

Healthy Happenings

June 2021

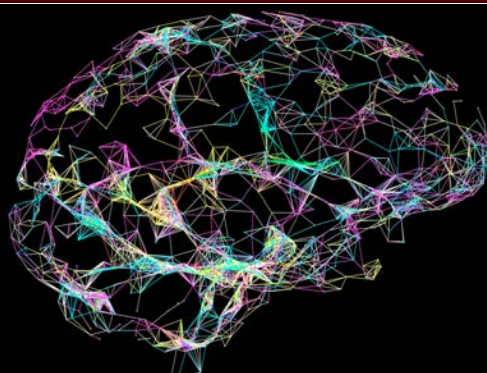
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FAMILY & COMMUNITY HEALTH

Welcome to the June 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 ALZHEIMER'S AND BRAIN AWARENESS MONTH

June is National Alzheimer's and Brain Awareness Month. See our Five Steps to Good Brain Health to keep your brain quick and sharp. Simple memory games or activities are easy ways to keep your brain active and combat any degenerative diseases!



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

Hurricane season starts June 1 and it is never too early to start preparing! See page 2 for Food Safety during Emergencies tips on how to save the most food in your refrigerator/freezer during any type of emergency.

GRILLED PINEAPPLE WITH WHIPPED FRUIT DIP

by Dinner Tonight Healthy Cooking School

When taking out your grill this summer, remember it is not just for proteins and veggies! Grilling fruit brings out their natural sugars and gives beautiful caramelization and grill marks. This grilled pineapple with whipped fruit dip is a great way to celebrate and keep summer tasty!

Click below for the Recipe:
[Grilled Pineapple with Whipped Fruit Dip](#)



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



FIVE STEPS TO GOOD BRAIN HEALTH

BE HEART HEALTHY:
CONTROL WEIGHT, BLOOD PRESSURE AND BLOOD SUGAR TO PROTECT YOUR HEART AND BRAIN.



EAT HEALTHFULLY:
INCLUDE FRUITS, VEGETABLES, WHOLE GRAINS, AND FOODS RICH IN OMEGA-3 FATTY ACIDS EVERYDAY



GET MOVING:
REGULAR EXERCISE INCREASES FLOW OF BLOOD AND OXYGEN TO THE BRAIN.

QUIT SMOKING:
SMOKING INCREASES RISK OF COGNITIVE DECLINE.



GET ENOUGH SLEEP:
SLEEP IS IMPORTANT FOR OVERALL HEALTH. SEEK TREATMENT FOR INSOMNIA OR SLEEP APNEA.

TEXAS A&M
AGRI LIFE
EXTENSION

SAVE THE DATE!
CHANCE TO WIN DOOR PRIZES!
COOKING SCHOOL FOR EMERGENCIES
WEDNESDAY, JUNE 9, 2021
6:00 PM
LIVE FOOD COOKING DEMO!

Logos: Tarrant County, Texas A&M AgriLife Extension, Hidalgo County, City of Mercedes, Hidalgo County.

Food Safety During Emergencies

Food can become unsafe after a flood, fire, disaster, or an extended loss of power. Here's how to save as much food as possible and reduce the risk of food borne illness. Keep meat, poultry, fish, and eggs refrigerated at or below 40°F and frozen food at or below 0°F. Keep thermometers in the refrigerator and freezer at all times to indicate whether the food is at safe temperatures. Keep coolers and frozen gel packs on hand to help keep food cold if the power will be out for more than 4 hours. If you live in a flood-prone area, store your food on shelves that will be safely away from contaminated water.

Eat Safe Food after a Power Outage

Before a power outage, keep appliance thermometers in your refrigerator and freezer.

- The refrigerator should be at 40°F or below.
- The freezer should be at 0°F or below.



www.cdc.gov/foodsafety

Upcoming Programs & Events

June 9: Cooking School for Emergencies, Mercedes, Texas

Save the Date:

June 16: Cooking School for Emergencies, Mission, Texas

June 22: Cooking School for Emergencies, San Carlos, Texas

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

HAPPY
FATHER'S DAY
TO ALL THE
DADS OUT
THERE! THANKS
FOR BEING
AWESOME!



Andrea Valdez, M.P.H.
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Texas A&M AgriLife
Extension Service-Hidalgo
County

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.