

Monthly Newsletter

BETTER LIVING BASICS

July Celebrations

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.



9 Patriotic Songs to Sing on the 4th of July

1. The Star-Spangled Banner
2. God Bless America
3. America the Beautiful
4. My Country, 'Tis of Thee
5. This Land Is Your Land
6. Stars and Stripes Forever
7. God Bless the U.S.A.
8. Yankee Doodle
9. Dixie



FREE 4th of July Events

There are tons of free events happening at Mackenzie Park like fishing, fireworks, and picnics! Check out this link to find out more details: <https://www.broadwayfestivals.com/>



MUST-TRY RECIPE

Red, White and Blue Fruit Salad

Ingredients (4 servings)

- 3 Tablespoons lime juice
- 2 teaspoons honey
- 1 Tablespoon fresh mint chopped
- 1 cup strawberries diced
- 1 cup fresh blueberries
- 3/4 cup jicama diced



Directions

1. Wash hands and clean preparation area.
2. Whisk lime juice, honey and fresh mint into a small bowl.
3. Place all fruit in large bowl and pour dressing over fruit. Cover and refrigerate for at least 1 hour and enjoy!

Nutrition Facts

Red, White and Blue Fruit Salad

Amount Per Serving

Calories 48

Calories from Fat 2

% Daily Value*

Total Fat 0.2g	0%
Saturated Fat 0.01g	0%
Polyunsaturated Fat 0.1g	
Monounsaturated Fat 0.03g	
Sodium 4mg	0%
Potassium 105mg	3%
Total Carbohydrates 11g	4%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 1g	2%
Vitamin A	0.1%
Vitamin C	79%
Calcium	1%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.

What is Jicama?

Jicama (pronounced HEE-kah-mah) is a member of the bean family, although it does not taste like a bean at all! It is native to Mexico and has a refreshing, juicy taste. The most traditional way to eat Jicama is to peel it, slice it into strips, and then eating it with lemon or lime juice. If you are not sure where to find it, look in the produce section at Walmart, H-E-B, and Food King. It typically costs about \$1.60. This month, try a new fruit! It could be Jicama, or maybe a mango or pineapple. Let us know if you enjoyed this recipe!

How to slice a Jicama: <https://dinnertonight.tamu.edu/recipe/red-white-and-blue-fruit-salad/>

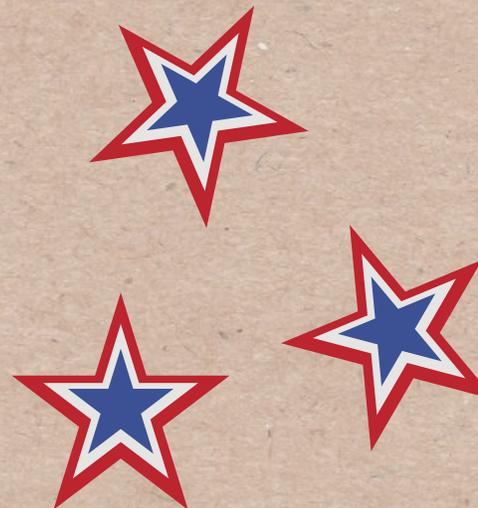
Read more: <https://www.thespruceeats.com/what-is-jicama-4781881>



CURRENT NEWS

Nutrition

Staying hydrated is important year-round, but especially while it is hot outside. If it is difficult to remember to drink water, set an alarm to remind you throughout the day. Also, try adding cut up strawberries, cucumbers or whatever you'd like to make your water taste good. This can help you stay motivated! Eating whole fruits and vegetables each day also contributes to 20% of water intake, so be sure to snack on those throughout the day as well.



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/>

Physical Activity

Did you know the first Saturday of each month is National Play Outside Day? Spending time outdoors has numerous health benefits like Vitamin D, stimulates your imagination, and gets you motivated. This month, try to spend time outdoors by going for a walk, playing with your child at the park, or gardening. Don't forget a water bottle and sunscreen!



TRAINING



My training cohort!

June was a crazy month! I had the opportunity to had attend a couple trainings in College Station. I was able to learn about how to be a better educator, nutrition/physical activity/gardening curriculum, and so much more! I also was able to network with other BLT agents and learn how they teach in their counties. I am so thankful for the opportunity to learn this past month, but now I am ready to start programming! Please let me know if you would like to set something up.



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