

# NEWS+ CHEWS

APRIL 2026

## NEWS Highlights

**Federal: High Gas Alert: Strait Squeeze!** Gas is up because ships can't pass the Strait of Hormuz (20% of world oil). When crude oil is at \$83+/barrel you feel the pain at the pump. **Tips:** Use the GasBuddy or Upside apps, carpool. Hang tight—may ease if tensions subside.

**State: Food Bucks Doubled!** The NM legislature boosts SNAP—get *double* dollars on fruits & veggies at markets (up to \$1M+ funding). Plus \$2M+ for local farms to food banks means cheaper, fresh eats.

**Save big:** \$20 SNAP → \$40 produce! See [doubleupnm.org](http://doubleupnm.org).

**Local: Habitat ReStore Win!** Tres Rios Habitat ReStore has moved to a new location at 815 W Broadway in Farmington. Find great deals on home improvement items, furniture, and more while helping fund affordable housing in our community. **Open:** Tue-Fri 9-5, Sat 9-4. Donate or shop today!

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April 2026 edition



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San Juan County  
Early Childhood Coalition



## CHEWS

### Spring Clean-Out-the-Fridge Frittata

*Turn leftover vegetables into a simple, protein-rich meal.*

Ingredients:

- 6 eggs
- 1/2 cup milk
- 1 cup chopped vegetables (of any kind)
- 1/2 cup shredded cheese (optional)
- Salt & pepper
- 1 tbsp oil

Instructions:

1. Preheat oven to 375°F.
2. Whisk eggs, milk, salt, and pepper.
3. Sauté vegetables in oil 3-4 minutes.
4. Pour egg mixture over vegetables.
5. Sprinkle cheese if using.
6. Cook 2-3 minutes until edges set.
7. Bake 10-12 minutes until firm.
8. Slice and serve.



## BONUS

### Carrot Mug Cake

*Kid friendly to sneak in those veggies!*

1. Mix: 2T flour, 1T sugar, 1/4t each baking powder and cinnamon, pinch salt.
2. Stir: 2T milk + 1T oil + 2T grated carrot (+1T raisins opt).
3. Microwave: 60-90 until set. Enjoy!