

Monthly Newsletter

BETTER LIVING BASICS

Upcoming Programs



Get A Taste For Reducing Food Waste

Learn How To:

Reduce food waste in your home

The What and Why About Home Food Waste

Learn about the impact of food waste, why it happens, and how to limit it!

Let's Get Real About Meal Planning

Find out steps for planning meals with what you have and turning leftovers into a second meal.

Does Food Really Expire?

Understanding the Dates on Food Labels

Learn how to use the dates on food labels to buy, store, and eat safe and fresh food!

Composting Food Waste at Home

Find out which foods can be composted and different methods for maintaining your compost.

Session Start:

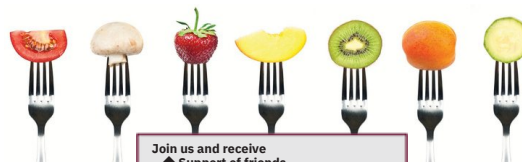
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This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.
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I am very excited about doing one of our new programs, "Get a Taste for Reducing Food Waste" with Foster Grandparents! This program discusses meal planning, composting, and how to understand expiration dates.

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



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!!

Upcoming Programs Continued

Choose Healthy is a four session series provided by the Texas A&M Agrilife Extension Service - Better Living for Texans.

This curriculum was created to teach middle-school aged kids about nutrition.



About Better Living For Texans
Vision

Creating opportunities, changing lives

Mission

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

Why implement Choose Healthy?

The information is priceless! Helping young teens develop good nutrition habits can have positive long-term effects on their health.

Teens often fail to meet dietary recommendations which can result in nutrient deficiencies leading to problems such as impaired cognitive and physical performance. Choose Healthy gives them the knowledge they need to prevent this.

Students will have a good time! The curriculum is designed to be interactive and engaging, ensuring that students are never bored!



How does Choose Healthy work?

It is easy! Our educators will plan and prepare each session. All they need are kids to teach and a place to teach them.

Choose Healthy series has four sessions plus an optional bonus session. Each session lasts between 45-60 minutes.

While the general topic remains the same, the specific focuses of sessions are customizable to the needs and interests of the students.

Each student will receive a Choose Healthy booklet which includes helpful resources and tasty recipes.

CULTIVATE, COOK, AND CREATE

COME LEARN, GROW, EAT, GO WITH US

**Thurs. Oct. 3-24
10:00am-11:30am
@GRUB FARM**

Event Highlights
Limited space - Register below

To register fill out form-click or scan below

JOIN NOW!

ABOUT OUR EVENT
The 4-week EC LGE school garden curriculum project combines the best of plant and garden learning, food exposure, brain- and body-boosting physical activities.

TEXAS A&M AGRILIFE

The first Thursday of each month the program "Choose Healthy" will be put on for youth at the YWCA!

Learn, Grow, Eat and Go will be on each Thursday in October at the SPFD GRUB Farm!



Steps to Health Color Me Healthy is a nine-session program developed to reach children ages four and five with fun, interactive learning opportunities on physical activity and healthy eating.

It is designed to stimulate all of the senses of young children: touch, smell, sight, sound, and, of course, taste. Through the use of color, music, and exploration of the senses, Color Me Healthy teaches children that healthy food and physical activity are fun. This curriculum is for the SNAP-Ed eligible audience.

For more information, contact:

Presented by:

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BETTER LIVING FOR TEXANS

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This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.
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Steps to Health Color Me Healthy was developed in North Carolina by NC Cooperative Extension and NC Division of Public Health.

An anticipated program for the Spring is "Color Me Healthy" which is about the basics of physical activity and healthy eating for youth. If interested in having this program in the future, contact Amber Bozeman or I.

MUST-TRY RECIPE

Strawberry, Basil, and Honey Paletas

Ingredients (12 servings)

- 2 pounds strawberries
- 1/3 cup fresh basil, finely chopped
- 1 tablespoon lime juice
- 1/4 cup honey (substitute: sweetener of choice)
- Utensils: Popsicle molds or 4-ounce cups and craft/popsicle sticks

Directions



1. Wash hands and clean preparation area.
2. Remove the green stems and center of the strawberries.
3. In a medium bowl, mash strawberries by hand or with a mashing tool. Add basil, lime juice, and honey to the strawberries. If a smoother texture is preferred, strawberries can be blended in a blender with basil, lime juice, and honey.
4. Fill each popsicle mold or cup most of the way with fruit mixture and chill in the freezer for at least 4 hours.
5. Remove from freezer and let mold sit for 5 to 10 minutes. Pull on sticks to release paletas from mold. If the mold or cups do not release the paletas, run outside under warm water for 20 seconds, gently pulling on the sticks until the paletas are released. You can also dip the bottom in a large bowl filled with warm water.

Nutrition Facts

12 servings per container

Serving size

1 Paletas

Amount Per Serving

Calories

45

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 12g 4%

Dietary Fiber 2g 7%

Total Sugars 9g

Includes 6g Added Sugars 12%

Protein 1g 2%

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.



CURRENT NEWS

Nutrition

Make healthy food choices an everyday pattern for all. Offer a variety of foods or ingredients at meals and snack time, and highlight new and different foods as an exciting addition to the meal. If children are present, include them in the food preparation process. Knowing how to prepare food is a wonderful skill to have, and children can start learning by helping with simple tasks! Some easy jobs children can do include choosing recipes, helping with grocery shopping, washing fruits and vegetables, stirring pots, throwing away trash and scraps, and putting food on the table or back in the refrigerator. By being included in the cooking process, children are more likely to want to eat the food they helped make.

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!