

# Healthy Happenings

## December 2022

 [hidalgo.agrilife.org](http://hidalgo.agrilife.org)



### FAMILY & COMMUNITY HEALTH

Welcome to the December 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.



### TIPS FOR A HEALTHY HOLIDAY

The holidays can be a tough time when you are trying to accomplish or continue your wellness goals. See page 2 for some tips on how to stick to your goals this season and accomplish your goals!



### VEGGIE OF THE MONTH

Our Veggie of the Month is butternut squash! This hearty squash is versatile and is so rich in vitamins and color that it will brighten up any holiday dinner table! Check out our featured recipe below for a warm Butternut Squash Soup!

## BUTTERNUT SQUASH SOUP

*by Dinner Tonight Healthy Cooking School*

Cooler weather calls for hearty soups! Warm up this holiday season with a sweet, spicy, veggie-packed soup that is sure to be a crowd-pleaser. Butternut Squash Soup will be your family's new favorite recipe!

Click below for the Recipe:  
[Butternut Squash Soup](#)



**DINNER  
TONIGHT**  
HEALTHY COOKING SCHOOL  
TEXAS A&M AGRILIFE EXTENSION





# Party with a Plan

BEFORE EVER HEADING OUT, IT IS VITAL TO PLAN AHEAD. BE HONEST WHEN MAKING PLANS, BY KNOWING IF ALCOHOL WILL BE CONSUMED OR NOT. FOLLOW THESE IDEAS TO ENSURE THE SAFETY OF EVERYONE:

- Remember: It is never OK to drink and drive. Even after only one alcoholic beverage, designate a sober driver or plan to use public transportation or a ride service to get home safely.
- If available, use the community's sober ride program.
- Impaired driving IS an emergency. Call 911 to report a suspected impaired driver.
- Have a friend who is about to drink and drive? Take their keys away and make arrangements to get them home safely.

## TIPS FOR A HEALTHY HOLIDAY

### Add to Your Plate

- Add foods from the five food groups to make a well-balanced meal while still enjoying holiday favorites.

### Avoid Distracted Eating

- Set a place at the table free from distractions and serve yourself a plate.

### Include a Holiday Exercise Activity

- Start a fun family tradition of incorporating physical activity this holiday season.

### Visit Texas A&M AgriLife Extension's Dinner Tonight Program

- Visit [dinnertonight.tamu.edu](http://dinnertonight.tamu.edu) for healthy holiday recipes.

### Give a Gift That Keeps on Giving

- Visit [agrilifelearn.tamu.edu](http://agrilifelearn.tamu.edu) for great educational gifts such as Texas A&M AgriLife Extension's Cooking Well Exploring Cultures course or the Dinner Tonight-Essentials Cookbook.

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## 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](mailto:andrea.valdez@ag.tamu.edu).