

Healthy HAPPENINGS

May 2024/ Vol 04, Issue 05

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

Welcome to the May 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.

May is *MEDITERRANEAN DIET* Month

May brings a month-long focus on the sunny, flavorful cuisine from around the Mediterranean sea. Centered around olive oil, fruits and vegetables, whole grains, beans, nuts and seeds, seafood, herbs and spices, red wine and practices like meal sharing, the Mediterranean Diet is renowned for its wealth of health benefits and diverse, delicious tastes. So this month, keep an eye out for our Mediterranean-inspired recipes drawing influence from countries like Greece, Italy and Spain. From fresh salads and pastas to herb-seasoned seafood, we'll be transporting our tastes to the coasts ringing this iconic region. Turn the page to start exploring the simplicity and satisfaction of the Mediterranean way of eating!

Find us on  [CLICK HERE](#)

MEDITERRANEAN STREET TACOS

by *Dinner Tonight Healthy Cooking School*

These Mediterranean-inspired tacos take flavors from Greece onto the streets. Soft tortillas are filled with herbed veggies alongside tomatoes, cucumbers and feta cheese. A creamy tzatziki sauce ties it all together for a light, fresh bite. These are perfect for warm evenings outside enjoying tasty flavors from around the Mediterranean.

Click below for the Recipe:
[Mediterranean Street Tacos](#)



*Mediterranean
Street Tacos
& Tzatziki*





Mediterranean Diet 101

The Mediterranean Way

A WELL-BALANCED, PLANT-BASED EATING APPROACH

- Abundance of Fruits & Vegetables
- Whole Grains
- Heart Healthy fats, like olive oil
- Fish & Seafood
- Lean meats
- Low-fat dairy products

HEALTH BENEFITS

Aids in control of blood sugar, blood pressure, and cholesterol levels

Support healthy balance of gut bacteria

Better brain function and slows decline of brain function as you age

Lower risk of metabolic syndrome, heart disease, type 2 diabetes and certain types of cancer



FAMILY & COMMUNITY HEALTH

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HAPPY MOTHER'S DAY

Mother's Day on the second Sunday of May is a time for families nationwide to honor the women who raise them with love and support. Don't forget to show your appreciation for your Mother or mother figure in your life!

MENTAL HEALTH

May is also Mental Health Awareness month and during this month, communities promote raising awareness of critical issues concerning emotional and physical well-being. Take some time this month to check in with yourself and your loved one's mental health.

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



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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.