

FROM FORK TO FITNESS

Glacier County FCS & SNAP-Ed Newsletter

Volume 1, Spring/Summer 2024



Welcome to our Newsletter!

Welcome to our new Family and Consumer Sciences and SNAP-Ed newsletter for Glacier County and the Blackfeet Reservation! We're excited to bring you this resource, sponsored by MSU Extension. In each issue, you'll find valuable nutrition education materials, healthy recipes, and information about upcoming classes and workshops.

Our goal is to support the well-being of individuals and families in our community by sharing practical knowledge and skills for better health, nutrition, and wellness. Whether you're looking to improve your cooking skills, learn about budget-friendly meal planning, or discover new ways to stay active, this newsletter is for you. We look forward to connecting with you and helping build a healthier, stronger community together.

Nourishing Montana: Your Gateway to Wellness



Montana State University Extension is your trusted partner in health, food, and nutrition. We bridge cutting-edge research with practical, everyday solutions for Montanans. Our expert-led classes, workshops, and webinars deliver science-based information to help you make informed decisions about your well-being. From mastering meal planning to understanding the latest nutritional guidelines, we offer a wealth of resources tailored to your needs. Join us in building a healthier Montana, one bite at a time. Discover the power of knowledge—explore MSU Extension's health and nutrition programs today!

Mediterranean Power Bowl Cooking Classes

Grain Power Hour: The Ultimate Bowl-Building Workshop

Learn to create a delicious and nutritious Mediterranean-inspired grain bowl in this hands-on cooking class. We'll start with a base of vibrant kale, then layer on protein-packed quinoa, roasted butternut squash, creamy avocado, and tender chicken. You'll discover how to balance flavors and textures while incorporating Mediterranean staples like olive oil, lemon, and herbs. Perfect for meal prep or a satisfying dinner, this versatile dish will become a go-to in your culinary repertoire. Join us to elevate your healthy eating game with this colorful and customizable bowl. See below for dates and times.



SNAP-Ed

SNAP-Ed supports low-income Montanans in making the healthy choice the easy choice through a dual focus on nutrition and physical activity education and partnering with local and statewide organizations to improve policies, systems, and environments that support healthy behaviors. Some of our partners include schools, food banks, farmers' markets, and local health coalitions.

INTRODUCING SNAP-ED CLASSES

Jodi Duncan, SNAP-Ed Instructor, Blackfeet Reservation, Glacier, Toole

- Mediterranean Power Bowl Cooking Class-July 30th, 10:30-11:30 am @ Cut Bank Civic Center
- 6 Week, Eating Healthy on a Budget Cooking Class - Learn how to stretch your food dollar and prepare quick & easy healthy meals on Tuesdays & Wednesdays at Blackfeet Manpower Seville. First class is Tuesday, July 16th @ 1:00 P.M. To register, call Jodi at (406) 873-8553 or email jodi.duncan@montana.edu



Kaitlyn Sharp, SNAP-Ed Instructor, MSU Extension Blackfeet Reservation

- Mediterranean Power Bowl Cooking Class- July 22nd , 1-2 P.M. @ Blackfeet Community College Library
- 6 Week, Eating Healthy on a Budget Cooking Class - Every Tuesday beginning July 16th- August 20th. Contact Kaitlyn at kaitlyn.sharp@montana.edu to register.



Smooth Operator: Blending Your Way to Delicious Health



Smoothie & Juicing Class
Cut Bank Civic Center Kitchen
Tuesday, July 23rd
10:30 a.m. to 11:30 am
Contact Lisa Terry to register at lterry@montana.edu
or call her at 406-873-2239

What is FCS?

Family and Consumer Sciences (FCS) is a field of study that focuses on the well-being of individuals, families, and communities. It encompasses a wide range of practical and theoretical knowledge, including:

1. Nutrition and food science
2. Child development and family relationships
3. Consumer economics and resource management
4. Housing and interior design
5. Textiles and apparel

FCS applies scientific principles to everyday life, aiming to improve the quality of life through education, research, and community outreach. It emphasizes developing life skills, promoting healthy lifestyles, and fostering responsible decision-making in personal and family contexts.



Glacier County FCS Agent, Lisa Terry displays Mediterranean Grain Bowl from a class she co-taught at MSU Extension in Cascade County. Sign up for a class by contacting Lisa at lterry@montana.edu or by calling 406-873-2239



2nd Annual Sizzlin' Summer Steppin'

Glacier County/
Blackfeet Reservation
physical activity
program

Registration Deadline:
June 28th, 2024

Who?

- Adults, children, and families
- Residents of Glacier Co. / Blackfeet Reservation

What?

- FREE 8 - week physical activity program
- Participants track and report weekly physical activity minutes
- Weekly prizes and end of program grand prizes. *Prize winners chosen via randomized generator *

When & Where?

- July 1st - August 23rd
- Engage in physical activities wherever you feel most comfortable, remember to track your minutes!

To register, scan QR Code
or call MSU-Extension Office
at (406)-873-2239 Ext.2



The U.S. Department of Agriculture (USDA), Montana State University and the Montana State University Extension Service prohibit discrimination in all of their programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital and family status. Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Dr Cody Stone, Director of Extension, Montana State University, Bozeman, MT 59717

STRONG *People*TM

STRONG BODIES

EXERCISE CLASSES

Contact Lisa for a registration packet

Tuesdays & Thursdays

9:00 am - 10:00 am

CUT BANK CIVIC CENTER

SIGN UP
WITH QR
CODE



Contact Lisa Terry,
lterry@montana.edu
or 406-873-2239



Veggie Wrap Recipe

Ingredients

- 4 large radishes
- 1 small carrot
- 1 cup salad greens
- 3 sprigs fresh herbs (parsley, dill, cilantro, or combination)
- 1 lemon
- 2 ounces low-fat Swiss or cheddar cheese
- 1 large, ripe avocado
- ¼ cup nonfat plain yogurt
- 3 (8-inch) whole wheat flour tortillas

Directions

1. Scrub and rinse radishes and carrots. Rinse salad greens. Pat all veggies dry.
2. Use a vegetable peeler to peel radishes and carrots into long, thin strips. In a medium bowl, collect veggie strips.
3. Rinse herbs. Pluck leaves off stems. Tear leaves into smaller pieces.
4. Rinse lemon. Zest using the small holes of a box grater. Cut in half and remove seeds.
5. Grate cheese.
6. Slice avocado lengthwise. Remove pit. Scoop avocado out of shell.
7. In a small bowl, use a fork to mash avocado. Stir in yogurt.
8. Squeeze a little lemon juice onto avocado mixture. Add herbs and a pinch of lemon zest. Stir.
9. Warm 1 tortilla in the microwave for 30 seconds, or longer as needed.
10. Place the warm tortilla on a cutting board. Spread 1/8 avocado mixture over center of tortilla. Layer with 1/8 greens, 1/8 grated veggies, and 1/8 cheese. If using turkey, add 1/8 turkey now. Squeeze more lemon juice over the mixture.
11. Roll tortilla and toppings into a log shape. Use a knife to slice wrap into four “pinwheels.”
12. Repeat process for the other 2 tortillas. You will end up with a total of 12 pinwheels.



Ensure food safety compliance and elevate your management skills with ServSafe Manager's classes, available through the Glacier County MSU Extension office.

These comprehensive courses provide essential food safety manager certification, valid for 5 years. Stay ahead of industry standards and protect your customers' well-being by enrolling in this valuable training. Classes are offered upon request, allowing flexibility to fit your schedule.

To arrange a class or learn more, contact Lisa Terry at lterry@montana.edu. Invest in your career and your establishment's reputation with ServSafe certification.

