

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
**NATIONAL
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!

Click below for the Recipe:
[Buffalo Chickpea Wrap](#)



**DINNER
TONIGHT**
TEXAS A&M AGRILIFE EXTENSION



National Caffeine Awareness Month

THE FOOD AND DRUG ADMINISTRATION RECOMMENDS HEALTHY ADULTS LIMIT THEIR CAFFEINE INTAKE TO 400 MILLIGRAMS PER DAY. HERE ARE SOME POPULAR ITEMS THAT CONTAIN CAFFEINE



COFFEE, ESPRESSO, AND COFFEE FLAVORED ITEMS



GREEN AND BLACK TEAS



SODAS



ENERGY DRINKS



CHOCOLATE AND CHOCOLATE FLAVORED ITEMS



SOME OVER THE COUNTER MEDICATIONS

SOURCE: FOOD AND DRUG ADMINISTRATION

TEXAS A&M
AGRI LIFE
EXTENSION

Do You Know How Much Caffeine is in Your Drink?

DID YOU KNOW?

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
ENERGY DRINK	40-250

Source: Mayo 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)



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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.