

NEWS+ CHEWS

MAY 2026

NEWS Highlights

Federal Stay-cation in Our National Parks! Skip long drives and airfare—Aztec Ruins, Chaco, and Mesa Verde are an affordable “stay-cation” win our area. Entrance fees are low or free for kids, and Junior Ranger activities make learning fun. Check each park’s “Alerts & Conditions,” pack snacks and water, and enjoy a budget-friendly family adventure close to home.

State: Free Summer Reading—All Across New Mexico! Give your K-8 student a free reading boost this summer through New Mexico’s Summer Reading Program. Small groups and trained instructors help kids catch up, build confidence, and get ready for next school year. In San Juan County, sites (like Farmington, Aztec, and Shiprock) change each year, so visit literacy.nm.gov or call 833-550-4300 to find this summer’s closest site and get help registering.

Local: San Juan County Boys & Girls Club Summer Programs! San Juan County Boys & Girls Clubs in Farmington, Aztec, and Bloomfield offer fun, safe summer programs for kids 6-18, including Smart Girls service projects, a brand-new Theatre Camp, and a Junior Lifeguarding program with the Farmington Aquatic Center that can lead to real job opportunities. Summer hours are 7:30 a.m.-5:45 p.m., so families can find a schedule that works. Contact your local Club for dates, costs, and scholarships so every child who wants to attend can.

**Scan the QR code to read the full
May 2026 edition**



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San Juan County
Early Childhood Coalition



CHEWS

May-ke It Your Way Shredded Meat

This recipe uses an affordable cut of meat, cooked low and slow until it falls apart, then turns it into several different meals: street tacos, nachos, sliders, or stuffed sweet potatoes. By using leaner cuts, trimming visible fat, loading up on vegetables, and choosing Greek yogurt instead of sour cream, this meal can fit well into a diabetes-friendly eating pattern.

Ingredients:

- 1-3 lb beef chuck or pork sirloin, trimmed of visible fat
- 1-2 teaspoons salt-free taco or chili seasoning blend (such as chili powder, cumin, garlic powder, onion powder, oregano)
- 1-2 cups water or low-sodium broth, enough to come about one-third up the side of the meat
- Optional flavor add-ins: onion, lime juice, fresh herbs

Instructions:

1. **Season and sear.** Pat the meat dry, rub with seasoning on all sides, and sear in a hot cast iron skillet until nicely browned to build flavor without added sugar.
2. **Slow cook.** Transfer the meat (and onion, if using) to:
 - A covered oven-safe pot,
 - A slow cooker, or
 - A heavy pot with a tight-fitting lid for the stovetop. Add water or low-sodium broth.
3. **Cook until tender.**
 - Oven: 300°F, covered, about 5 hours.
 - Slow cooker: Low for 7-9 hours.
 - Stovetop: Gentle simmer on low, keeping it covered and checking that there is always some liquid.
4. **Shred and season.** When the meat is fork-tender, remove and shred with two forks, discarding excess fat. Return meat to some of the cooking juices and add citrus juice and fresh herbs. Taste and adjust seasoning with more spices or a pinch of salt if needed.

The finished shredded meat can be refrigerated for several days or frozen in portions for future quick meals.

Scan the QR code on the front for serving ideas!

BONUS

May-ke My Day Banana Mug Cake

Enjoy warm; this makes one portion-controlled treat!

1. In a mug mix together:
 - 1 ripe banana, smushed
 - 1 egg, beaten
 - 2 tbsp flour (whole wheat or GF)
 - 1/4 tsp baking powder
 - 1 tbsp raisins, 1 tbsp walnuts (optional)
2. Microwave 90 seconds to 2 minutes until "set."

