

NEWS+ CHEWS

AUGUST 2026

NEWS

Housing Matters Highlights

Federal: New housing law to lower costs—A new bipartisan housing law, the 21st Century ROAD to Housing Act, aims to boost the supply of homes and lower costs for renters and homebuyers across the country. The law makes it easier to build housing, supports manufactured and modular homes, and limits how many single-family houses large corporate investors can buy, so more homes stay within reach of everyday families.

State: New Mexico Housing Plan—New Mexico is creating a statewide housing plan based on what families and communities say they need most. The plan is looking at big issues like affordability, rural housing, and ways to help people stay in their communities. Visit nmhousingplan.org to follow the work and share your story so family voices help shape what comes next.

Local: Planning and Building for Affordable Housing—San Juan County is working on a county-wide affordable housing plan to help more families find safe, stable homes close to work, school, and support systems. The Fruitland Habitat Project is that work in action: Tres Rios Habitat for Humanity has secured land for three future homes and is bringing together volunteers, donors, businesses, and community partners to expand affordable homeownership for local families. You can learn more about all housing efforts at our Sept 10 Summit at San Juan College.

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August 2026 edition**



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CHEWS

Rainbow Bean Salad

*Did you know? Colorful bean salads have become popular on social media because they're easy to make, packed with protein, and taste even better the next day! **Makes: 6 servings***

Salad Ingredients:

- 1 (15 oz) can black beans, drained and rinsed
- 1 (15 oz) can pinto beans, drained and rinsed
- 2 ears corn, blanched and cut off the cob (or one 15 oz can corn, drained)
- 1 cup diced tomatoes (or one 15 oz can diced tomatoes, drained)
- 1 cup diced cucumber
- 1 bell pepper, diced (any color)
- 1/4 cup shredded purple cabbage
- 1/4 cup diced red onion (optional)

Dressing:

- 2 tablespoons olive oil (or other oil available)
- 2 tablespoons lime juice (or lemon juice)
- Salt and pepper to taste
- 1 teaspoon garlic powder (optional)
- 1 teaspoon cumin (optional)
- 1/2 teaspoon chili powder (optional)

Directions:

1. In a large bowl, combine all of the salad ingredients.
2. In a small bowl, whisk together the olive oil, lime juice, salt, and pepper (also garlic powder, cumin and chili powder, if using)
3. Pour the dressing over the salad and toss well.
4. Refrigerate for at least 30 minutes before serving to let the flavors blend.
5. Enjoy as a light meal, side dish, or scoop into lettuce leaves or whole-grain wraps.

Money-Saving Tips

- Fresh, frozen, and canned vegetables are all healthy choices.
- Choose low-sodium or no-salt-added canned vegetables when possible.
- Rinsing canned beans helps reduce sodium.

BONUS

Rainbow Fruit Salad

*Did You Know? Different colors of fruits and vegetables give your body different vitamins, minerals, and antioxidants. The more colors you eat, the more nutrients your body gets! **Makes: 6 servings***

Salad Ingredients:

- 1 cup strawberries, sliced
- 1 cup mandarin oranges (fresh or canned in juice but drained)
- 1 cup pineapple chunks (fresh or canned in juice but drained)
- 1 cup green grapes, halved or chopped green apple
- 1 cup blueberries
- 1 banana, sliced (optional)

Optional Dressing:

- Juice of 1/2 lime
- 1 teaspoon honey (optional)
- Sprinkle of cinnamon or fresh mint (optional)

Directions:

1. Wash and prepare the fruit.
2. Combine everything in a large bowl.
3. Toss gently with lime juice.
4. Chill before serving.

Tip: Fresh, frozen, and canned fruit (packed in 100% juice) are all great choices!

