

Healthy HAPPENINGS

June 2023/ Vol 03, Issue 06

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

Welcome to the June 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.

June is
**MIGRAINE
AWARENESS**
Month



In June, we observe Headache and Migraine Awareness Month, a time to recognize that many are living with this most common nervous system disorder. We have all had a headache here and there, however, for several the headaches might worsen and develop into a migraine. Flip to page 2 to learn about food-specific triggers of migraines.

UNICORN POPSICLES

by Dinner Tonight Healthy Cooking School

Beat the Summer heat by cooling down with this tasty treat! The kids will love these unicorn popsicles that will satisfy their sweet tooth without any added sugars. Using a popsicle mold is very handy during the summer month to enjoy your favorite popsicles!

Click below for the Recipe:
[Unicorn Popsicles](#)



Unicorn Popsicles

MIGRAINE

Food Triggers



- Alcohol - especially red wine
- Chocolate
- Citrus Fruit
- Aspartame Sweetener
- Cheese and Yogurt
- Caffeine (Coffee)
- Tyramine containing foods such as beans
- Monosodium glutamate (MSG) - found in soups and sauces
- Sulfites such as processed meats-bacon, ham, sausage

Source: American Migraine Foundation

TEXAS A&M
AGRI LIFE
EXTENSION



Mindfulness CORNER

Mindfulness Perspective

It is not whether the thought is true or not but whether it is **HELPFUL**.

Ask yourself:

"If I pay attention to this thought, will it help me create the life I want?"



FAMILY & COMMUNITY HEALTH

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ARE YOU PREPARED?

June 1st is the start of Hurricane Season. Anytime but especially now is the time to prepare your go bags and food supply for you and your family!

SUN SAFETY

Our temps have been skyrocketing this Summer! Don't forget to use sunscreen everyday and stay out of the heat as much as possible. Don't forget about your pets! Our furry friends need sun safety too! Stay hydrated and cool!

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)

Extension Office Closed in observance of

JUNETEENTH

JUNE 19, 2023
OFFICE WILL REOPEN TO NORMAL HOURS
JUNE 20, 2023



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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.