

Healthy HAPPENINGS

March 2024/ Vol 04, Issue 03

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

Welcome to the March 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.

March is
**NATIONAL
NUTRITION** Month



March marks the beginning of National Nutrition Month, an annual campaign started by the Academy of Nutrition and Dietetics to promote the role of good nutrition in achieving optimal health. This year's theme, "Beyond the Table," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets — and even home food safety and storage practices. It also describes the various ways we eat — not only around a dinner table, but also on the go, in schools and restaurants, at games and events. This theme also includes sustainability, for instance, decreasing food waste from school and work to home and beyond. Commit to seeking out nutritious ingredients that are grown and produced ethically and sustainably. Support small and local farms by exploring your community's vibrant food scene. This Nutrition Month, let's celebrate all the life-enhancing ways nutrition reaches "Beyond the Table."

Find us on  [CLICK HERE](#)

STRAWBERRY SOUP

by Dinner Tonight Healthy Cooking School

Strawberry soup is a light and refreshing soup that makes the most of the peak of strawberry season. The result is a rosy pink soup that is chilled until serving. It has a lovely texture from the soft berries and yogurt, with a bright strawberry flavor throughout. Strawberry soup is a delightful way to enjoy this seasonal fruit in early spring. Its delicate sweet-tart taste makes it a perfect starter course or afternoon snack on a warm day.

Click below for the Recipe:
[Strawberry Soup](#)



6 Tips for Mental Wellness



Stay Connected

Foster positive relationships with friends, family, and support networks to combat feelings of isolation and loneliness



Set Boundaries

Establish healthy boundaries to manage stress and maintain a balance between work, social life, and personal time



Learn Stress Management

Develop coping strategies like mindfulness, deep breathing, and relaxation techniques to effectively manage stress



Practice Gratitude

Cultivate a habit of acknowledging and appreciating the positive aspects of your life, which can enhance overall well-being



Limit Screen Time

Reduce excessive screen time, especially on social media, to prevent negative comparisons and feelings of inadequacy



Engage in Activities

Participate in hobbies and activities that bring you joy and a sense of accomplishment, boosting your mood and self-esteem



FAMILY & COMMUNITY HEALTH

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SPRING ALLERGIES

As pollen counts rise, take steps to prepare if you have seasonal allergies. Consult your doctor about medications to manage symptoms. Using air filters in your home's ventilation can trap pollen before it circulates indoors.

VITAMIN D

With shorter days and less sun exposure during winter months, it's important to focus on obtaining adequate Vitamin D. Fatty fish like salmon, tuna and mackerel are among the best dietary options. Proper Vitamin D status supports immune and bone health year-round.

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.