



News & Chews



Action Hub

Supporting San Juan County Families – Sept 2026

[Take a few minutes and please give us feedback!](#)

Federal: SNAP changes continue to affect families

New federal rules for the Supplemental Nutrition Assistance Program (SNAP) took effect in 2026 and are still rolling out across the country. These changes are part of a national law that expanded work requirements, tightened some eligibility rules, and shifted more responsibility to states for administering the program.



For many adults ages 18–64 who do not have an exemption, keeping SNAP benefits now means:

- **Reporting at least 80 hours a month** of work, job training, or approved volunteer service.
- **Providing more verification** for income, expenses (like rent, utilities, and child care), and household information when applying or renewing.
- Facing **stricter timelines and documentation requirements**, which can increase the chance of benefits being denied or closed if paperwork is late or incomplete.

To help keep track of volunteer hours here in San Juan county visit volunteersjc.org. It's a free and easy way to log your hours!

State: Protein Plus Starts!

New Mexico's new **Protein Plus** program begins this month to help families bring home more protein-rich foods. This program offers a **50% discount on qualifying protein foods (up to \$20 per transaction)**, making it easier for households to afford items like meat, eggs, nuts, beans, and other protein sources.

Protein is essential for:

- Helping children **grow, learn, and concentrate** at school.
- Supporting adults' **energy, strength, and overall health**.



- Keeping everyone **full longer**, which can reduce the stress of running out of food before the end of the month.

Protein Plus is one way New Mexico is working to **fill gaps**, giving families extra support to choose healthier protein-rich foods even as federal benefits change.

Local: Farmers Markets

Families can use SNAP, Double Up Food Bucks, WIC, Protein Plus and Senior Farmers Market benefits! Current markets include:



San Juan County Farmers' & Growers' Markets





MONDAYS 5-7 PM

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Kirtland Growers Market

Kirtland Town Hall – 47 RD 6500



WEDNESDAYS 3-7 PM
FRIDAYS 3-7 PM

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Shiprock Farmers' Market

North of Nataani Nez Restaurant





TUESDAYS 4-6 PM
SATURDAYS 8 AM-NOON

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Farmington Growers Market

Farmington Museum – 3041 E. Main



THURSDAYS 4-6 PM

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Bloomfield Growers' Market

Bishop Square – Broadway & 1st





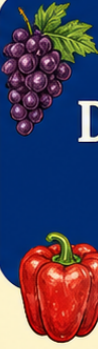
WEDNESDAYS 4:30-7 PM

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Aztec Farmers' Market

600 N. Main Ave.





THURSDAYS 3-7 PM

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**Downtown Farmington
Makers' Market**

Orchard Park



The Harvest Food Hub **Location:** (310 W. Animas Street, Farmington, NM) helps you buy, sell, and distribute fresh, local food across Northwest New Mexico. We connect growers and food producers with customers and make it easier for schools, businesses, and families to access local food. Check

out all their info at: <https://www.sanjuancollege.edu/community/harvest-food-hub/harvest@sanjuancollege.edu>

Phone: (505) 566-3119



Now here's Cooking with Jen!



School Fuel Rainbow Wraps

"Building a healthy foundation for learning"

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)

Directions

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 (cantaloupe, mandarin oranges)
- Yellow fruit (pineapple, mango)
- Green fruit (honeydew, kiwi)
- Blue fruit (blueberries, grapes)
- Purple fruit (plums, blackberries)

Directions

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)

Supported by the
W.K. Kellogg Foundation



San Juan County
Early Childhood Coalition

