

NEWS+ CHEWS

FOOD MATTERS!
SEPTEMBER 2026

NEWS Highlights

Federal: SNAP changes continue to affect families. New SNAP rules that took effect in 2026 are still affecting households across the country, including here in New Mexico. Many adults now must report 80 hours a month of work, volunteer time, or training to keep benefits, and some families may also face new verification requirements when they apply or renew.

State: Protein Plus Starting. New Mexico's new **Protein Plus** program begins in September to help families stretch food dollars and bring home more protein-rich foods like meat, eggs, and nuts with a 50% discount (up to \$20 per transaction.) It's one more way the state is supporting family food access while federal SNAP rules continue to change.

Local: Farmers markets across San Juan County San Juan County has **7 farmers markets** this season, giving families more places to use SNAP and other incentive programs and buy fresh local food. We've included locations and times in the full Action Hub.



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

Supported by the
W.K. Kellogg Foundation



San Juan County
Early Childhood Coalition



BUILDING A HEALTHY FOUNDATION FOR LEARNING

CHEWS

School Fuel Rainbow Wraps

Ingredients:

- Large tortilla “wrap”
- 2 tbsp hummus (or mayo or plain yogurt)
- Red lettuce or spinach
- Roma tomato, sliced
- Shredded carrots
- Cucumber, sliced
- Yellow bell pepper, sliced
- Purple cabbage or onion
- Add a protein like tuna or turkey (optional)

Instructions:

1. Smear hummus onto the tortilla wrap
2. Add colorful vegetables.
3. Add your favorite protein, if desired.
4. Roll up, slice in half, and enjoy!



BONUS CHEWS

School Fuel Fruit Kabobs

Ingredients:

- Bamboo skewers or coffee stirrers
- Red fruit (strawberries, watermelon)
- Orange fruit (cantalope, mandarin oranges)
- Yellow fruit (pineapple, mango)
- Green fruit (honeydew, kiwi)
- Blue fruit (blueberries, grapes)
- Purple fruit (plums, blackberries)

Instructions:

1. Cut fruit into any shape or size and skewer in order of the colors of the rainbow
2. Drizzle with honey or use your favorite yogurt as a dipping sauce (optional)

