ATEXAS A&M
GRILIFE
EXTENSION

Healthy

HAPPENINGS

March 2023/ Vol 03

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

Welcome to the March 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.

March is
NATTIONAL
READING Month

March is National Reading month! This month we are spreading awareness about reading more and how that can help our stress management and mindfulness. So grab your favorite book and set some time aside to immerse yourself in a great getaway story.

We will also be hosting a Cooking Well with Diabetes at the McAllen Library Palmview Branch at Palmview Community Center starting Wednesday, March 8, 2023.

See page 2 for the registration link.

BUFFALO CHICKPEA WRAP

by Dinner Tonight Healthy Cooking School

Chickpeas are a versatile, non meat option that pack a ton of protein and nutrients. This wrap spices up chickpeas with some hot sauce or buffalo sauce for a filling, tasty meatless option!



DINNER TONIGHT

TEXAS ARM AGRILIFE EXTENSION



Click below for the Recipe: Buffalo Chickpea Wrap



HERE ARE SOME POPULAR ITEMS THAT CONTAIN CAFFEINE



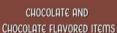






DRINKS







SOME OVER THE COUNTER MEDICATIONS



COFFEE. ESPRESSO. AND

COFFEE FLAVORED ITEMS

SOURCE: FOOD AND DRUG ADMINISTRATION

Do You Know How Much Caffeine is in Your Drink?



SOURCE	CAFFEINE (MG)	
COFFEE, BREWED	95-200	
Coffee, Brewed, Decaf	2-15	
ESPRESSO	64	
Coffee, Instant	62	
Tea, Black, Brewed	47	
TEA, GREEN, BREWED	28	
SODA, COLA	22	Source: Mayo
ENERGY DRINK	40-250	Clinic & Food and Drug
		Administration







FAMILY & COMMUNITY HEALTH

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COOKING WELL WITH DIABETES

Join us for a Cooking Well with Diabetes course at the Palmview Branch of McAllen Public Library every Wednesday in March, beginning March 8, 2023 at 11 am. Register for free here.

NATIONAL CAFFEINE AWARENESS MONTH

National Caffeine Awareness Month is observed to help individuals increase their awareness of how much caffeine they are consuming each day and identify ways to reduce their intake.

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)





Dr. Andréa A. Valdez County Extension Agent-Family & Community Health Texas A&M AgriLife Extension Service-Hidalgo County 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.

March 2023 Volume 3 Issue 3