



**Welcome to Barton County Health Department!**



Laboratory  
Services

# 2025

# July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		 1 <b>Becoming a Mom Class</b> <small>BT CO Commission ATG 9:00 AM</small>	2	 3 <b>SSS Farmers Market</b> <small>4:00 PM</small>	 4	5
6	<b>BCHD Staff Meeting</b> <small>8:00 AM</small>	 8 <b>Becoming a Mom Class</b> <small>BT CO Commission ATG 9:00 AM</small>	<b>Breastfeeding Support Group</b> <small>4:00 PM</small>	 10 <b>STREET STROLL</b> <small>IN NEIGHBORHOOD</small>	11	12
13	<b>BCHD Staff Meeting</b> <small>8:00 AM</small>	 15 <b>Becoming a Mom Class</b> <small>BT CO Commission ATG 9:00 AM</small>	16	 17 <b>BCHD Advisory Committee Meeting</b> <small>11:30 AM - 12:30 PM</small>	18	19
20	<b>BCHD Staff Meeting</b> <small>8:00 AM</small>	 22 <b>Becoming a Mom Class</b> <small>BT CO Commission ATG 9:00 AM</small>	<b>WIC Prenatal Breastfeeding Class</b> <small>2:00 - 3:00 pm</small>	 24 <b>STREET STROLL</b> <small>IN NEIGHBORHOOD</small>	25	26
27	<b>BCHD Staff Meeting</b> <small>8:00 AM</small>	 29 <b>Becoming a Mom Class</b> <small>BT CO Commission ATG 9:00 AM</small>	30	 31 <b>Instant Finalist Day in Reef Blue Summer</b>	1	 2 <b>BACK TO SCHOOL</b> <b>Immunizations</b>



## 📌 Barton County Health Department – July 2025 Newsletter

*Summer Wellness, Family Support & Public Health in Action*

### ☀️ July & Public Health: Staying Safe, Strong, and Informed

As summer heats up, July is a time to focus on safety, family health, and community connection. Whether you're expecting a baby, supporting breastfeeding, shopping local, or getting ready for back-to-school shots, public health is here to help every step of the way.

Public health in July includes:

- Support for growing families through BAM classes and breastfeeding groups
- Community nutrition at the Farmers Market
- Emergency preparedness and hydration in the summer heat
- Back-to-school immunizations and family wellness

### 📌 July Health Observances

UV Safety Awareness Month

World Hepatitis Day – July 28

Firework Safety Awareness – All Month

National Minority Mental Health Awareness Month

### 📌 July 2025 Events & Health Department Activities

#### 📌 Becoming a Mom® (BAM) Summer Session

Held Tuesdays from 1:30 – 3:30 PM

- July 1 – Session 1: You and Your Pregnancy
- July 8 – Session 2: Healthy Pregnancy/Nutrition
- July 15 – Session 3: Labor & Delivery
- July 22 – Session 4: Breastfeeding/Infant Feeding
- July 29 – Session 5: Newborn and Infant Care



- (August 5 – Session 6: Healthy After Pregnancy)
- 📅 **Breastfeeding Support Group** – July 9 at 4:00 PM
- 📅 **WIC Prenatal Breastfeeding Class** – July 23, 2:00–3:00 PM
- 📅 **BCHD Advisory Committee Meeting** – July 17, 11:30 AM – 12:30 PM
- 📅 **Farmers Market** – Thursdays at 4:00 PM
- 📅 **BT County Commission Meetings** – Tuesdays at 9:00 AM
- 📅 **Instant Finalist Day** – July 31 during the Farmers Market
- 📅 **Back-to-School Immunizations** – Saturday, August 2, 8:00 AM – 12:00 PM

#### 📅 **Office Closure & Holidays**

Fourth of July Holiday – BCHD will be closed Friday, July 4 in observance of Independence Day.

#### 📅 **Safety & Summer Health Tips**

- Wear SPF daily and reapply during outdoor time
- Stay hydrated, especially during outdoor events
- Check that vaccines are up-to-date before school starts
- Use ear protection and follow safety tips around fireworks

**Explore Job opportunities here at your local Health Department!**

Explore additional information regarding these highlights and more in the featured articles in this newsletter!

Please feel free to visit the department in person or call  
620-793-1902 if you have any questions.

As always, thank you for your support of Public Health!!

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## **Senior Farmers Market Nutrition Program Start Date July 14**



# SENIOR FARMERS MARKET NUTRITION PROGRAM SIGN UP

AGES **60+**

## 📅 Kansas Senior Farmers Market Program Returns July 14, 2025

The Kansas Department of Health and Environment (KDHE) has announced the return of the Kansas Senior Farmers Market Nutrition Program (KSFMNP), which will launch on July 14, 2025. This program offers \$50 in coupons to eligible seniors for the purchase of fresh, unprepared fruits, vegetables, cut herbs, and locally produced honey at approved Kansas farmers' markets.

Who's Eligible?

- Adults 60+ years old
- Income at or below 185% of the federal poverty level

Important Info:

- Apply before September 30
- Coupons are limited, so early application is encouraged
- Participating vendors will have visible signage indicating acceptance of KSFMNP coupons

For full eligibility details and market locations, visit the official KSFMNP website.

Let's help Kansas seniors access healthy food options while supporting local growers!

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### Don't let foodborne illness spoil your cookout.

Summer is a time for spending time outdoors with friends and family. Many of these gatherings involve sharing food. There are several steps that can be taken to enjoy time together and avoid getting sick from eating unsafe food. Here are 4 words to remember when preparing food. Clean. Separate. Cook. Chill.


- **Clean** – Make sure to wash hands with soap and water as well as make sure that the surfaces and utensils are clean. Wash fresh fruits and vegetables under water before eating, cutting or cooking even if they will be peeled.
- **Separate** - Use separate plates and utensils for raw and cooked meat. If the same cutting board will be used for meats as other foods, make sure to wash with hot soapy water between cutting meats and cutting other foods such as raw vegetables.
- **Cook** – Use a food thermometer to make sure that foods are cooked to the proper temperature. Checking the color of the meat is not a reliable indicator of safe temperatures. Cook ground meats such as burgers or sausages to 160 ° F, steaks, pork chops or fish to 145 ° F, and chicken or turkey to 165 ° F.
- **Chill** – If not eating right away, chill raw and prepared foods immediately. To reduce the growth of bacteria that causes foodborne illnesses, foods should be put in the refrigerator or cooler within 1 to 2 hours from setting the food out. If the temperature is over 90 degrees outside, chill within 1 hour. If foods sit out longer than this, discard them.

**The “Danger Zone”, where bacteria can grow rapidly, is between 40 ° F and 140 ° F.** This is why it is important to cook to the proper temperature and chill within 1-2 hours. When having picnics or cookouts, keep hot foods hot and cold foods cold by using the following methods. Foods like chicken salad and desserts in individual serving dishes can be placed directly on ice or in a shallow pan filled with ice. Replace ice frequently. Hot food can be kept hot or above 140 degrees by wrapping it well and placing it in an insulated container until serving.

Another tip for these gatherings is to have a separate cooler for drinks and for food. This will allow the foods to not be exposed to warm temperatures each time the cooler is opened, and they will stay cold longer.

Enjoy spending time this summer with friends and family while being mindful of food safety.

**SAVE THE DATE: BACK-TO-SCHOOL IMMUNIZATIONS CLINIC**



# BACK TO SCHOOL IMMUNIZATION CLINIC

AUGUST 2<sup>ND</sup> 8:00-12:00PM

## Sun Safety Tips



Wear long-sleeved  
shirt and pants



Use sunscreen that  
is SPF15 or higher



Wear sunglasses  
and a hat with  
a wide brim



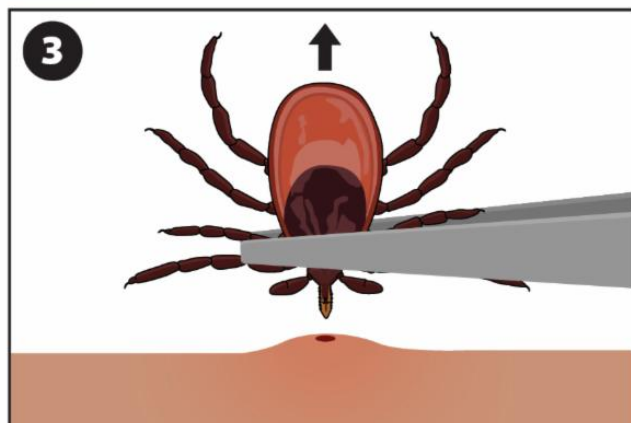
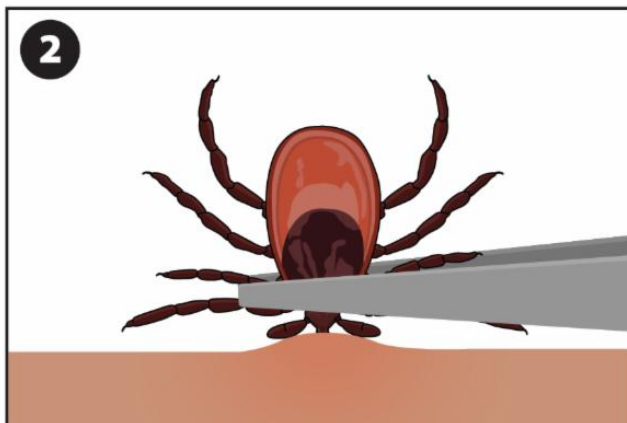
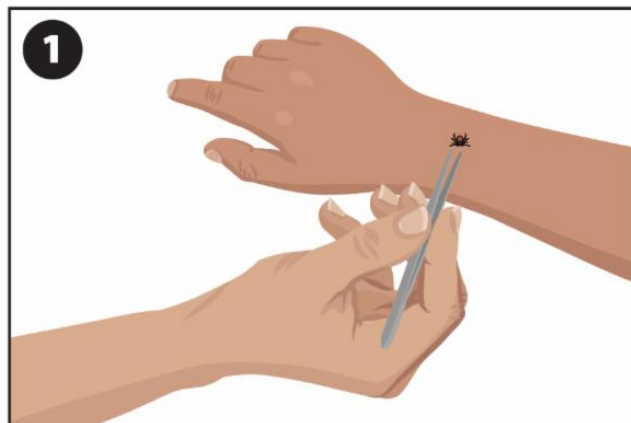
Seek shade



[CDC.GOV/CANCER](https://www.cdc.gov/cancer)

Protect your eyes and the sensitive skin around them from the sun's harmful rays. Look for sunglasses that protect you from 100% of the UVA and UVB light, which includes sunglasses marked UV 400. They shouldn't be hard to find, and you don't need to buy an expensive pair to find full protection.





**If you or a pet have been bitten by a tick, it is important to remove it as soon as possible. Follow these steps to remove ticks effectively and safely:**

1. Grasp the tick as close to the skin as possible
  2. Dispose of the tick properly. Do not crush it with your fingers
  3. Thoroughly clean the affected area and your hands
  4. Check for other ticks
-



Public Health  
Prevent. Promote. Protect.

# *We Are* **HIRING**

## Position :

- Social Worker
- Public Health Nurse (WIC/MCH)

## Apply Now!

How to Apply:

- ✉ Submit your application today!
- 📍 Barton County Health Department
- ☎ Call: (620) 793-1902
- 🌐 Visit: [www.bartoncounty.org](http://www.bartoncounty.org)

Apply  
Today!

## Health Day at the Fair Success!







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## Great Bend Summer Street Stroll Farmers Market



**CORNER OF LAKIN AND KANSAS  
STARTING @ 4:00PM**

Turn in Vendor Application to Barton County Health Department or  
email [ksigler@bartoncounty.org](mailto:ksigler@bartoncounty.org)

Vendor Application



# Barton County Health Department

## OPEN HOURS

**Monday**

**9:00AM-6:00PM**

**Tuesday**

**8:00AM-6:00PM**

**Wednesday**

**8:00AM-6:00PM**

**Thursday**

**8:00AM-6:00PM**

**Friday**

**8:00AM-12:00PM**

**Saturday**

**Closed**

**Sunday**

**Closed**

**Monday-Thursday Open 12:00PM-1:00PM**

## **Mediterranean Steak Bowls**



***For the Bowls:***

1 pound flank steak  
1 pint grape or cherry tomatoes  
½ medium red onion, peeled and cut into 1-inch pieces  
1 head romaine lettuce, chopped (~10-12 cups)  
1 large cucumber, chopped  
1/3 cup pitted kalamata olives, sliced  
1 cup garlic hummus  
½ cup crumbled feta cheese  
Skewers for veggies  
2 tsp. olive oil  
Lemon wedges and/or torn fresh mint leaves for garnish (optional)

***For the Herbed-Yogurt Dressing:***

1 cup plain yogurt  
1 Tbsp. olive oil  
Juice of ½ lemon  
1 large clove garlic, finely minced  
½ tsp. dried oregano  
½ tsp. dried dill  
½ tsp. salt  
2 tsp. chopped fresh mint

Combine all dressing ingredients in a small bowl and whisk to combine. Store in the refrigerator until ready to use, up to 5 days. Preheat grill to high heat (about 450 °F). Pat steak dry with paper towels and sprinkle both sides with salt and pepper. Thread cherry tomatoes and quartered onion onto skewers, brush with oil and sprinkle with salt



and pepper. When the grill is hot, place flank steak and tomato and onion skewers on the grill. Grill vegetables, turning occasionally, for 5-8 minutes or until onions are softened and tomatoes start to blister. Grill the steak for 6-7 minutes, per side or until a thermometer reads 150°F for medium. Remove the steak to a plate and cover loosely with foil and allow the steak to rest for 10 minutes before slicing against the grain. While steak rests, divide the chopped romaine between 4 plates or shallow bowls. Top with sliced steak, grilled vegetables, hummus, chopped cucumbers, olives and feta cheese. Drizzle with Herbed-Yogurt Dressing and garnish with lemon wedges and/or torn fresh mint leaves.

## Recipe

# WHAT WOULD YOU GAIN IF YOU QUIT VAPING?

Text "Start" to 36072  
Free, confidential help.  
Just for teens.

MY LIFE MY QUIT™

## Your reason to quit gets bigger every day.

Did you know the Kansas Tobacco Quitline has a special,  
free program for pregnant individuals?

- \$40 Mastercard gift card mailed to your house after each coaching call completed.
- Up to 5 phone calls during pregnancy and 4 phone calls after childbirth.
- Resources designed to help people who are pregnant quit.



For free help to quit smoking and vaping, call 1-800-QUIT-NOW (784-8669).

Contact Us



**Public Health**  
Prevent. Promote. Protect.  
Barton County Health Department

Barton County Health Department | 1300 Kansas Ave. | Great Bend, KS 67530 US

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