



TEXAS A&M
AGRILIFE
EXTENSION

Healthy Happenings

August 2022

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FAMILY & COMMUNITY HEALTH

Welcome to the August 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

We are still in hurricane season and need to prepare for emergencies. 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 SANDWICH MONTH

August is National Sandwich Month and it is just in time for back to school! Add some variety to your back to school lunches with our featured recipe below!

MEDITERRANEAN CHICKEN SANDWICH

by Dinner Tonight Healthy Cooking School

Need some variety in your sandwich game? This Mediterranean Chicken Sandwich is a great alternative to a regular deli sandwich with Mediterranean flavors. The extra easy hummus is flavorful and a healthy substitute for unhealthy condiments. Try this kid friendly sandwich for your back to school lunches!

Click below for the Recipe:
[Mediterranean Chicken Sandwich](#)



DINNER
TONIGHT
HEALTHY COOKING SCHOOL
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SUN SAFETY TIPS

WATCH THE CLOCK

Sun rays are strongest between 10 am and 3 pm.

USE SUN BLOCK

Look for a product with an SPF of at least 30 for the best protection

WEAR PROTECTIVE CLOTHING

Wear a hat or long sleeve clothing

DID YOU KNOW?

Mindful Laughter Can...

Help regulate heart rate

Combats Stress

Burns Calories

Softens anger

Increases kindness to ourselves and others

Source: Stress Less with Mindfulness Program

Back to school time can be an adjustment for both parents and children. Here are some tips for a safe, happy, and productive year.

BACK TO SCHOOL

- **Make the first day easier:** Give your child a tour of the school before the first day so they know what to expect.
- **Backpack safety:** Choose a backpack with wide, padded shoulder straps and a padded back.
- **Eating during the school day:** Studies show that children who eat breakfast do better in school. Make sure you don't skip breakfast.
- **Develop a sleep schedule:** Set a consistent bed time and stick to it every night to ensure them a good night's sleep

Source: Healthychildren.org

PROTECT YOURSELF AND YOUR COMMUNITY FROM COVID-19

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Stay home when you are sick. Plus, stay home for at least 24 hours of no fever without fever-reducing medications.



Cover your coughs and sneezes. Use a tissue, or cough or sneeze into your sleeve at the elbow.



Disinfect. Use a household spray or wipe to disinfect surfaces and objects that are frequently touched.



Wash your hands. Scrub with soap and water for at least 20 seconds after you cough, sneeze or blow your nose; touch food, feed or animals; or use the restroom.



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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.