

Healthy Happenings

December 2021

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FAMILY & COMMUNITY HEALTH

Welcome to the December 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 HANDWASHING AWARENESS WEEK

Did you know that December 5-11, 2021 is National Handwashing Awareness Week? We are bringing awareness to proper hand hygiene technique as a fundamental way to prevent getting sick and reducing the spread of germs and viruses.



January is
Walk Your Dog Month

WHAT'S COMING UP FOR 2022?

2022 will kick off with a burst of fresh air! We will be celebrating in January for Walk Your Dog Month! Walking your pet is a great way to get fresh air and clear your mind as well as great exercise for you and your pet!

CINNAMON WALNUT PECAN PIE BITES

by Dinner Tonight Healthy Cooking School

Holidays = the smell of Cinnamon! Get that holiday smell with these Cinnamon Walnut Pecan Pie Bites that are the perfect bite-sized treat for the end of a holiday meal! This recipe is easy to double or even triple for hungry crowds at holiday parties!

Click below for the Recipe:
[Cinnamon Walnut Pecan Pie Bites](#)



Holidays

1. Try not to put unrealistic pressure on yourself
2. Don't set expectations on others
3. Let people close to you know what is going on
4. Allow other people to help
5. Don't compare to past holidays
6. Get enough rest
7. Watch what you eat
8. Exercise
9. Connect with others
10. Take your mind off yourself

10 Tips for Coping with the Holiday Blues

5-Step

Proper Handwashing Technique

- 1 With clean running water, wet hands and apply soap
- 2 Rub hands and create a lather
... don't forget under fingernails and between fingers
- 3 Scrub for 20 seconds
- 4 Rinse with clean, running water
- 5 Using a clean towel, dry hands



Handwashing
Prevents the risk of illness
and reduces the spread of
germs and viruses



Information Source: Centers for Disease Control

TEXAS A&M
AGRI LIFE
EXTENSION



DINNER
TONIGHT

TEXAS A&M AGRILIFE EXTENSION

Looking for tasty recipes for
this holiday season?

Check out

dinnertonight.tamu.edu

Or follow at



@DinnerTonightTX

Upcoming Programs & Events

Coming up:
December 23 & 24: Extension Office
Closed

December 31 & January 3: Extension
Office Closed

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

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Dr. Andrea Valdez
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Texas A&M AgriLife
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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.