

# NEWS+ CHEWS

MARCH 2026

## NEWS Highlights

**Federal:** New Mexico families may qualify for “Downwinders” compensation. If you (or a loved one) lived, worked, or went to school anywhere in New Mexico for at least one year between Sept. 24, 1944 and Nov. 6, 1962—and later developed a qualifying cancer or illness—you may be eligible for a one-time \$100,000 payment through the federal RECA program.

**State:** New Mexico lawmakers passed SB241, making universal child care permanent into state law—free for families. It ensures provider protections and copays only for high earners if economic triggers are met.

**Local:** The Bloomfield “HUB” is here to help. The Better Bloomfield Community & Family Resource HUB offers students and families free basic-needs support, laundry and shower access, computer use, and referrals to local services—by appointment, in a private and caring space.

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March 2026 edition**



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## CHEWS

### Green Awakening Bowl

Base (per bowl):

1/2 cup cooked brown, white rice, or cauliflower rice

3/4-1 cup cooked/canned beans or lentils

1+ cup vegetables – *Use what you have*

*in any fun combination (fresh, frozen or canned): Spinach and zucchini • Cabbage and carrots • Tomatoes and cucumbers • Broccoli and peas •*



Cooking:

1. Veggies: *If using raw vegetables*, chop to equal sizes and sauté (if needed) in a nonstick skillet to your desired consistency. Season to taste with salt, pepper, onion powder and garlic powder (optional) and add to one section of the bowl. Keep in mind that different vegetables cook at different times, so cook the harder vegetables such as broccoli first before adding softer ones like zucchini.

*If using canned vegetables*, drain and season, if needed (most cans are high in sodium unless otherwise specified), then warm in a nonstick pan before adding to the bowl.

*If using frozen vegetables*, thaw/cook in the microwave, season and add to the bowl.

2. Rice: Cook rice according to package directions, season and add to the bowl, next to the vegetables.
3. Beans: If using dry beans, soak overnight before cooking according to package instructions and then season using the same seasoning as the rice. If using canned beans, drain and rinse, then season and heat up in a nonstick pan before adding them next to the rice and vegetables in the bowl.

Optional Toppings:

Fried Egg or tofu • Canned tuna or chicken • Fresh herbs, seeds or nuts • Salsa or sliced jalapeno • Plain yogurt or sour cream and a squeeze of lime juice.

## BONUS

### Lime Layered Whimsy Cups

1 box family size lime Jello (sugar free optional)

1 cup chopped fruit (fresh, frozen or canned) (optional)

1 cup vanilla yogurt

Directions: Make Jello according to package directions; if adding fruit, do so after Jello has chilled for 1-2 hours.

Once chilled, cut or scoop out the desired shape and layer with yogurt into small, clear plastic or glass cups.