

Healthy Happenings

August 2021

 [@AgrilifeExtensionHidalgoFCH](https://www.facebook.com/AgrilifeExtensionHidalgoFCH)

 [@agrilifeextensionhidalgofch](https://www.instagram.com/agrilifeextensionhidalgofch)



FAMILY & COMMUNITY HEALTH

Welcome to the August 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 BACK TO SCHOOL MONTH

We hope everyone had a safe summer and is ready for a safe school year! August is National Back to School Month and we have included some helpful school lunch and snack ideas as well as some safe tips for including your kids in the kitchen (see page 2). Have a safe start to your school year!



COOKING WELL WITH DIABETES

Follow us on Facebook and Instagram for more information regarding our upcoming Cooking Well with Diabetes class in August! Learn how to make smart food choices to manage Diabetes and learn new diabetes-friendly recipes each class! Register by clicking [here](#) today!

BROWNIE BATTER HUMMUS

by Dinner Tonight Healthy Cooking School

What better way to fancy up some hummus than with it tasting like brownies! Brownie Batter Hummus is a great go-to snack for kids or adults. Hummus is a great source of protein that won't leave you hungry. Pair it with fruit, pretzels or pita bread for a nice healthy snack break!

Click below for the Recipe:
[Brownie Batter Hummus](#)



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





TEXAS A&M
AGRI LIFE
EXTENSION

KITCHEN SKILLS FOR KIDS

WASH HANDS BEFORE YOU START TO HELP IN THE KITCHEN!
ALWAYS HAVE A GROWN UP IN THE KITCHEN!

2-5
YEARS OLD



Small tasks are great for short attention spans. Be Basic!

6-8
YEARS OLD



Practice reading by following recipe instructions.

9-12
YEARS OLD



Completing recipes, basic knife skills, & using appliances are easy.

13-16
YEARS OLD



Plan and prepare meals for the family with supervision.

Including your children in the kitchen helps them feel included in family mealtime, teaches responsibility, and makes cooking fun.

Mindfulness Tips

Stress Less



with Mindfulness

Texas A&M AgriLife Extension

- **Focus On One Thing At A Time.** Studies have found that tasks take 50% longer with 50% more errors when multi-tasking, so consider "uni-tasking", with breaks in between, whenever possible.
- **Slow Down.** Savor the process, whether it's writing a report, drinking a cup of tea, or cleaning out closets. Deliberate and thoughtful attention to daily actions promotes healthy focus and can keep you from feeling overwhelmed.
- **Keep Phone and Computer Time In Check.** With all of the media at our fingertips, we can easily be on information overload. Set boundaries for screen time – with designated times for social networking (even set an alarm) – and do your best to keep mobile devices out of reach at bedtime.
- **Move.** Whether it's walking, practicing yoga, or just stretching at your desk, become aware of your body's sensations by moving.

HEALTHY BACK TO SCHOOL LUNCHES

When deciding what to pack in your child's lunch, choose foods that fall into the five main food groups – dairy, fruit, grains, lean meats and vegetables. This will provide an energy balance throughout the school day. And providing lower-fat options with a colorful variety of fruits and vegetables will help keep your child's brain active during the afternoon.

Here are some tips when prepping back to school lunches:

- Prepare vegetables and fruits the night before to save time.
- Add healthy sides such as unsweetened applesauce, cheese sticks make with low-fat milk, crackers, nuts, low-fat yogurt and fruit or veggie cups.
- Use portion boxes or containers to keep servings at an ideal level.
- Thinking outside the sandwich. While sandwiches are quick and easy, adding variety is key for both adults and kids when it comes to eating healthy.
- Using an insulated box or bag instead of a paper bag
- Before eating, children should wash their hands for 20 seconds or the equivalent time for singing their ABCs twice.
- If possible, store the child's lunch in a refrigerator at home and have them store it in a refrigerator at school.

Upcoming Programs & Events

August 13, 20, 27, Sept 3: Cooking Well with Diabetes classes

September 6, 2021: Extension office closed in observance of Labor Day

Coming in September: Stress Less with Mindfulness

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

Follow us on



@agrilifeextensionhidalgofch



@agrilifeextensionhidalgofch



Andrea Valdez, M.P.H.
County Extension Agent-
Family & Community Health
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.