

Monthly Newsletter

BETTER LIVING BASICS

Hey! My name is Brooke Walser and I am the new Better Living for Texans Extension Agent in Lubbock County!



Meet Brooke!

I grew up on a farm in Canadian, Texas. Then, Texas Tech University is what brought me to Lubbock. I love it here so I decided to stay! In May 2023 I graduated with a Bachelor of Science Degree in Agricultural Communications. I am currently pursuing a Master of Science Degree in Family and Consumer Sciences Education. My anticipated graduation date is December 2024!

I chose to become an Extension Agent because I have a passion for helping others, nutrition, and healthy living overall. I love how the role of Better Living for Texans (BLT) combines all three of these things! I hope through this role I will be able to better the lives for the residents of Lubbock County. I look forward to meeting you!

The moment in my life which really confirmed my dream of being an Extension Agent was my internship last summer and fall. I was a Family and Community Health (FCH) intern with Shawnte Clawson. I couldn't ask for a better mentor! She showed me how amazing working in Extension is. These seven months of interning confirmed the fact that Extension is the Career for me!

Fun Facts

- I LOVE coffee!
- I studied abroad in Spain
- I have three siblings
- My favorite color is turquoise
- I like going on walks
- I am learning how to sew



MUST-TRY RECIPE

Elote (Mexican Seasoned Corn)

Ingredients (4 servings)

- 1 tablespoon vegetable oil (substitute: oil of choice)
- 1/4 teaspoon salt
- 4 cups fresh corn kernels (substitute: frozen 1/4 teaspoon pepper or canned, no salt added)
- 1/2 cup nonfat Greek yogurt
- 1/2 cup red onion, chopped (substitute: white onion)
- 1/3 tablespoon extra-virgin olive oil
- 1/4 teaspoon dried oregano
- 1 tablespoon lime juice
- 1/2 teaspoon smoked paprika
- 1/2 cup cilantro, chopped

Directions

1. Heat oil in a medium skillet over medium-high heat.
2. Add corn, onion, oregano, smoked paprika, salt, and pepper. Stir to coat evenly.
3. Cook uncovered until onion is tender and corn is heated through, about 5 to 10 minutes. Remove from heat and mix in Greek yogurt.
4. Garnish with Parmesan cheese, lime juice, and cilantro.

| Nutrition Facts | |
|--|------------|
| 4 servings per container | |
| Serving size | |
| Amount Per Serving | |
| Calories | 240 |
| % Daily Value* | |
| Total Fat 7g | 9% |
| Saturated Fat 1.5g | 8% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 40mg | 13% |
| Sodium 310mg | 13% |
| Total Carbohydrate 40g | 15% |
| Dietary Fiber 3g | 11% |
| Total Sugars 12g | |
| Includes 2g Added Sugars | 4% |
| Protein 9g | 18% |
| 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. | |



History

The history of elote, a popular Mexican street food also known as "street corn", can be traced back to the indigenous peoples of Mesoamerica, such as the Aztecs and Mayans. Corn, or maize, has been a staple crop in Mexico for thousands of years, and was part of the diet of ancient civilizations. Scientists believe people living in central Mexico developed corn at least 7,000 years ago from a wild grass called teosinte. Indigenous tribes in the highlands of southern Mexico selectively bred the tiny, rock-hard ears into the vegetable we know today.

Read more: <https://juleeho.com/food-history-101-blog/history-of-elote>

CURRENT NEWS

Nutrition

June is national fresh fruits and vegetables month! Fruits and vegetables are filled with vitamins and minerals you need each day. To name a few there is vitamins A, C, E, magnesium, zinc, phosphorous, and folic acid. Fruits and vegetables also are flavorful and fun to cook with! Adding broccoli to a dish can completely elevate the taste! This month, try a new fruit or vegetable recipe! Read more [here!](#)

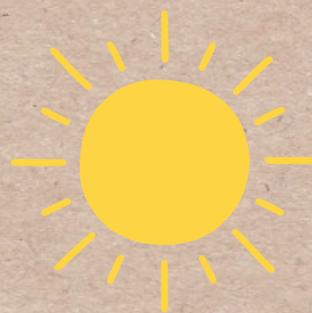


Gardening

Annoying pests in your garden? Read about pests and diseases [here!](#)

Physical Activity

It is only the beginning of June and the weather is already HOT! Although, don't let this stop you from doing some sort of physical activity each day. Try to take a 30 minute walk in the evening time - right before sunset. It is typically cooler during this time. Make sure you bring a water bottle with you as well to stay hydrated!



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!