

Healthy Happenings

March 2022

 @AgrilifeExtensionHidalgoFCH

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FAMILY & COMMUNITY HEALTH

Welcome to the March 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.



MARCH 13-19, 2022 IS NATIONAL SLEEP AWARENESS WEEK

In March, we recognize National Sleep Awareness Week. Increased focus is being paid to sleep as adequate sleep is an often an overlooked component of a healthy lifestyle. See page 2 for some tips on how to get your sleep back on track!



VIRTUAL DINNER TONIGHT HEALTHY COOKING SCHOOL

Our Dinner Tonight Healthy Cooking School is kicking off Spring with a Virtual school via private Facebook group! We will focus on Healthy Living with tasty recipes full of colorful vegetables! See page 2 on how to join!

AVOCADO NACHOS WITH CILANTRO LIME CREMA

by Dinner Tonight Healthy Cooking School

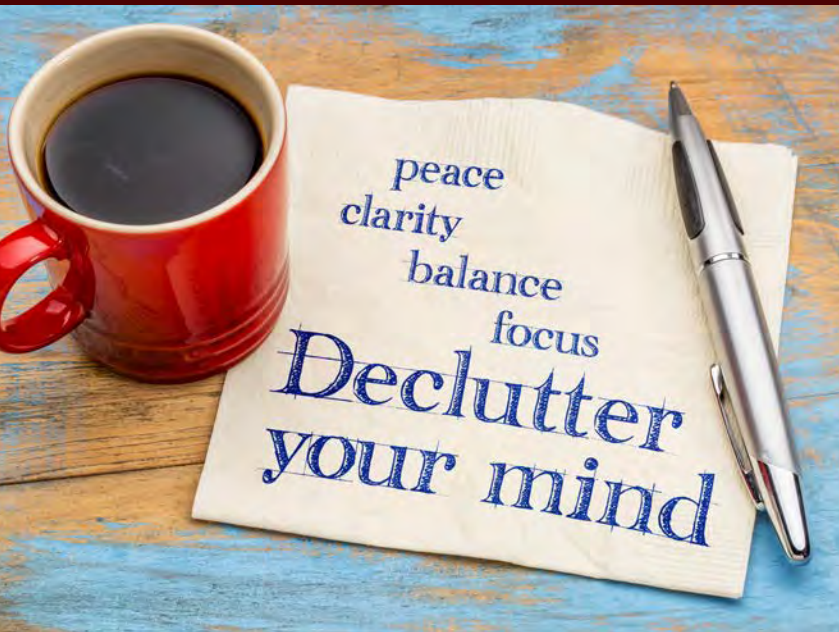
This month we have a change up to one of our favorite dishes-nachos! Try changing up your regular nachos by replacing the chips with these air-fried crunchy and creamy avocado slices! Avocados are a nutrient dense food full of healthy fats, fiber, and a number of other vitamins and minerals.



Click below for the Recipe:
[Avocado Nachos with Cilantro Lime Crema](#)



DINNER
TONIGHT
HEALTHY COOKING SCHOOL
TEXAS A&M AGRILIFE EXTENSION



Six Tips For Quality Sleep

TURN OFF ALL ELECTRONICS

LOWER THE TEMPERATURE

READ BEFORE BED

AVOID LOOKING AT THE CLOCK

AVOID NAPPING DURING THE DAY

VISUALIZE THE THINGS THAT MAKE YOU HAPPY



Healthy Recipes for Healthy Living

Join for daily recipe
videos and healthy tips!



DINNER TONIGHT

TEXAS A&M AGRILIFE EXTENSION

March 28, 2022 - April 1, 2022

Join via Facebook Group

"Dinner Tonight Virtual Healthy Cooking School-
Healthy Living March 2022"

Upcoming Programs & Events

**Coming up:
March 2022:**

March 2022: National Nutrition Month
March 28-April 1: Dinner Tonight Virtual
Healthy Cooking School via Facebook
Group

**Please call or email for specific
program needs.**

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



March is NATIONAL NUTRITION MONTH



Dr. Andréa A. 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.