

Healthy Happenings

November 2022

 hidalgo.agrilife.org



Be
Thankful



FAMILY & COMMUNITY HEALTH

Welcome to the November 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 DIABETES MONTH

November is the start of the holiday season and National Diabetes Month. While Thanksgiving dinner and other celebrations of the season focus on food, those with diabetes can enjoy traditional dishes while managing their diabetes. See page 2 for tips!



VEGGIE OF THE MONTH

During these Fall months, we have so many vegetables that are in season! Our highlighted veggie this month is...broccoli. It is a versatile, staple vegetable that can be used in many ways. See the recipe below on how to use your leftover Thanksgiving broccoli or just be more creative in the kitchen!

VEGGIE TOTS

by Dinner Tonight Healthy Cooking School

How do I be more creative with my vegetable game? How do I repurpose leftover vegetables? Our answer: VEGGIE TOTS! This is a versatile recipe to use in season broccoli or leftover Thanksgiving sides to sneak in a vegetable serving to your snacks! Try this fun and tasty recipe at your next meal.

Click below for the Recipe:
[Veggie Tots](#)



FOUR TIPS FOR A HEALTHY THANKSGIVING

START WITH
VEGETABLES, FRUIT
AND LOW-FAT DIP



ADD BALANCE
AND SATIETY TO
TRADITIONAL
DISHES WITH
CRUCIFEROUS &
DARK GREEN
LEAFY
VEGETABLES



BE MINDFUL OF
PORTION SIZES OF
TRADITIONAL
DESSERTS & DON'T
FORGET A LIGHT
TOPPING



PROVIDE WATER,
TEA, OR DRINKS
WITHOUT SUGAR

TEXAS A&M
AGRILIFE
EXTENSION

small steps **big**
difference

NOVEMBER IS
NATIONAL DIABETES
MONTH

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Gifting on a Budget

CREATIVE TIPS TO
BUDGET FOR GIFT
GIVING

Source: Very Well family.com

- 1** Set up a separate "gift giving" bank account
- 2** Plan ahead to take advantage of sales and discounts
- 3** Buy holiday gifts throughout the year
- 4** Use reward credit cards throughout the year
- 5** Make everyday essentials the gift or make the gifts yourself
- 6** Remember that second-hand gifts are perfectly OK!

PROTECT YOURSELF AND
YOUR COMMUNITY FROM
COVID-19

TEXAS A&M
AGRILIFE
EXTENSION



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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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.