

Healthy HAPPENINGS

May 2023/ Vol 03

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

Welcome to the May 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.



Better Sleep Month is observed during the month of May and aims to encourage healthy patterns of sleep and educate on the benefits of sleeping well. Sleep is just as important as including a well-balanced eating pattern and physical activity into our daily lives. It can have a great impact on our physical and mental health.

See page 2 for more better sleep ideas!

APRICOT BLUEBERRY YOGURT DESSERT

by Dinner Tonight Healthy Cooking School

If you have a sweet tooth, this Apricot Blueberry Yogurt Dessert will hit the spot! This “fruitfully sweet” dessert can double up as a healthy breakfast and can even be tweaked to your cravings. You can also meal prep this recipe ahead of time so that you can have it all week. It’s an easy recipe with nutritional sweetness.

Click below for the Recipe:
[Apricot Blueberry Yogurt Dessert](#)





Better Sleep Month

DID YOU KNOW?

IT IS RECOMMENDED FOR MOST ADULTS TO GET

7 TO 9

HOURS OF SLEEP EVERY NIGHT

TEXAS A&M AGRILIFE EXTENSION

SOURCE: NATIONAL SLEEP FOUNDATION



Better Sleep Month

TEXAS A&M AGRILIFE EXTENSION

Here are some tips on how you can get a better sleep!

- ✓ EXERCISE DURING THE DAY
- ✓ REDUCE THE USE OF ELECTRONICS BEFORE BEDTIME
- ✓ KEEP A CONSISTENT BEDTIME AND SLEEP ROUTINE
- ✓ PREP YOUR AREA FOR QUALITY SLEEP
- ✓ AVOID CAFFEINE A MINIMUM OF 8 HOURS BEFORE BEDTIME

SOURCE: NATIONAL SLEEP FOUNDATION, SLEEP FOUNDATION, & HEALTHLINE



FAMILY & COMMUNITY HEALTH

Welcome to the May 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.

COOKING WELL FOR HEALTHY BLOOD PRESSURE

Join us for a Cooking Well with Diabetes course at the Palmview Branch of McAllen Public Library Wednesdays in May. Please call 956-681-3110 to register.

NATIONAL MENTAL HEALTH AWARENESS MONTH

National Mental Health Awareness Month brings our awareness and understanding to mental health issues and disorders. Take some extra time this month to be mindful of your own mental health!

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.