

Healthy HAPPENINGS

August 2024/ Vol 04, Issue 08

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

Welcome to the August 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.

August is
NATIONAL IMMUNIZATION
Month

The month of August marks National Immunization Awareness Month, an annual observance highlighting the importance of vaccination. Established in 1978, this initiative from the CDC aims to promote the safe, effective vaccines recommended throughout our lives. By getting vaccinated ourselves and ensuring our loved ones stay up-to-date on their immunizations, we can help prevent the spread of serious diseases like measles, whooping cough and more. This August, check your immunization records and talk to your healthcare provider about making sure you and your family have optimum protection from vaccine-preventable illnesses. Together through vaccination, we can build healthier communities and save lives.

Find us on  [CLICK HERE](#)

CRANBERRY APPLE GRANOLA

by Dinner Tonight Healthy Cooking School

Packed with fall flavors, this Cranberry Apple Granola recipe is a delicious way to start your morning. Whether grabbing a handful as a quick breakfast on the go or topping your yogurt for a relaxing weekend meal, this granola combines all the comforts of autumn in one wholesome and nutritious treat. Give it a try - your taste buds will thank you!

Click below for the Recipe:
[Cranberry Apple Granola](#)



Cranberry Apple Granola

BACK TO SCHOOL

Safety Tips

Pack a Safe Lunch

Send your kids back to school with safe and satisfying lunches by following these simple tips:



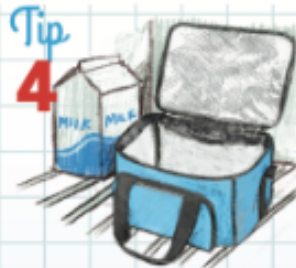
Tip 1
Frozen juice boxes can also be used as freezer packs. By lunchtime, the juice should be thawed and ready to drink!



Tip 2
Perishable food can be unsafe to eat by lunchtime if packed in a paper bag. Use an insulated box or bag instead.



Tip 3
Children should wash their hands for 20 seconds with warm soapy water before eating. Have them sing the ABCs twice while washing if they sometimes finish early.



Tip 4
If possible, your child's lunch should be stored in a refrigerator. But leave the lid of the lunchbox or an insulated, soft-sided bag open in the fridge so that cold air can circulate and keep the food cold.



Tip 5
If you're packing a hot lunch, like soup, chili or stew, use an insulated container to keep it hot. Fill the container with boiling water, let stand for a few minutes, empty, and then put in the piping hot food. Tell your child to keep the insulated container closed until lunchtime to keep the food hot — 140°F or above.



Tip 6
After lunch, discard all leftover food, used food packaging, and paper bags. Do not reuse packaging because it could contaminate other food.



FAMILY & COMMUNITY HEALTH

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STRESS LESS

Registration is open for the Stress Less with Mindfulness program at McAllen Public Library this month! Register here: <https://mcallenlibrary.libnet.info/event/11356883>

COLD/FLU SEASON

As the summer comes to an end and autumn arrives, it's a good time to start preparing for cold and flu season. Make sure to get your flu shot early in the season to protect yourself and others. Also be sure to continue practicing good hygiene habits like frequent hand washing, disinfecting common surfaces, and staying home when feeling unwell to help prevent the spread of viruses.

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.