

NEWS+ CHEWS

NEWS

From Porch Chats to Policy

SUMMER 2026

Federal: Summer in the Four Corners means cool evenings on the porch, trips to the river, and community events where elected officials and candidates actually slow down and listen. Between now and November, you can use those everyday moments to share your story about childcare, housing, food, or health care and ask, "How will you support families like mine if you're elected?"

State: With a governor's race on the November ballot, this summer is a powerful moment to tell candidates what matters most for New Mexico families. The next governor will help decide how we fund universal child care, schools, housing, and health care. When you see a governor or state candidate at a fair, fiesta, or sporting events, try asking, "**If you're elected, how will you make sure every family in San Juan County can count on child care, housing, and reliable transportation to reach the services we need?**"

Local: Here in San Juan County, the NEW Exceptional Community Hospital in Farmington, on Piñon Blvd, is one example of what better access to medical care can look like, with 24/7 emergency and inpatient services right in our backyard. When we speak up to leaders at every level about health care access, we're advocating for **strong local places like this** that treat us like neighbors, not numbers.

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



Supported by the
W.K. Kellogg Foundation



CHEWS

Backyard Pizza Beans

Ingredients:

- 2 cans (15.5 oz) cannellini or other beans
- 1 jar (24 oz pizza or spaghetti sauce)
- 1 bag (8 oz) shredded mozzarella
- 1 tsp red pepper flakes (optional)

Instructions:

1. Pour tomato sauce into a cast iron skillet or other oven-safe dish, add drained and rinsed beans and heat to a simmer.
2. Top with cheese and your favorite pizza toppings and bake at 400° until the cheese is melted and bubbly, about 10 min.

Optional lower salt version: season a 28 oz can of no-salt-added crushed tomatoes with 1/2 tsp each of garlic powder and onion powder and 1 tsp of Italian seasoning.



BONUS CHEWS

Patio Protein Cookie Bites

Ingredients:

- 1 can chickpeas/garbanzo beans (drained and rinsed)
- 1/2 cup peanut butter (or other nut butter)
- 1/3 honey (or brown sugar or agave nectar)
- 1 tsp vanilla extract (one capful)
- 1/2 tsp baking soda
- Optional add ins: 1/2 cup oats, 1/3 cup dark chocolate chips, 1/2 tsp cinnamon, 1/3 cup raisins

Instructions:

1. Blend chickpeas in a food processor, add in remaining ingredients and mix well.
2. Portion in golf ball sized cookies and place on a cookie sheet. Bake at 350° for 10-12 minutes.

