



BARTON COUNTY

Public Health

Prevent. Promote. Protect.

Laboratory Services

March

2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 ECHD Staff Meeting 8:00 AM	3	4 Storm Fury on the Plains a Crest Theater	5	6	7
8 ECHD Staff Meeting 8:00 AM	9	10 BT CO Commission Meeting 9:00AM	11 Breast Feeding Support Group 4:00PM	12	13	14
15 ECHD Staff Meeting 8:00 AM	16	17 <i>Happy St. Patrick's Day</i> BT CO Commission Meeting 9:00AM	18	19 BCHD Advisory Committee Meeting 11:30 AM- 12:30 PM	20 <i>SPRING</i>	21
22 ECHD Staff Meeting 8:00 AM	23	24 Central HS Breastfeeding Coalition Meeting BT CO Commission Meeting 9:00AM	25 WIC Prenatal Breastfeeding Class 2:00-3:00pm	26	27	28
29 ECHD Staff Meeting 8:00 AM	30	31 BT CO Commission Meeting 9:00AM				



March is a time of transition — longer days, changing weather, and new opportunities to focus on health. Public health is about the small, everyday steps that help prevent illness, support well-being, and strengthen our community.

Here are simple ways to celebrate and practice public health this March:

Refresh Your Preventive Care

Spring is a great reminder to:

- Schedule routine checkups
- Stay up to date on vaccinations
- Complete recommended health screenings

Prevention helps catch concerns early and keeps families healthier year-round.

Support Mental Well-Being

Seasonal changes can impact mood and energy levels. Consider:

- Spending time outdoors
- Staying socially connected
- Practicing stress-management techniques
- Checking in with friends or neighbors

Strong mental health supports overall community health.

Get Moving

Warmer days make it easier to add movement into your routine:

- Take a short daily walk
- Stretch during breaks
- Try a new physical activity

Even small increases in activity can support heart health, lower stress, and boost energy.

Keep Healthy Habits Going

Cold and flu season may still linger. Continue to:

- Wash hands frequently
- Cover coughs and sneezes
- Stay home when sick

These simple habits protect vulnerable community members.

Use Local Resources

The Barton County Health Department offers services and support to help residents stay healthy. The Healthy Living Lab provides wellness education and health screenings — with no appointment required.

Taking advantage of local services is one way to invest in your health and your community.

Public health is not just about programs — it's about people working together to build a healthier Barton County. This March, take a small step toward prevention, connection, and wellness. Every healthy choice helps strengthen our community.

Public health isn't just something that happens at the health department — it's something we practice every day through prevention, connection, and care.

This February, let's continue working together to build a healthier Barton County — one small step at a time.

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!!

BAM Program Receives Regional Recognition



BAM Program Receives Regional Recognition

During a recent North Central Kansas Perinatal Community Collaborative meeting, Barton County's BAM program was recognized for its positive impact.

A newly delivered mother who participated in BAM reported a smooth birth experience and successful breastfeeding. Collaborative members gave a special shout-out to our team for their individualized support. We are grateful for our staff and proud to serve Barton County families.

SUN Bucks 2026

A \$120 one-time benefit per eligible child to help purchase groceries during the summer months.

*Eligibility Requirements:

- The child is aged 7 to 17 and their household already participates in SNAP Food Assistance or Temporary Assistance for Needy Families (TANF).

OR

- The child attends a school that offers the National School Lunch or School Breakfast Program, and their household income meets the requirements for free or reduced-price school meals.

*Some families may receive a letter from Kansas DCF after January 2026 notifying them that their child is eligible for SUN Bucks. These families do not need to apply. Visit SUNBucks.dcf.ks.gov for a full list of eligibility requirements.

Relatives, non-related kin, and foster homes will need to submit a SUN Bucks application for children in the custody of the DCF Secretary after April 1, 2026.

Learn More:

SUNBucks.dcf.ks.gov



If your child is not automatically eligible for SUN Bucks, you can submit an application at SUNBucks.dcf.ks.gov.

Applications must be submitted no later than **5 p.m. on August 31, 2026**.



Learn more about
SUN Bucks in Kansas!



SUNBucks.dcf.ks.gov

SUN Bucks

Your Guide to Summer Food Assistance

SUN Bucks, also known as Summer EBT, is a program to help families buy food for their school-aged children during the summer. Families will get a **one-time benefit** of \$120 per year for each eligible child to help buy groceries. Children who get SUN Bucks can still participate in other summer meal programs. Receiving SUN Bucks will not affect children or families' immigration status. Continue reading for answers to frequently asked questions about SUN Bucks.

Is my child eligible for SUN Bucks?

Your child is eligible for SUN Bucks if:

- Your child is aged 7 to 17 and your household already participates in SNAP Food Assistance or Temporary Assistance for Needy Families (TANF).

OR

- Your child attends a school that offers the National School Lunch or School Breakfast Program, and your household income meets the requirements for free or reduced-price school meals.

Visit SUNBucks.dcf.ks.gov for a full list of eligibility requirements.



How do I enroll my child in SUN Bucks?

Many families will automatically get benefits without needing to apply. Households with an eligible child who can be identified by DCF will receive a letter from DCF after January 2026 notifying them that their child is eligible for SUN Bucks. These households will not need to apply. Benefits will not be issued until summer 2026.

If your household did not receive a letter from DCF regarding SUN Bucks eligibility and you believe your child may be eligible, you can submit an application for SUN Bucks through the DCF Self-Service Portal at dcfapp.kses.ks.gov.

Children in the custody of the DCF Secretary and enrolled in a Kansas school are eligible for a one-time SUN Bucks benefit of \$120. Relatives, non-related kin and foster homes will need to submit a SUN Bucks application for children in their care after April 1, 2026, so the benefit can be issued to the correct address.

Applications for 2026 SUN Bucks must be submitted **no later than 5 p.m. on Aug. 31, 2026**.

Visit SUNBucks.dcf.ks.gov for more information about SUN Bucks eligibility.

How will I receive my child's SUN Bucks benefits?

In Kansas, SUN Bucks benefits will be added to an existing household Kansas Benefits Card (also known as an EBT card) or loaded onto a Kansas Benefits Card and mailed to your home. Learn more about using and protecting your Kansas Benefits Card at EBTcards.dcf.ks.gov.

SUN Bucks benefits can be used to buy food like fruits, vegetables, meat, whole grains, and dairy at grocery stores, farmers markets and other places that accept SNAP EBT benefits.

If you have questions about your benefits or their issuance, please visit SUNBucks.dcf.ks.gov or call DCF Benefits Assistance at 1-888-369-4777.

When can I expect to receive SUN Bucks benefits for my child?

If your child is eligible to receive SUN Bucks automatically, your household will receive a letter from DCF after January 2026. SUN Bucks is a one-time benefit of \$120 per year for each eligible child that will be added to the Kansas Benefits Card in summer 2026.

If you apply for SUN Bucks benefits and your child is determined eligible, a one-time benefit of \$120 per eligible child will be added to the existing household Kansas Benefits Card or loaded onto a Kansas Benefits Card and mailed to your home in summer 2026.

Applications for SUN Bucks can be submitted through the DCF Self-Service Portal at dcfapp.kses.ks.gov. Applications for 2026 SUN Bucks must be submitted **no later than 5 p.m. on Aug. 31, 2026**.

Do SUN Bucks benefits expire?

SUN Bucks benefits will be available for 122 days from the date they were issued to the Kansas Benefits Card.



For more information:

SUNBucks.dcf.ks.gov

1-888-369-4777



USDA is an equal opportunity provider, employer, and lender. SUN Bucks is made possible with funding from the U.S. Department of Agriculture, Food and Nutrition Service.

SUN Bucks 2026 is a \$120 one-time benefit per eligible child to help purchase groceries during the summer months. Please share these flyers with your facilities to pass on to families that may qualify.

For More Information

Central Kansas Breastfeeding Coalition

ANY INTERESTED COMMUNITY MEMBER CAN BECOME A BREASTFEEDING COALITION
MEMBER!

CONTACT US FOR MORE INFORMATION!



Community Support Makes a Difference



The Barton County Health Department would like to extend a sincere thank you to Evan Cushenbery for the generous donation of a new backdrop for our programs and events. This backdrop will be used during classes, community outreach events, photos, and educational opportunities — helping us present a professional and welcoming environment while promoting public health initiatives in Barton County.

Community partnerships and support play an important role in the work we do. Donations like this help strengthen our outreach efforts and enhance the services we provide to local families.

We appreciate Evan's support and commitment to helping BCHD serve our community.

JOIN THE WALKING CHALLENGE

WALK KANSAS

AN 8-WEEK HEALTHY LIFESTYLE CHALLENGE!

March 22 - May 16, 2026

Gather a team of coworkers, friends, family, neighbors - hit the (virtual) trail and make Kansas your walking adventure!

Register online at WalkKansas.org or contact your local K-State Extension office for more information.

Registration open March 1 - 31!

Cost: \$10/person



Kansas State University
Extension

Cottonwood District
Barton and Ellis Counties
Great Bend: 620- 793- 1910
Hays: 785- 628- 9430

Kansas State University is an equal opportunity employer and provider.

Upcoming Events!



SAVE THE DATE

BIKE RODEO



Public Health
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Barton County Health Department

April 25th

10:00-11:30AM



DEA NATIONAL ^{Rx} TAKEBACK

Saturday, April 25th
10:00 AM - 2:00 PM

East Side of Barton County Courthouse



Public Health
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Barton County Health Department

Turn in unneeded
medication for safe disposal.



Keep them safe. Clean them out. Take them back.

COMMUNITY BABY SHOWER



THURSDAY | APRIL 30, 2026 | 4-6:30 PM

HOISINGTON ACTIVITY CENTER

1200 SUSANK RD, HOISINGTON, KS 67544

LET'S SHOWER OUR NEWEST LITTLE BEES!



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Kansas Children's Service League
Stronger families start here.



Clara Barton
MEDICAL CENTER



March is NATIONAL NUTRITION MONTH

March is National Nutrition Month — a time to focus on making informed food choices and building healthy eating habits that last a lifetime.

Good nutrition plays an important role in overall health. Eating a variety of fruits, vegetables, whole grains, lean proteins, and low-fat dairy products helps fuel your body, boost your immune system, and support mental well-being.

Small changes can make a big difference! Try adding one extra serving of vegetables to your meals, choosing water instead of sugary drinks, or planning balanced meals for the week.

This month, take a step toward healthier habits — your body will thank you!

National Poison Prevention Week
March 15-21, 2026

#NPPW26

When the Unexpected Happens

We're Here for You.

POISON HELP
1-800-222-1222

When the unexpected happens, help is just a phone call away.

National Poison Prevention Week is observed March 15–21, 2026, and serves as an important reminder to keep your family safe from accidental poisonings. Each year, thousands of people — especially young children — are exposed to medications, household cleaners, chemicals, and other potentially harmful substances.

The good news? Expert help is available 24/7.

If you think someone has been poisoned, call the Poison Help Line at 1-800-222-1222. This free and confidential service connects you directly to medical professionals who can provide fast, life-saving guidance.

Prevention Tips:

- Store medications and chemicals out of reach and out of sight of children.
- Keep products in their original containers.
- Safely dispose of unused or expired medications.
- Save the Poison Help number in your phone today.

Over Night Oats



Ingredients

- 1/3 cup oats (use gluten-free oats, if you're on a gluten-free diet)
- 1/3 cup almond milk or water
- 1 Tbsp chia seeds
- 1 tsp honey /agave/maple syrup

Toppings

- 1/2 cup berries
- 2 Tbsp chopped almonds
- 1 Tbsp almond butter

Instructions

1. Before you go to bed mix in a small tupper ware/jar oats, chia seeds, almond milk or even plain water, sweetener (agave/maple syrup). Make sure that all parts are combined well, stirring around 1 min. Close lid and leave in the fridge over night or at least for 5 hours.
 2. In the morning: Top with berries of your choice, I used blueberries and raspberries, nuts (I usually like almonds and peanuts because they're very crunchy and make my heart melt) and nut butter - I love peanut butter, so that's what I used. Almond butter goes well with these too.
 3. Enjoy!
-

WHAT WOULD YOU

GAIN IF YOU

QUIT VAPING?



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

MY LIFE MY QUIT™

KanQuit!

1-800-QUIT-NOW (784-8669)

KSquit.org

Contact Us



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



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

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