

**Kansas**  
Department for Children  
and Families

**K-STATE**  
Research and Extension

Supplemental  
Nutrition  
Assistance  
Program  
Putting healthy food  
where it's needed

This institution is an equal opportunity provider.

## LEARN MORE ABOUT FREE CLASSES

### REGISTER HERE

[www.k-state.edu/ks-snaped/free-classes.html](http://www.k-state.edu/ks-snaped/free-classes.html)

### FOR MORE INFORMATION, CALL:

1-855-476-2733

### KS SNAP-ED WEBSITE & FACEBOOK



[www.k-state.edu/ks-snaped/](http://www.k-state.edu/ks-snaped/)



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## UPCOMING SNAP-ED

### FREE VIRTUAL CLASSES

These are 6-lesson series led by a SNAP-Ed nutrition educator. Participants will learn about healthy eating, meal planning and budgeting, food safety, and easy recipe ideas.

#### November/December 2022

Wednesdays - 4:00-5:00 pm  
November 9, 16, 23, 30, 2022  
December 7, 14, 2022

#### January/February 2023

Wednesdays - 4:00-5:00 pm  
January 11, 18, 25, 2023  
February 1, 8, 15, 2023

#### March/April 2023

Wednesdays - 12:00-1:00 pm  
March 1, 8, 15, 22, 29, 2023  
April 5, 2023

#### April/May 2023

Wednesdays - 12:00-1:00 pm  
April 19, 26, 2023  
May 3, 10, 17, 24, 2023

#### June/July 2023

Wednesdays - 12:00-1:00 pm  
June 14, 21, 28, 2023  
July 5, 12, 19, 2023

#### August/September 2023

Tuesdays - 4:00-5:00 pm  
August 2, 9, 16, 23, 30, 2023  
September 6, 2023



*"Knowing how to prepare for grocery shopping and how to spend my time at the store makes all the difference." - Recent participant*

Learn more by attending one of SNAP-Ed's free online or in person classes.

Dates and times for our online classes are listed in this brochure.

## Check Us Out!

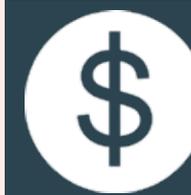
# SNAP-Ed's Free Classes will teach you:



**EASY, HEALTHY,  
AND TASTY  
RECIPES**



**IDEAS ON HOW  
TO MOVE MORE**



**TIPS TO SAVE  
MONEY AT THE  
GROCERY STORE**

## Cooking Dry Beans & Whole Peas

Pulses, like dry beans and whole peas can be at the center of low-cost satisfying family meals and recipes. While canned beans are already soaked and can be added straight to recipes, the dry versions may seem harder to use.

But don't worry - all you need to do is sort through the beans or peas and remove any stones, dirt, broken, or shriveled pieces.

Then use one of the following soaking methods, before cooking and using in your recipes.

### *Overnight Soak Method*

Place beans in a pot or bowl and cover with water at least 3 inches above the beans. Soak overnight for 8-10 hours. Drain and rinse beans before cooking.

### *Quick Soak Method*

Place beans in a pot and cover with water at least 3 inches above the beans. Bring water to a boil and boil for 2 minutes. Turn off the heat and let the covered beans soak in the water for about an hour. Drain and rinse beans before cooking.



## Ways to be Active

Family walks  
Team sports  
Jumping rope  
Bike riding  
Weight training

Dancing  
Swimming  
Running  
Roller blading  
Yoga



## Grocery bill too high?

Experts share these recommendations for lowering your food bill:

- Prepare a food budget; decide how much you are willing to spend.
- Make a grocery list before you go to the store.
- Plan menus for an entire week at a time, when you can.
- Shop when you are well-rested; you make better decisions when you are rested.
- Eat before you go shopping to cut back on impulse buying.
- Use coupons, but only on products you already use.
- Shop sale items as much as possible.
- Read the use-by dates on foods to make sure they are fresh.
- Keep a running total as you shop.
- Use Double Up Food Bucks where available



Adapted from:  
<https://www.ksre.k-state.edu/news/stories/22/06/family-saving-on-the-grocery-store-bill.html>