learn more at https://extension.usu.edu/foodstorage/files/uploads/Food_Storage_Booklet2.pdf.

Imagine no electricity, no gas, no water, and no telephone service.

What if you had to evacuate your home in 10 minutes?



Learn more about reducing food waste at www.choosemyplate.gov/lets-talk-trash

Let's Talk Trash

There is a growing concern about food loss and waste throughout the United States. Consider that about 90 *billion* pounds of edible food goes uneaten each year. This costs most people about \$370 each year.

Less food loss and waste can help save money, improve food access, and protect natural resources. The impacts of food loss and waste include:

- Food waste is the single largest component going into municipal landfills.
- Wholesome food is sent to landfills instead of feeding people in need.
- Producing, processing, transporting, preparing, storing, and disposing of discarded food uses inputs such as land, water, labor, and energy that could be available for other purposes.

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30, 1914, as amended. Kansas State
University, County Extension Councils,
Extension Districts, and United States
Department of Agriculture Cooperating,
John Floros, Director.

Got "Voodles?"



Zucchini is a popular vegetable to turn into noodles

Need a new way to incorporate vegetables in your meals? Try "voodles!" What are they?

Vegetable noodles, or "voodles," are ribbons or strands of vegetables to use in place of pasta. Using a vegetable peeler and make ribbons or strips. Use a tool called a "spiralizer" to make thin strips like

spaghetti. You can add new flavors, color and nutrients to many traditional pasta recipes.

The best type of vegetable to use is a firm variety such as carrots, beets, sweet potatoes, turnips, summer and winter squash. But don't stop with vegetables! Firm fruits like apples and pears can be used to transform many fruit dishes.

Spaghetti squash is a natural "voodle" as when it is cooked the flesh becomes stringy like spaghetti pasta.

Source: Eating Well



Karen Blakeslee, M.S.



On the Web at
www.rrc.ksu.edu



Clearing the Confusion About Meat

You're standing at the meat case. Are you confused? There are so many different cuts of



Learn more at
www.mymeatup.org/

meat. How should they be cooked?

There's a new website to help clear the confusion called Myme-atup.org.

This website is sponsored

by the North American Meat Institute.

Features of the website include four animal species and the meat cuts associated with them. Each cut is matched with cooking methods and recipes. The cooking method page describes various ways to cook meat. Food safety is emphasized from shopping to leftovers. Many recipes are given to get started cooking beef, pork, veal, lamb and turkey.