

Healthy HAPPENINGS

January 2024/ Vol 04, Issue 1

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

Welcome to the January 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.

January is
CERVICAL CANCER
AWARENESS *Month*

January brings a new year and new opportunities to prioritize our well-being. This month, we highlight Cervical Cancer Awareness as we seek to spread prevention messages and honor those impacted by this disease. According to the Centers for Disease Control, cervical cancer is one of the most preventable cancers when caught early through screening. That's why it's so important we raise awareness of risk factors, testing recommendations and the success of the HPV vaccine. Within these pages, you'll find resources on free or low-cost screening options as well as uplifting stories from local women fighting this battle. As always, our community supports each other through education and action. Here's to starting 2024 with a renewed commitment to health for all.

TURKEY AND WILD RICE SOUP

by Dinner Tonight Healthy Cooking School

This turkey and wild rice soup is a hearty, delicious soup that uses seasonal ingredients. Together, the ingredients meld into a richly flavored soup that warms the soul on a cold day. With its blend of protein, whole grains and veggies, turkey and wild rice soup makes a satisfying meal that can be enjoyed any time of day!

Click below for the Recipe:
[Turkey and Wild Rice Soup](#)





Kitchen Clean-out

The start of a new year is a perfect time to give your kitchen a deep clean and organize your food storage areas.

- Do a sweep of your refrigerator and pantry, checking package dates and discarding any expired items
- Take everything out of cabinets and shelves and do a thorough wipe down to remove lingering germs
- Now is a good time to toss out dented cans, broken containers, and foods you know you won't use.
- Organize items by category, stacking cans uniformly and seeing what you really have

A clean, organized kitchen can make sticking to your nutritional goals that much easier in the new year!



FAMILY & COMMUNITY HEALTH

Welcome to the January 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.

FRESH AIR

Studies show that levels of anxiety, stress, and others are reduced by being outdoors. When you are outside, the fresh air can help raise oxygen levels in your brain. Getting some fresh air is a simple way to improve your mood!

HEALTHY HABITS

The start of a new year brings an opportunity to reset unhealthy habits and focus on overall well-being. Making small, sustainable changes can yield big benefits as the year progresses. Commit to drinking more water and adding more veggies to your meals.

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.