

The background of the entire page is a soft-focus photograph of cherry blossoms in shades of pink and white, with dark brown branches. The blossoms are scattered across the frame, with some in sharp focus and others blurred, creating a dreamy, spring-like atmosphere.

Living Healthy in Erath County

Spring 2025

A publication by Texas A&M AgriLife Extension Service



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Save the Date!

March 10, 2025

Walk Through Texas History 4-Week
Walking Challenge Kicks Off!

April 4, 2025

9-12:30pm

Canning 101: Under Pressure Class!
County Annex III, 222 E. College St., Stephenville, TX

**April 21-April 25,
2025**

Every Kid Healthy Week

- **April 22, 2025**

5:30-6:30pm

Keeping Kids Safe Online
Presented by Paluxy River CAC, Dublin Library

- **April 25, 2025**

4:30-6:00pm

Family Game Night
Dublin Library

May 9, 2025

Cottage Food and Farmer's Market Workshop
County Annex III, 222 E. College St., Stephenville, TX



Kids in the Kitchen

HOW TO INVOLVE KIDS IN MEAL PREPARATION

One great way to create more family time and build connections both in the kitchen and around the dinner table is to include your children in meal planning and preparation. If this seems like a tough task, don't worry-we have solutions!

If you're new to bringing your kids into the kitchen, start by considering their age and abilities. There are some basic guidelines of tasks suited for different ages (see our Kitchen Helper Tasks Chart on the next page for these!), but children mature at different points in time and have different strengths and skill-sets. It's important to know where your child is currently at before getting started, in order to ensure the most enjoyable (and frustration-free) experience for everyone involved!

Second, embrace simplicity. Sometimes the best meals are those made with simple ingredients and few prep steps, which add up to a winning recipe for starting out on working with kids in the kitchen!

Third, work to create a positive atmosphere. Try to find a night where you aren't too rushed and can enjoy the process of making a meal (and memories!) together. And lastly, remember that in bringing your kids into the kitchen with you, you are cultivating a wide range of healthy habits (physical, mental, and emotional) that can last a lifetime!

For more about family mealtime, visit our website:
<https://dinnertonight.tamu.edu/family-mealtime/>

Kids in the Kitchen

KITCHEN TASKS FOR EVERY AGE



3-5 YEAR OLDS

- Washing fruits and vegetables
- Tearing lettuce for salads
- Stirring ingredients in a bowl
- Sprinkling toppings on dishes like pizza or cupcakes

6-8 YEAR OLDS

- Measuring ingredients (with help)
- Using a butter knife to spread
- Assembling sandwiches or wraps
- Simple prep (washing, peeling, etc.)
- Setting the table for meals

9-11 YEAR OLDS

- Using a can opener (supervised)
- Cutting soft ingredients
- Stirring and following simple recipes
- Using the microwave to warm food

12-14 YEAR OLDS

- Chopping ingredients with supervision and proper knife skills
- Using the stovetop (supervised)
- Cooking scrambled eggs or pancakes
- Following more complex recipes
- Baking cookies, brownies, or cakes with some guidance

15-18 YEAR OLDS

- Handling more advanced cooking techniques
- Using kitchen appliances (blenders, food processors, etc.)
- Experimenting with their own recipes
- Planning and preparing meals



Severe Weather - Are You & Your Family Ready?

Written by Ryan Martin

With spring just around the corner, severe weather is too. Are you and your family ready? Do you have a plan? Do you know what types of severe weather could affect your area? Here are some types to prepare for severe weather season.

Know what types of severe weather could affect your area:

- **Hurricanes**
 - Relocate to a safe area away from the coastline.
 - If you have livestock, move them to the highest ground or evacuate if possible.
 - Water and vegetation could be compromised due to saltwater.
 - Threats include high wind damage and flooding.
- **Tornadoes**
 - Be aware of the storm's path.
 - If no shelter is available, move to center room of the house.
 - After the storm check for sharp objects and debris – threats are everywhere.
- **Wildfires**
 - Have a safe location to go if a fire is headed toward your area.
 - If you have livestock, move them to a safe area if possible.
 - When told to evacuate, do it for your safety.
- **Flooding**
 - Do not drive through high water.
 - Avoid areas with a history of flooding.
 - Move equipment and livestock to higher ground if possible.
 - Flash flooding and river flooding can happen very quickly and wash out roads.
- **Drought**
 - Monitor water sources regularly.
 - Have a plan to haul water if needed.
- **Winter Storms**
 - Have a backup heat source and food for your family.
 - Winterize your house, water pipes and equipment

Make your plan now – start by getting informed and know where you will get your information as to if/when severe weather will happen. Develop a plan for you and your family as well as what you will do with your pets and livestock. Communicate this plan to family and friends. Something else to consider is: Communications – have out of town contacts in case you must evacuate and make a plan as to how you communicate with friends and family during severe weather.

Now is the best time to prepare for severe weather, don't wait till it's too late.

For more information, visit ready.gov/severe-weather.



American Heart Association.

Healthy for Good™

SEASONS OF EATING

SPRING

Artichokes
Asparagus
Carrots
Chives

Fava beans
Green onions
Leeks

Lettuce
Parsnips
Peas
Radishes

Rhubarb
Swiss chard

SUMMER

Berries
Corn
Cucumbers
Eggplant
Figs

Garlic
Grapes
Green beans
Melons

Peppers
(sweet, hot)
Stone fruit
(apricots, cherries,
nectarines,
peaches, plums)

Squash, summer
(yellow, zucchini)
Tomatoes
Zucchini

FALL

Apples
Brussels Sprouts

Dates
Pears
Pumpkins

Squash, winter
(acorn, butternut,
spaghetti)

Sweet potatoes

WINTER

Bok choy
Broccoli
Cauliflower
Celery

Citrus fruit
(clementines,
grapefruit,
lemons, limes,
oranges,
tangerines)

Endive
Leafy greens
(collards, kale,
mustard greens,
spinach)

Root vegetables
(beets, turnips)

KEEP THESE TIPS IN MIND WHEN USING AND SHOPPING FOR SEASONAL PRODUCE:

- **Save money.** Fresh foods are often less expensive during their harvest season. You may even save money by buying in bulk.
- **Chose local produce.** Eat locally and regionally grown fruits and vegetables when possible. These offer more taste and retain more nutrients than produce that's been picked weeks earlier and shipped across the country or world. Choosing local also can help reduce our carbon footprint.
- **Shop at a local farmers market.** Learn about produce you may be unfamiliar with and get ideas on how to cook it.
- **Grow your own produce.** Gardening offers fresh seasonal produce and some physical activity, too. Because gardening can be therapeutic and gratifying, it can also help with overall well-being.
- **Freeze fresh produce.** Add frozen fruit and vegetables to smoothies, soups, breads or baked goods, such as blueberries in pancakes or shredded zucchini in a quick bread.

Learn more at heart.org/HealthyForGood

EAT SMART **MOVE MORE** **BE WELL**

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MEASLES

R U B E O L A

Measles is a highly contagious respiratory virus that causes febrile rash illness. Measles has been eliminated (no sustained circulation) in the United States for decades. However, there can still be measles cases, as **it is easily imported by unvaccinated travelers and can spread in under-immunized communities.**

• DISEASE COURSE

The incubation period is typically 11–12 days from exposure to measles virus until the first symptoms appear (prodromal symptoms). A rash follows the prodromal symptoms 2–4 days later and usually lasts 5–6 days. Measles is infectious 4 days before and 4 days after rash onset.

• SYMPTOMS

Prodromal: Fever, cough, coryza, or conjunctivitis. Koplik spots (tiny white spots inside the mouth) may also appear 2–3 days after symptoms first appear.

Rash: A maculopapular rash (rash of both flat and raised skin lesions) begins on the head and face and then spreads downward to the neck, trunk, arms, legs, and feet. The spots may become joined together as they spread from the head to the body.

Fever may spike to more than 104° F when rash appears.

• COMPLICATIONS

Most common complications: Diarrhea and otitis media.

Most severe complications: Pneumonia, encephalitis, and death. Patients may require hospitalization. Children younger than 5, adults older than 20, pregnant women, and immunocompromised persons are at most risk of serious complications.

• WHAT TO DO IF YOU HAVE A SUSPECTED CASE

1. Immediately mask and isolate the patient in a room with a closed door (negative pressure room if available). Follow standard and airborne precautions.
2. Only allow health care workers with presumptive evidence of measles immunity* to attend the patient; they must use N-95 masks.
3. Evaluate the patient and order measles confirmatory testing (collect a throat or nasopharyngeal swab for RT-PCR and serum for IgM measles testing).
4. Contact infection control if available at your facility.
5. Immediately report this suspected case to your local and/or state health department.

For questions regarding specimen collection, storage, and shipment, please visit <https://www.cdc.gov/measles/php/laboratories/>

• RESOURCES

Measles information for healthcare providers: <https://www.cdc.gov/measles/hcp/clinical-overview/>

Measles vaccine recommendations: <https://www.cdc.gov/measles/hcp/vaccine-considerations/>

Infection control guidelines for measles: <https://www.cdc.gov/infection-control/hcp/measles/>

Surveillance manual chapter on measles: <https://www.cdc.gov/vaccines/pubs/surv-manual/chpt07-measles.html>

Measles on the face



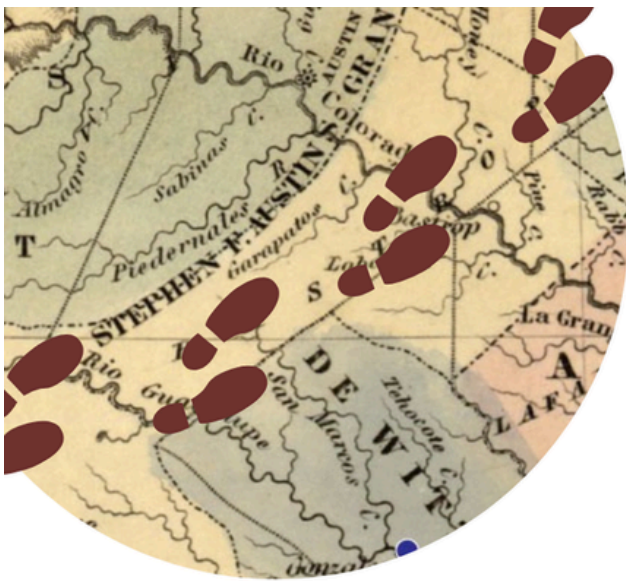
Measles on the trunk of body



* Presumptive evidence of measles immunity for healthcare workers (one of the following): documentation of two doses of measles-containing vaccine, laboratory evidence of immunity (positive IgG), laboratory evidence of disease, or birth before 1957. Consider vaccinating healthcare workers born before 1957 who do not have other evidence of immunity to measles. Self-reported doses and a history of vaccination provided by a parent or other caregiver, or a clinical diagnosis of measles, should not be accepted.



Centers for Disease Control and Prevention
National Center for Immunization and Respiratory Diseases



WALK *Through* TEXAS HISTORY

Spring into fitness this Texas History Month, and join us **March 10th-April 6th, 2025** to learn about Texas History, the Runaway Scrape Trail, and more!



Form your team (1-8 people), and sign up online at howdyhealth.org/programs/wtth (or by scanning QR Code below) by the kickoff on March 10th.



Log your steps as you go to track your progress along the trail!



Learn more about Texas History as you get more physically active each day! Recognition will be awarded for team and individual accomplishments, and a door prize drawing will be held for all who participate in the challenge at a celebration event following the challenge.



Join the **2025 Erath County WTTH League** using the LEAGUE CODE: **wtthL-250211-10127**. Create a team or join an existing one. For questions on creating or joining teams, download the app, etc. go to <https://howdyhealth.org/programs/wtth/wtth-faqs>

FOOD PRESERVATION
WORKSHOPS

Canning 101



\$25/class

Registration includes:

- Educational handouts
- Recipes
- 1 Prepared Jar of Green Beans to Take Home



SESSIONS AND
TOPICS:

Under Pressure!

Come learn the basics of pressure canning, and become more comfortable using a pressure canner in this hands-on class.

Call 254-965-1460 to register

Limited to first 15 people

Full registration must be paid to hold your spot!

If you require any accommodations to attend or participate, please contact the extension office at least 1 week prior to event start date.

Texas A&M AgriLife Extension is an equal opportunity employer and program provider.

EVERY KID HEALTHY WEEK
2025 SCHEDULE

APRIL 21 MINDFULNESS MONDAY	APRIL 22 TASTY TUESDAY	APRIL 23 WELLNESS WEDNESDAY	APRIL 24 THOUGHTFUL THURSDAY	APRIL 25 FAMILY FRIDAY
Social Emotional Health	Nutrition Education	Physical Activity	Risk Prevention and Education	Family Engagement

PALUXY RIVER CHILDREN'S ADVOCACY
CENTER, DUBLIN LIBRARY, & TEXAS A&M
AGRILIFE EXTENSION PRESENTS:

KEEPING KIDS SAFE ONLINE

In celebration of Every Kid Healthy Week, join us for an evening of learning about how to keep children of all ages safe on the internet!

A FREE TRAINING FOR PARENTS AND CAREGIVERS OF CHILDREN OF ALL AGES:
TRAINING DETAILS: **APRIL 22ND 5:30 PM - 6:30 PM @ THE DUBLIN LIBRARY**

- HOW TO PARTNER WITH YOUR KIDS TO KEEP THEM SAFE ONLINE.
- THE DANGERS KIDS FACE ONLINE;
SOLICITATION, CYBERBULLYING, & APPS/GAMES.
- PRACTICAL TOOLS/RESOURCES YOU CAN USE NOW.
- DINNER WILL BE PROVIDED; REGISTRATION REQUIRED

SCAN TO REGISTER:



HOSTED BY:



FAMILY &
COMMUNITY HEALTH



PALUXY RIVER
CHILDREN'S ADVOCACY CENTER



FAMILY GAME NIGHT!




FRIDAY APRIL 25, 2025
4:30–6PM AT THE DUBLIN
PUBLIC LIBRARY

Come out to the Dublin Public Library for a fun, free, family game night, in celebration of Every Kid Healthy Week!

Enjoy games, quality family time, and door prize drawings. Light dinner is provided for all families attending, so please RSVP to the library at 254-445-4141 if you plan to join us!

EVERY KID HEALTHY WEEK 2025 SCHEDULE

APRIL 21 MINDFULNESS MONDAY	APRIL 22 TASTY TUESDAY	APRIL 23 WELLNESS WEDNESDAY	APRIL 24 THOUGHTFUL THURSDAY	APRIL 25 FAMILY FRIDAY
Social Emotional Health	Nutrition Education	Physical Activity	Risk Prevention and Education	Family Engagement



MAY 9, 2025
9 AM-12:30 PM

COTTAGE FOOD BUSINESSES & TEXAS FARMERS' MARKETS

County Annex III
222 E. College St., Stephenville, TX 76401

\$25/person
\$40/couple (sharing book)



To register, contact Andrea Brooks, 254-965-1460 or at andrea.brooks@ag.tamu.edu

If you require any accommodations to participate or attend,
please contact the extension office at least 1 week prior to event date.



BAKED VEGGIE RISOTTO WITH LEMON SEARED SCALLOPS

Ingredients:

- | | |
|-----------------------------------|--------------------------------------|
| 1/2 cup yellow onion | 1 1/2 Tbsp. unsalted butter, divided |
| 2 cups fresh Swiss Chard, chopped | 1/2 tsp. garlic powder |
| 2 cups arborio rice, dry | 1 1/2 cups frozen sweet peas |
| 2 cups fresh kale, chopped | 1 tsp. ground black pepper |
| 1/2 cup white wine vinegar | 1 Tbsp. Italian seasoning |
| 2 Tbsp. olive oil, divided | 1/2 cup grated parmesan cheese |
| 5 1/2 cups unsalted chicken broth | 1/2 Tbsp. lemon juice |
| 1/4 cup basil pesto | 1 lb. fresh or frozen large scallops |

Instructions:

1. Pre-heat the oven to 350 degrees, arranging a rack in the middle of the oven.
2. Heat 1 Tbsp. olive oil in a 3-4 quart Dutch oven over medium heat. Add sliced onion and garlic powder, and sauté about 2 minutes until it begins to soften. Add the rice and stir until each grain is coated and begins to lightly toast (approximately 1-2 minutes).
3. Turn heat up to high and pour white wine vinegar into the Dutch oven, scraping the pan and stirring constantly until liquid cooks out. Add 4 cups of the chicken broth into the pot, stirring to combine well, and bring to a boil.
4. Cover the Dutch oven with the lid and place in the oven to bake for 15-20 minutes until rice is just slightly underdone.
5. Remove risotto from the oven, and place back on the stove over medium heat. Uncover and add the leftover 1 1/2 cups chicken broth, parmesan cheese, 1 Tbsp butter, black pepper, kale, and Swiss chard. Continue to cook, stirring constantly until liquid absorbs and rice becomes creamy (about 5-7 minutes).
6. Stir in the pesto and frozen peas to the finished risotto.
7. In a separate pan, heat the remaining 1 Tbsp. olive oil and 1/2 Tbsp. butter over medium heat. Add scallops and saute 2-3 minutes per side or until golden brown (internal temp of 145 degrees. Season with Italian seasoning and drizzle with lemon juice, spooning remaining oil and butter over callops to coat.
8. Serve risotto immediately in bowls, topped with seared scallops. Enjoy!

Nutrition Facts

8 servings per container

Serving size (366g)

Amount per serving

Calories **340**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 540mg **23%**

Total Carbohydrate 51g **19%**

Dietary Fiber 3g **11%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 15g


Vitamin D 0mcg **0%**

Calcium 91mg **8%**

Iron 1mg **6%**

Potassium 320mg **6%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



“Wherever you go, no matter
the weather, always bring
your own sunshine”

-Anthony J. D'Angelo

Questions or Additional Information:

**Andrea Brooks
County Extension Agent
Family and Community Health**

Email: andrea.brooks@ag.tamu.edu

Phone: 254-965-1460

Facebook: www.facebook.com/livinghealthyinerath

Website: <https://erath.agrilife.org>

