

Sacks of Snacks



February 23, 2024

Welcome to this week's *Sacks of Snacks*. February is American Heart Month. We can also take care of our heart by caring for others. I encourage you or your family to perform random acts of kindness throughout the year. I have included some ideas. I have also included a kid friendly-heart healthy recipe to make with your family. Enjoy leap day, February 29th! How can you make this day fun for your family? Send me your ideas at mparcell@purdue.edu. If you have questions or concerns, call 926-1189 or email mparcell@purdue.edu.

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Extension - Nutrition
Education Program

Are you interested in learning more about feeding your family on a budget? Healthy living tips? Getting new family friendly recipes? Incentives and kitchen tools to make cooking more enjoyable? Purdue Extension-Dearborn County and the Indiana Nutrition Education Program (NEP) would like to help YOU learn about all these topics and more! Please contact Purdue Extension-Dearborn County at 926-1189 to schedule an appointment with Trenna Jossart, our Nutrition Education Program Advisor, so that you can learn more about healthier eating, healthier cooking, and healthier living!

RANDOM ACTS OF KINDNESS

1. Leave a generous tip.
2. Buy someone's lunch
3. Leave change at the laundromat.
4. Popcorn, candy, & video rental to a family.
5. Leave a treat in the mailbox for the mailman.
6. Give hot chocolate for people waiting at the bus.
7. Leave nice notes on people's cars.
8. Write a thank you note 'just because'.
9. Befriend someone who is by themselves or seems lonely.
10. Offer to babysit for a struggling parent.
11. Spend one day saying only positive things about people.
12. Buy flowers for a friend.
13. Offer your seat to someone on the bus or train.
14. Leave nice notes of encouragement in your kids lunchboxes.
15. Leave a basket of dinner on someone's doorstep.
16. Donate diapers to a women's shelter.
17. Donate canned goods to the local food bank.
18. Drop off muffins at the fire station.
19. Leave tennis balls at a dog park.
20. Tape some change to a vending machine.

Source: honebearlane.com

Kid-Friendly Chicken Enchiladas with Black Beans and Corn

Servings: 3/Serving Size: 3 tortillas per serving

Cooking spray

1-pound boneless, skinless chicken breasts, all visible fat discarded, cooked, cooled, and shredded

1 (15.5 ounce) can no salt added black beans, rinsed and drained

10 ounces frozen whole-kernel corn, thawed or 1 (15.25-ounce) can no salt added corn, rinsed and drained

1 teaspoon chili powder and 2 teaspoons chili powder, divided use

12 6-inch whole-wheat or corn tortillas, warmed

1 (14.5 ounce) can no salt added tomato sauce

½ cup fat free sour cream

Preheat the oven to 400 degrees F. Lightly spray a baking dish with cooking spray. Put the chicken in a large bowl. Stir in the beans, corn, and 1 teaspoon chili powder. Put six tortillas on a large cutting board or clean, flat surface. Spoon about 1 ½ tablespoons of the chicken mixture down the center of the tortillas, stopping about 2 inches from the edges. Roll up and place with the seam side down in the baking dish, securing with a toothpick if desired. In a small bowl, stir together the remaining 2 teaspoons chili powder, tomato sauce, and sour cream. Spoon over the tortillas. Bake for 15 to 20 minutes, or until heated through.

Source: *American Heart Association*



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