

# Healthy Happenings

July 2021

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## FAMILY & COMMUNITY HEALTH

Welcome to the July issue of "Healthy Happenings"! This is a monthly newsletter with healthy tips, recipes, and information on the Family & Community Health programs of the Texas A&M AgriLife Extension Service in Hidalgo County.

## NATIONAL GRILLING MONTH

July is National Grilling Month! What better way to enjoy summer days than with some safe and healthy grilling! See our featured recipe this month below and the grilling food safety tips on page 2 to strike up that grill!

## HURRICANE SEASON IS HERE! ARE YOU & YOUR FAMILY PREPARED?

Hurricane season starts June 1 and it is never too early to start preparing! View the Cooking School for Emergencies on Hidalgo County Judge Richard Cortez's Facebook page to learn more tips on preparing for Emergencies!

## CHICKEN & SUMMER VEGGIES GRILLING POCKET

*by Dinner Tonight Healthy Cooking School*

National Grilling Month has us feeling hot, hot, hot! These Chicken & Summer Veggies Grilling Pockets are a great, easy way to grill with little to no clean-up or mess! It is a simple dish to throw together then throw on the grill for a simple but impressive dinner!

Click below for the Recipe:  
[Chicken & Summer Veggies Grilling Pocket](#)



**DINNER  
TONIGHT**  
HEALTHY COOKING SCHOOL  
TEXAS A&M AGRILIFE EXTENSION





## FOCUS ON EYE HEALTH



### Routine Eye Care

Schedule annual comprehensive eye exams for early detection of eye diseases.

### Good Nutrition

Eat a nutritious diet consisting of fruits and vegetables, whole grains, low-fat dairy, and various protein foods.

### Quit Smoking

Smoking can damage several organs in our body including our eyes.

### Limit Screen Time

Take breaks from screens every 20 minutes by looking at something that is 20 feet away for 20 seconds.

### Be Active

Incorporate at least 30 minutes of physical activity into your daily routine on most days.

### Protect Your Eyes

Use sunglasses and avoid looking directly at the sun.

**SAVE THE DATE!**  
CHANCE TO WIN DOOR PRIZES!  
COOKING SCHOOL FOR EMERGENCIES  
WEDNESDAY, JULY 7, 2021 6:00 PM  
LIVE FOOD COOKING DEMO!

# Food Safety Tips for Grilling Outdoors

**A Clean Grate is a Great Start:** Make sure grill grates and food preparation surfaces are clean are essential steps in lowering the risk of foodborne illness when grilling. Wire brushes bristles melt on the hot grill and should not be used. A ball of aluminum foil or half an onion can also be used to clean the grill grate safely.

**Properly Clean Your Food Prep Workspace:** Poultry, fish, seafood or ground beef should be cooked or frozen with a day or two of purchase to prevent foodborne illness from inadequately stored or undercooked foods. Do not thaw any meats at room temperature.

**Recommended Food Temperatures:** Fully cook meats like hot dogs to 165 degrees and hamburgers to 160 degrees. Beef, pork, lamb, veal steaks, chops and roasts should be cooked to at least 145 degrees. Keep food covered and never let it sit out for more than two hours.

## Upcoming Programs & Events

**July 5, 2021: Extension office closed in observance of July 4th**

**July 7, 2021: Cooking School for Emergencies in Precinct 2**

**Coming in July & August: Cooking Well with Diabetes and Stress Less with Mindfulness**

Mental Health First Aid Certification  
(Also available for groups on request)

July 2021



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Welcome to the new "Healthy Happenings!" You have received this newsletter because you have registered or attended an AgriLife Extension Program in Hidalgo County. Thank you so much for your support of our educational programs and I hope you enjoy this newsletter. If you have any questions or would like more information on our programs please contact me at 956-383-1026 or [andrea.valdez@ag.tamu.edu](mailto:andrea.valdez@ag.tamu.edu).