

The EEA Connection

January 8, 2016

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Happy New Year!

Happy New Year! Another year is here and 2016 is a distant memory! I am hoping that each of you had a wonderful holiday season filled with family, friends and laughter. Spending time with the ones you love and admire, is definitely time well spent. May 2017 bring you all that your heart desires. I give thanks for each of you and look forward to another wonderful year! 2017 will be another very busy year for EEA in Austin County. Let's make it a great one and may God continue to bless each and everyone of you! Have a great year!!

Michelle

District Spring EEA Meeting

Mark your calendars! District 11 Extension Education Association Spring Conference will be held in Victoria, Texas on Wednesday, March 29, 2017. Look for more details coming in the future. Be prepared to leave early. Delegates will be voted on at the next meeting.

Baked Potato Luncheon is Around the Corner.....



The Baked Potato Fundraiser is scheduled for Thursday, March 2nd from 11:00 am to 1:00 p.m. We are counting on as many members that can to sell tickets. Please contact your club president for tickets. We will be asking each club to donate a specific amount of cookies.

Club Presidents, please contact Judy Schultz for this information. Brownies or bar type cookies are acceptable. Place two cookies in a zip lock bag prior to bringing them to the Extension Office. Also each club is asked to donate two deep dish pies. The pies need to be 8" and on a disposable

pie plate (all pie plates are non-returnable). In addition, there will be two pick up locations in 2017 (Bellville and Industry). Look for further details to be announced in the near future.

County EEA Cultural Arts Contest

Monday, February 13th is the date for the County EEA Cultural Arts Contest. Entries must arrive at the St. John Lutheran Church in Bellville at 10:00 a.m. A list of the entry categories is included in this newsletter. A copy of the entry form is also enclosed. Please attach a copy to every item you enter. Don't worry about the signature, Jessie will sign the entries advancing to district competition. See attachment for all rules. First and second place entries will be announced following the meal. First and second place entries will advance to the District Cultural Arts Contest in April in Victoria, Texas.



**Spring Car Trip
To
Le Petite Gourmet
Shoppe
LaGrange, TX**

Lunch and Learn!

**Save the date
April 6, 2017**

**\$25.00 for program
and lunch**

22 person limit!

Commissioner's Luncheon



EEA's annual Commissioner's Luncheon is scheduled for Monday, February 13, 2017 at St. John Lutheran Church at noon. This is your day to share the wonderful things you do so well in your community. In addition, all clubs are asked to bring a pot of soup, a loaf of sandwiches, and a dessert. We look forward to having a great day and we hope that as many as possible will join us.



West End Tasters Luncheon

Ladies, please remember that the West End Tasters Luncheon will be here before you know it! The event is scheduled to be held on February 19th. If you have any questions, please don't hesitate to contact Gayle Farr with West End EEA.

Enjoy Your Food, But Eat Less

10 Tips To Enjoying Your Meal

You can enjoy your meals while making small adjustments to the amounts of food on your plate. Healthy meals start with more fruits, vegetables, grains, protein foods, and dairy. Drink and eat less sodium, saturated fat, and added sugars.

1. **Get to know the foods you eat.** Use the SuperTracker to find out what kinds of foods and how much to eat and to get tips and support for making better food choices.
2. **Take your time.** Be mindful to eat slowly, enjoy the taste and textures, and pay attention to how you feel. Use hunger and fullness cues to recognize when to eat and when you've had enough.
3. **Use a smaller plate.** Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.
4. **If you eat out, choose healthier options.** Check and compare nutrition information about the foods you are eating. Preparing food at home makes it easier to control what is in your meals.
5. **Satisfy your sweet tooth in a healthy way.** Indulge in a naturally sweet dessert dish — fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.
6. **Choose to eat some foods more or less often.** Choose more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. Cut back on foods high in solid fats, added sugars, and salt.
7. **Find out what you need.** Get your personalized plan by using the [SuperTracker](#) to identify your food group targets. Compare the foods you eat to the foods you need to eat.
8. **Sip smarter.** Drink water or other calorie-free beverages, 100% juice, or fat-free milk when you are thirsty. Soda and other sugar-sweetened beverages contain added sugar and are high in calories.
9. **Compare foods.** Check out the SuperTracker's [Food-A-Pedia](#) to look up and compare nutrition information for more than 8,000 foods.
10. **Make treats “treats,” not everyday foods.** Treats are great once in a while. Just don't make treat foods an everyday choice. Limit sweet treats to special occasions.

Source: MyPlate.gov

Home and Emergency Transport

The Home and Emergency Transport program has been scheduled for Monday, February 20th at 6:30 p.m. at the Extension Office. Your participation will make this program 100% effective and 100% productive. Be sure to bring a friend!



EEA Council Meeting

The next E.E. Council Meeting is scheduled for Thursday, January 26, 2017 at 2pm at the Extension Office. Each club member is welcome to attend and each club is entitled to cast 3 votes on any issues requiring a vote or election.



Wood Painting Cultural Arts

Another Cultural Arts project featuring creative skills of Joan Buenger is around the corner for all members. Details will be forthcoming but please hold Thursday, March 16th at 9:00 am for the event. The event will be held in West End and will be released in a separate flyer. Hope you can make it.

Sleep: Your Body Depends on It!

There will be an educational program about the importance of sleep and sleep deprivation on Thursday, March 23rd at 1:00 pm at the Extension Office! Come and learn how to make the most of for your body's sake. For more information, feel free to contact Michelle at the office.

Recipe Corner

Slow Cooker Zucchini Recipe By: JENNIFER0320

1 1/2 pounds sweet Italian sausage
2 cups 1/2-inch pieces celery
2 pounds zucchini, cut into 1/2-inch slices
2 (28 ounce) cans diced tomatoes
2 green bell peppers, cut into 1/2-inch slices
1 cup chopped onion
2 teaspoons salt

1 teaspoon white sugar
1 teaspoon dried oregano
1 teaspoon Italian seasoning
1 teaspoon dried basil
1/4 teaspoon garlic powder
6 tablespoons grated Parmesan cheese, or to taste

Heat a large skillet over medium-high heat. Cook and stir sausage in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease. Mix celery into cooked sausage; cook and stir until celery is softened, about 10 minutes.

Combine sausage mixture, zucchini, tomatoes, bell peppers, onion, salt, sugar, oregano, Italian seasoning, basil, and garlic powder in a slow cooker.

Cook on Low for 4 to 6 hours. Garnish each serving with 1 tablespoon Parmesan cheese.

Source: allrecipe.com

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Portion Distortion



Anyone eating on the run or at restaurants has probably noticed that food portions have gotten larger. Some portions are called "super size," while others have simply grown in size and provide enough food for at least two people. With this growth has come increases in waistlines and body weight.

To see if you know how today's portions compare to the portions available 20 years ago, quiz yourself on Portion Distortion by the National Heart, Lung, and Blood Institute (NHLBI). Follow this link and test your knowledge at <https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm>

You will also learn about the amount of physical activity required to burn off the extra calories pro-



Dollars "4" Scholars

All clubs are asked to start bringing in their Dollars 4 Scholars contributions to the County Extension Office. Funds will be given to the District representatives in March at the Spring Conference. Dollars for Scholars are collected statewide and these funds are used for special projects at the State 4-H Center in Brownwood. All money is appreciated and used wisely.



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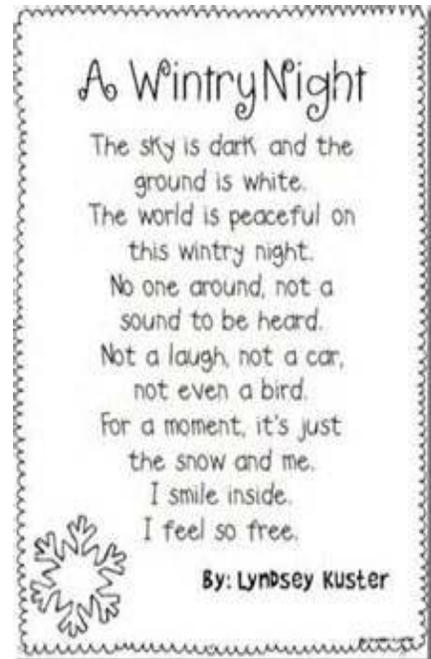
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ENJOY
THIS



WE'RE ON THE WEB!!

AUSTIN.AGRILIFE.ORG

Evelyn's Care and Concern Corner

This is the information we have at this time. Please remember Evelyn when it comes to information pertaining to the members. Any news is welcomed. All news will be communicated to those on her committee. Please keep the following individuals in your prayers.

Evelyn Kieke — Lisa McGuinness (daughter) Surgery 1/10/17

Ida Mae Reddick — Deceased husband

Betty Lehmann—Surgery

Barbara Brown—Not well