

Healthy Happenings

July 2022

 @AgrilifeExtensionHidalgoFCH

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FAMILY & COMMUNITY HEALTH

Welcome to the July 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.



HURRICANE PREPAREDNESS

June 1 marks the start of the 2022 hurricane season. Are you prepared? If you need some resources to get prepared, please visit texashelp.tamu.edu for information on how to prepare you and your family for any natural disasters!



NATIONAL GRILLING MONTH

July is National Grilling Month! It is a time to celebrate with your favorite food alongside family and friends. This month, go outdoors! Breathe in the fresh air and enjoy what nature has to offer with flavors from the grill! Try our new featured recipe today!

SHRIMP TACOS WITH SOUTHWEST WATERMELON SALSA

by Dinner Tonight Healthy Cooking School

It's National Grilling Month and we have a tasty, easy recipe this month that includes many summer favorites! Give your tacos a new twist with this delicious grilled shrimp and Southwest Watermelon Salsa. The Watermelon Salsa gives a cool, crunchy surprise in this one of a kind recipe! Try it at your next grilling party!

Click below for the Recipe:
[Shrimp Tacos with Southwest Watermelon Salsa](#)



DINNER
TONIGHT
HEALTHY COOKING SCHOOL
TEXAS A&M AGRILIFE EXTENSION



NATIONAL
Grilling
MONTH

Grilling Safely

Recommended safe internal temperatures

Beef, Pork, Lamb, Veal 145°F

Fish 145°F

Hamburgers, Ground Beef 160°F

Poultry, Hotdogs 165°F

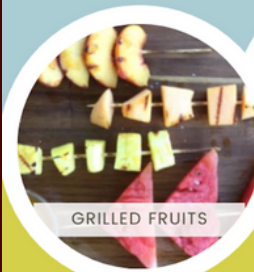
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source: <https://www.cdc.gov/foodsafety/communication/bbq-ig.html-month>

NATIONAL
Grilling
MONTH

- CREATE YOUR OWN HEALTHY GRILLING LIFESTYLE -

CHOOSE LEAN CUTS
ADD FLAVOR WITH VEGGIES
GRILL YOUR DESSERT



GRILLED FRUITS



GRILLED VEGGIES



GRILLED LEAN MEATS

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source: <https://www.eatright.org/>

Grilling Season

Tips to make your grill standout!

- Grill a varied selection of proteins such as beef, chicken, wild game, and seafood
- Grilling fruits and vegetables are a great way to bring out their natural flavors
- Experiment with rubs, herbs or different marinades
- Keep that thermometer handy to take recommended internal temperatures
- Wash your hands before and after handling raw meat
- Refrigerate leftovers within 2 hours

Take a
Breath.
It Calms
the
Mind.



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.