

AGRILIFE EXTENSION

Healthy

Happenings

December 2022

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!



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

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:



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.

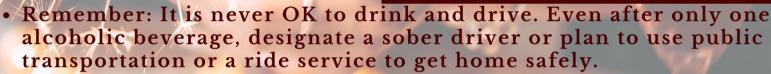
Visit Texas A&M AgriLife Extension's Dinner Tonight Program

Visit dinnertonight.tamu.edu for healthy holiday recipes.

Give a Gift That Keeps on Giving

 Visit agrilifelearn.tamu.edu for great educational gifts such Texas A&M AgriLife Extension's Cooking Well Exploring Cultures course or the Dinner Tonight-Essentials Cookbook.

TEXAS A&M GRILIFE EXTENSION



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.





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.