

Healthy Happenings

November 2021

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FAMILY & COMMUNITY HEALTH

Welcome to the November 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.

DIABETES AWARENESS



NATIONAL DIABETES AWARENESS MONTH

Did you know that November is National Diabetes Awareness Month? We are bringing awareness to Diabetes all month long with helpful tips and recipes from our Cooking Well with Diabetes program! Follow us on Facebook



National Stress Awareness Day
November 3, 2021

STRESS LESS WITH MINDFULNESS

November 3rd is National Stress Awareness Day and we encourage everyone to evaluate your stress levels and mental health. See page 2 for some tips on gratitude that with a consistent practice has shown to help one cope with stress.

ROASTED ROSEMARY SWEET POTATOES

by Dinner Tonight Healthy Cooking School

Fall is here and with it some yummy comforting side dishes to get us in the mood. These Roasted Rosemary Sweet Potatoes are sure to get you ready for sweater weather with a nice aroma from the rosemary and all the healthy Vitamin B, C, D that the sweet potatoes have to offer. This recipe will also make a great Thanksgiving side dish!

Click below for the Recipe:
[Roasted Rosemary Sweet Potatoes](#)



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



Gratitude

10 Ways to Practice Daily Gratitude

1. Keep a Gratitude Journal
2. Remember the Bad
3. Ask yourself, "What have I received? What have I given to...? and What troubles have I caused?"
4. Share Your Gratitude with Others.
5. Come to Your Senses and Appreciate all Senses
6. Use Visual Reminders
7. Make a Vow to Practice Gratitude.
8. Watch Your Language
9. Go Through the Motions
10. Think Outside the Box




Thank you Veterans!

**Veteran's Day
November 11, 2021**




NIBBLE, NIBBLE, NIBBLE

Nibble on veggies while cooking or waiting to eat. Choose a low-calorie dip, low-fat cheese, whole wheat crackers instead of high-calorie fried appetizers.




small steps **big** difference

NOVEMBER IS NATIONAL DIABETES MONTH



Upcoming Programs & Events

Coming up:

November 3: National Stress Awareness Day

November 11: Veteran's Day (Extension Office Closed)

November: National Diabetes Month

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

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Dr. Andrea Valdez
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.