



TEXAS A&M
AGRILIFE
EXTENSION

Healthy Happenings

January 2022

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FAMILY & COMMUNITY HEALTH

Welcome to the January 2022 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 SOUP MONTH

January is National Soup Month and there is nothing better than cozying up to a hot soup on a chilly day! We don't get many chilly days so take advantage of our highlighted Slow Cooker Taco Soup today!



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!

SLOW COOKER TACO SOUP

by Dinner Tonight Healthy Cooking School

This amazing Slow Cooker Taco Soup is sure to become your new favorite go to dinner! It is a set it and forget it recipe with ingredients you probably already have in your pantry! This Taco Soup is full of protein and flavor! Grab your blanket and settle in for a bowl of this tasty soup!

Click below for the Recipe:
[Slow Cooker Taco Soup](#)



DINNER TONIGHT
HEALTHY COOKING SCHOOL
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HEALTHY START TO A NEW YEAR

- ♥ Eat Healthy Foods
- ♥ Stay Hydrated
- ♥ Be Physically Active
- ♥ Improve Mental Health
- ♥ Manage Health Conditions

GOAL SETTING

- S** SPECIFIC
- M** MEASURABLE
- A** ATTAINABLE
- R** RELEVANT
- T** TIME-BOUND

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~~Resolution~~ Goal ✓

Are you making a resolution this year?

Resolutions can be hard to stick to throughout the year. Here's how to identify the best goal for you and make a plan to reach it!

1. Pick the right goal for you by using the SMART Goal Setting technique.
2. Create your plan and action steps
3. Make it Personal
4. Don't expect perfection- try to be positive, but also be realistic
5. Find a support system-you are not alone!
6. Goals can also be an experiment-so keep trying if you don't succeed at first!

Upcoming Programs & Events

Coming up:

January 17: Martin Luther King Jr. Day
(Extension office closed)

January 22: Paws at the Park event

Please call or email for specific program needs.

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

Monday,
January 17, 2022

I have a
dream
M.L. King



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.