

# Healthy HAPPENINGS

February 2023/ Vol 03

## Texas A&M AgriLife Extension Service Hidalgo County Family & Community Health

Welcome to the February 2023 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.

February is  
**HEART  
HEALTH** Month

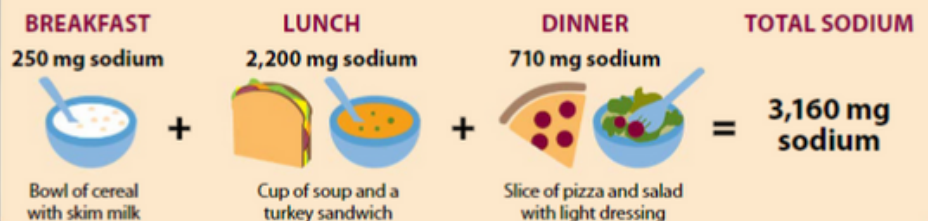
February is National Heart Health month! This month we are spreading awareness about heart health and how we can focus on our cardiac health through nutrition, physical activity and stress management. We will also be presenting our Cooking Well for Healthy Blood Pressure class at McAllen Public Library on February 4, 11, & 18, 2023 at 11 am. Please join us for healthy recipes and food samples and learn about how to keep your heart in tip-top shape!

## DON'T PASS THE SALT

- ◆ Eat more fresh fruits
- ◆ Look for low sodium foods
- ◆ Substitute with herbs for flavor
- ◆ Reduce portion size

### SODIUM ADDS UP QUICKLY

Not all foods are high in sodium. But when you combine foods with varying levels as part of your daily diet, sodium can add up quickly.



# ORZO GARLIC CHICKEN

by Dinner Tonight Healthy Cooking School

Looking to change up your pasta game? Orzo is a great option! With different sauces or proteins, orzo is a versatile and healthy grain. Try this Orzo Garlic Chicken to freshen up your weekly dinners!



Click below for the Recipe:  
[Orzo Garlic Chicken](#)



## FAMILY & COMMUNITY HEALTH

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## NATIONAL HEART HEALTH MONTH

February is National Heart Health month and we are focusing on recipes that are heart healthy! Make some heart healthy goals this month and show some love to your heart!

## NATIONAL GRAPEFRUIT MONTH

We are fortunate to have great citrus this year and none better than grapefruit! Grapefruit is loaded with Vitamin c and can help your immune system. But watch out--it can interact with some medications!

## Family & Community Health Programs

- Cooking Well with Diabetes
- Cooking Well for Healthy Blood Pressure
- Food Handler Certifications
- Stress Less with Mindfulness
- Mindful Self (Youth)
- Mental Health First Aid Certification (available upon request for groups)



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Texas A&M AgriLife Extension  
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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).