

Healthy HAPPENINGS

February 2024/ Vol 04, Issue 02

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

Welcome to the February 2024 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 marks American Heart Month, an important reminder to focus on our cardiovascular wellbeing. This Heart Health Month, resolve to proactively care for your ticker with easy lifestyle changes. Small daily steps like incorporating more physical activity, controlling blood pressure, quitting smoking, eating nutritious foods and managing stress can go a long way in preventing heart disease down the road. Throughout February, we will be sharing helpful tips, recipes and resources to support your heart. In this issue, read about the powerful effects of just 10 minutes of daily movement and how to naturally lower cholesterol through diet. Make the most of American Heart Month - your future self will thank you!

Find us on  [CLICK HERE](#)

VEGETABLE CURRY

by *Dinner Tonight Healthy Cooking School*

Warm your insides with this comforting Vegetable Curry. A variety of antioxidant-packed veggies and greens simmer to tenderness in a light tomato and coconut sauce. Using non-starchy vegetables and heart-healthy coconut milk results in a dish that nourishes your body without overdoing it on calories or sodium. Enjoy this satisfying meal with family and friends, helping to meet your daily servings while supporting cardiovascular wellness.

Click below for the Recipe:
[Vegetable Curry](#)



Upcoming Programs

American Heart Month:
**Healthy Cooking,
 Healthy Heart**

Celebrate American Heart Month with our three part series program by Dr. Andrea Valdez and Texas A&M Agrilife Extension. Discover heart-healthy choices, get nutritious recipes, and learn to make flavorful, low-sodium meals. Join us for a vital intervention in preventing heart disease!

SATURDAY FEB. 3RD | DASH Diet | 2:00PM

SATURDAY FEB. 10TH | Virtual Shopping | 2:00PM

SATURDAY FEB. 17TH | Cooking with Herbs & Spices | 2:00PM

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COOKING WELL
 EXPLORING CULTURES

**Saturday, March 9th
 11:00AM**

Join us with Dr Andrea Valdez from Texas A&M Agrilife Extension as we explore other cultures through food. Expand your palate with healthy and exciting new recipes!

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FAMILY & COMMUNITY HEALTH

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GRATITUDE

Express gratitude before sleep. Keep a journal by your bed and write down three things you were grateful for that day before you drift off. It's a soothing way to reflect on positives instead of dwelling on worries as you rest your mind.

STAY UPDATED

Curious about our upcoming cooking workshops and seminars? Visit our website to find more heart-healthy recipes, meal planning tips and local nutrition resources. We've updated the site with all the latest information to support your wellness goals. Click [here](#) to visit us!

Family & Community Health Programs

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

Visit our redesigned website to learn more about the Family & Community Health Programs!



hidalgo.agrilife.org



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.