

This holiday season join us for ....

# Washington County Extension's 20 DAYS OF GIVING



**BUY EAT LIVE  
HEALTHY**

EFNEP | EXPANDED FOOD & NUTRITION EDUCATION PROGRAM  
FNP | FAMILY NUTRITION PROGRAM  
LYF | LOVING YOUR FAMILY - IOWA

BUILDING A  
**#STRONGIOWA**

ISU Extension & Outreach wants your help to build a strong Iowa and give back to our communities. We, **TOGETHER**, can make a positive and **HEALTHY** impact on those who experience food needs. In honor of Washington County Extension's 100th birthday this year—we want to give 100 meals! It is our hope during this **20 DAYS OF GIVING**, 100 meals will be donated to our office for delivery to local food banks.

Please bring ingredients listed below, which will prepare the healthy meal "Chicken Enchilada Bake" from ISU Healthy & Homemade Cookbook, in a reusable shopping bag to Washington County Extension by December 20 at 4:30 p.m. Regular business hours are 8 a.m.—4:30 p.m. Monday-Friday.

- |                                       |                                       |                     |
|---------------------------------------|---------------------------------------|---------------------|
| 10 oz Canned Chicken packed in water  | 2—15 oz can no salt added black beans |                     |
| 2- 15 oz can no salt added whole corn | 16 oz Mild Salsa                      |                     |
| 2—16 oz fat free refried beans        | Mild Chili Powder                     |                     |
| Whole grain tortillas                 | Cooking spray                         | Spanish Rice Packet |

**Thank you for your willingness to give!**

**Bring bagged meals to Washington County Extension by December 20.**

**CHRISTMAS BONUS: Every meal donated gives you a chance to win this ISU football autographed by head football coach Matt Campbell.** Winner will be drawn December 21—just in time for Christmas and to cheer ISU on in the Alamo Bowl!

Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran. Direct inquiries to Ross Wilburn, 515-294-1482, wilburn@iastate.edu. EOADV.16.04N Nov. 2016



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