

## Monthly Newsletter

# BETTER LIVING BASICS

## 'A Fresh Start' to the New Year

2025

Happy 2025! The New Year is for fresh beginnings. Below I have listed a few things to try to incorporate into your daily routine this year while in the kitchen.



### Practice Fight BAC!



**Clean** - Have a clean workspace and surface area. Also wash all fruits and vegetables before consuming.

**Separate** - Ensure fruits/vegetables and raw meats are separated while preparing a meal. If raw meat touches fruits/vegetables, this could cause a foodborne illness.

**Cook** - Always cook food to the right temperature, especially meats. Not sure what that temperature is? [Check out this website!](#)

**Chill** - Refrigerate cold foods after purchase, while preparing, and storing leftovers. Do not leave leftovers sitting out for more than two hours at room temperature or a foodborne illness may occur.



# MUST-TRY RECIPE

## Broccoli Potato Soup

### Ingredients (4 servings)

- 4 cups broccoli, chopped
- 1 small onion, chopped
- 4 cups chicken or vegetable broth, low-sodium
- 1 cup non-fat evaporated milk
- 1/2 cup instant mashed potatoes, prepare with water for 1 cup potatoes (or 1 cup leftover mashed potatoes.)
- salt and pepper (to taste, optional)
- 1/4 cup cheddar cheese, shredded



### Directions

1. Wash hands and clean preparation area.
2. Combine broccoli, onion, and broth in large sauce pan.
3. Bring to a boil.
4. Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender.
5. Add milk to soup. Slowly stir in potatoes.
6. Cook, stirring constantly, until bubbly and thickened.
7. Season with salt and pepper; stir in a little more milk or water if soup starts to become too thick.
8. Ladle into serving bowls.
9. Sprinkle about 1 tablespoon cheese over each serving.

### Nutrition Information

Serving Size: 1/4 of recipe

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Nutrients	Amount
Total Calories	178
Total Fat	4 g
Saturated Fat	2 g
Cholesterol	10 mg
Sodium	225 mg
Carbohydrates	23 g
Dietary Fiber	3 g
Total Sugars	10 g
Added Sugars included	0 g
Protein	15 g
Vitamin D	1 mcg
Calcium	295 mg
Iron	2 mg
Potassium	806 mg

N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated



# Current Programs

## Walk N Talk RETHINK YOUR DRINK!

TEXAS A&M  
AGRI LIFE  
EXTENSION

BETTER LIVING FOR TEXANS

### Take a walk with us!

During this Walk 'N Talk series, friends, family, and others from the community come together to support one another in a fun, simple way.

### Those who participate:

- Enjoy walking with friends
- Build confidence in choosing healthy beverages
- Develop healthy habits with ease
- Have a great time!

**Walk N Talk is an 8-week series; each session lasts 45-60 minute**

Topics focus on beverages that support hydration, nutrition, and healthy weight.

Each Monday starting this month through the last Monday of February I will be doing 'Walk N' Talk' at the Lubbock Dream Center. This program will teach adults about the importance of hydration while also getting some steps in. I am super excited to get walking with this great group!

I have completed two series at Copper Rawlings Senior Center and Lubbock Adult Activity Center! I had so much fun and look forward to working with them again!

I will be finishing up at Maggie Trejo Senior Center and Mae Simmons Senior Center in the early spring!

## 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





# Program Updates

During the month of December, two programs were completed!

**Get a Taste for Reducing Food Waste** (15 adult graduates). This program discussed meal planning, composting, and how to understand expiration dates.

**Choose Healthy** (20 youth graduates). This program taught youth how to make healthier food choices using MyPlate.

It was such a fun time with both of these groups! They were great to work with and I think I even learned some things from them as well!





# CURRENT NEWS

## Nutrition

**Did you know** that purchasing fruits and vegetables while they are in season is much cheaper than buying out of season fruits and vegetables?

Check out this seasonal produce guide to help you find out what is in season currently to help you save money during this holiday season! <https://snaped.fns.usda.gov/resources/nutrition-education-materials/seasonal-produce-guide>



## Physical Activity

Physical activity can sometimes be forgotten in the comfort and rest of the holidays. Look for ways to add movement into the festivities naturally. For example, bring games to gatherings that require people to get up and move around. Enjoy a walk-through holiday light display. Create a holiday-themed scavenger hunt for all ages. Turn on some music and have a dance party! Staying active can be simple and practical based on your lifestyle and traditions.

## Gardening

Not all crops are well suited to every region. Identify plants that will work in your neck of the woods by looking up your plant zone—a geographic area based on average winter temperatures. Ashley Nussman-Berry notes that a common mistake for new gardeners is to plant the wrong crops: “I cannot grow citrus plants in zone seven, though I would really love to,” she says. “You have to grow what will survive in your area or you are just setting up your garden for failure.”

Type your zip code into the USDA's Plant Hardiness Zone Map to figure out your growing season and zone. This map divides North America into 11 planting zones. Take this information with you when buying seeds or seedlings (the packaging should clue you into which crops to grow).





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# WHAT IS BLT?

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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.

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