



K-STATE

Research and Extension

Walnut Creek District

Erin Petersilie, FCS Agent

Foods Nutrition Update

February, 2019

Message of the Month

As we are deep in the middle of winter, there is only one thing to do, start preparing for spring! Spring and K-State Research and Extension means that we are preparing for Walk Kansas. Get your teams ready and we will kick off this program March 17. It is also a time for all of you gardeners to start planning your garden, and we have some programs for you!

Healthcare

If you or somebody you know, enrolled in Health Insurance through <https://www.healthcare.gov/>, make sure you have all of your ducks in a row. If you have been enrolled in past years, you will need to make sure that you print off the tax information that they provide you by logging in to the website or by watching your mail. You will need these documents as part of your tax returns. If you have been asked to provide more information to the Marketplace, make sure that documentation has been sent in so that you don't have an interruption of coverage.

Medicare

Medicare has been changing Medicare cards, so that your Social Security number is no longer printed on the card. Instead, you will have a mix of numbers and letters as your new unique ID. If you have not gotten a new card, you need to call Social Security and update your address with them and ask for them to send you a new card.

LANE COUNTY
144 S Lane, Courthouse
PO Box 487
Dighton, KS 67839
Office: 620-397-2806
Toll Free: 866-755-1654
Fax: 620-397-2597

NESS COUNTY
503 S Pennsylvania Ave
Ness City, KS 67560
Office: 785-798-3921
Toll Free: 877-798-3921
Fax: 785-798-3540

RUSH COUNTY
702 Main St
PO Box 70
LaCrosse, KS 67548
Office: 785-222-2710
Toll Free: 800-460-9079
Fax: 785-222-2843



WALNUT CREEK DISTRICT PDC PRESENTS

2019 Ladies Day Out

February 23, 2019

Meet at the Rush County Ext. Office at 10:15 am

Our first stop will be in Hays at Professor's for lunch and a presentation on honey and mushrooms.

The party will then move to Cathy's Breads, a home-based micro-bakery offering a weekly menu of homemade artisan-style breads and sweets using locally sourced organic flours and grains.

Cost - \$20 per person

Transportation - Carpool with volunteer drivers. Please let Office know if you can drive

RSVP to Rush County Ext. Office
(785) 222-2710 or (800) 460-9079 by February 20



March 17—May 11, 2019

Walk Kansas will kick off March 17. Get you and five other teammates together, and get ready to work

towards a healthier life-style. If you are needing HealthQuest points for your health insurance, this will qualify for 4 points. We will continue to use both an online system for those that like to use that system and a paper system for those that are more comfortable with just calling your totals. Be watching for an email later this month that will contain all things Walk Kansas!

Rush County Health Programming

Bring your lunch and join us for programming from Noon-1:00 at the Rush County Extension Office.

- March 19 Herbs
- April 16 Gardening
- May 21 Healthy Grilling



Moderate Fat Brownies

Makes 16 brownies

- 1/4 cup margarine
- 1/4 cup unsweetened applesauce
- 1 cup sugar
- 2 egg whites
- 1/2 teaspoon vanilla
- 3/4 cup flour
- 1/4 cup cocoa
- 1/4 teaspoon baking powder
- 1/8 teaspoon salt
- 1/4 cup chopped Walnuts



Spray a 9x9x2 inch baking pan with nonstick spray coating; set aside. In mixer bowl combine margarine, applesauce, sugar, egg whites, and vanilla. Stir in flour, cocoa, baking powder, and salt. Stir in nuts. Spread in pan and bake at 350°F for 20 to 25 minutes.

Nutritional Analysis Per Brownie: 117 calories, 5 grams of fat, 34% of calories from fat, 13 milligrams cholesterol.

