

Monthly Newsletter

BETTER LIVING BASICS

Updates

This month we hosted a program at the GRUB Farm! The kids were able to learn gardening, try bok choy, and learned about MyPlate! It was a super fun time with them!



Starting this month through December, I will be hosting a program at Copper Rawlings Senior Center, Maggie Trejo Senior Center, Lubbock Adult Activity Center, and Mae Simmons Senior Center. Feel free to join!!

A FRESH START to a Healthier You!



- Join us and receive
- ◆ Support of friends
 - ◆ Confidence to cook healthy meals for your children and family
 - ◆ Practical cooking and shopping tips
 - ◆ Handy kitchen tools
 - ◆ Recipes for success in the kitchen

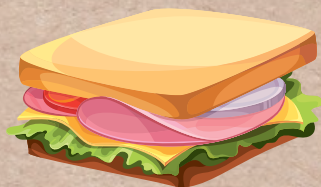


MUST-TRY RECIPE

Super Sandwich Sushi

Ingredients (2 servings)

- 2 tablespoons reduced-fat cream cheese
- ½ cup lettuce
- 1 (5-ounce) can tuna in water, drained
- ½ cup carrots, shredded
- 1 small cucumber, sliced lengthwise
- 4 sprigs chives
- 4 slices whole-wheat bread



Directions

1. Wash hands and clean preparation area.
2. Evenly divide cream cheese, lettuce, tuna, carrot, cucumber, and chives and place in the center of each slice of bread.
3. Starting from one side, roll each slice of bread until it is all rolled up. Repeat for the other pieces of bread. Enjoy whole or slice into bite-size pieces.

Nutrition Facts

2 servings per container

Serving size

Amount Per Serving

Calories

290

% Daily Value*

Total Fat 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 370mg	16%
Total Carbohydrate 34g	12%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 28g	56%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) 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.

Don't Skip Lunch!



A healthy, balanced lunch is important to help us focus and perform our best at school, work, and throughout the day. Sometimes it can be a tricky meal to plan. It is all too easy to forget to make lunch and instead reach for snacks, eat out or simply not eat until dinner. Eating a healthy lunch can also help us avoid cravings and low-energy crashes. Nutritionally balanced, energizing lunches that are easy to take on the go can make all the difference!

Looking for a new, creative way to make school/work lunches this year? Try out this Super Sandwich Sushi recipe! It is a great way to ensure you and your kiddos are getting in four food groups for lunch. Add an apple or fruit cup, and then you will get in fruits as well!

CURRENT NEWS

Nutrition

Salads are great options to have as a healthy lunch. With a few mindful tips, they can be both a satisfying and nutritious choice. Add protein such as lean meats, beans, or a serving of nuts or seeds, and whole grains such as a serving of whole wheat bread or brown rice to make the salad more filling. Limit the amount of added fats by using only one serving of salad dressing. Use dark leafy greens and different colors of fruits and vegetables as a nutrient-dense base for the salad.



Physical Activity

The United States Department of Health and Human Services (HHS) recommends adults get 150 minutes of moderate-intensity, or 75 minutes a week of vigorous-intensity activity and at least two days a week of strength training to gain these benefits. Children should get 60 minutes or more a day of moderate-to-vigorous activity. The good news is anything that gets your heart beating faster and challenges your muscles counts. Not sure if your activity is moderate or vigorous? Use the “talk test” to check. If you are breathing hard but can still carry on a conversation, you are doing moderate-intensity activity. If you are breathing heavy but can only get out a few words at a time, you are doing vigorous-intensity activity.



Gardening

Are you wanting to learn how to garden? We have a program for that! BLT offers a adult and youth gardening program. Read more here: <https://blt.tamu.edu/curriculum/>



WHAT IS BLT?

Better Living for Texans (BLT) is a nutrition education program for adults and children that are SNAP participants and SNAP eligible. The BLT program helps people make healthy meals, improve their physical fitness, save money at the grocery store, grow their own foods, and adopt better food safety habits.

We provide research and evidence-based nutrition, health and wellness knowledge to empower individuals, families, and communities to make positive changes for healthier lives

Statistics show that 1 out of every 6 Texans struggle with food insecurity and hunger and eat less than the daily recommended allowance of fruits and vegetables. In addition, Texas children and adults are less physically active than recommended.



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Contact me if you have any questions or would like to talk about setting up a program!