

# THE EEA CONNECTION

January 5, 2019

TEXAS A&M  
**AGRI LIFE**  
EXTENSION

Austin County Office

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## Happy New Year!

Happy New Year to everyone! I am thankful for 2019 and all that it has in store for all of us. I am excited of what's before us and look forward to another great year with each of you! May this year be filled with blessing for each of you! Have a wonderful year and I look forward to our next encounter!



## District Spring EEA Meeting

District 11 Extension Education Association Spring Conference will be held in Taiton, Texas (Wharton County) on Wednesday, April 10, 2019. Look for more details coming in the future. Delegates will be voted on at the next meeting.

## Baked Potato Fundraiser is Around the Corner .....

The Baked Potato Fundraiser is scheduled for Thursday, March 7th from 11:00 am to 1:00 p.m. at the Austin County Courthouse. 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 Schulz 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. In addition, there will be two pick up locations in 2019 (Courthouse—Bellville and Industry). Look for further details to be announced in the near future.



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## County EEA Cultural Arts Contest

Monday, February 11th 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. Knellen will sign the entries advancing to district competition at this event. 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 Taiton, Texas.

## Commissioners' Luncheon

EEA's annual Commissioners' Luncheon is scheduled for Monday, February 11th at the St. John's Lutheran Church in Bellville 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 Sunday, February 17th. If you have any questions, please don't hesitate to contact JoAnn Reichle with West End TEEA.

## State Program—Country Roads Take Me Home

There will be an Leader Training during the month of January. Meeting is scheduled for the 28th at 10:00 am at the Extension Office. The educational program is entitled "Country Roads Take Me Home". Come out and enjoy!

## Save More at the Store

The smartest shoppers know that saving money is more than luck. When shopping for groceries, it's about having a game plan and making smart decisions about what to put in your cart.

Ask for advice. Grocery stores, ethnic markets, dollar stores, retail supercenters, and wholesale clubs can offer good deals. Ask friends and family where they shop and find their best bargains!

Eat before you shop. Grocery shopping hungry can lead to impulse buying and unhealthy food choices.

Read the sales flyer. Sales flyers are usually released mid-week and can be found at the store's entrance, in the newspaper, or on their website.

Use coupons – but only for items that you know you'll use. If you don't need an item right away, save the coupon and see if it goes on sale. For more on couponing, check out [Save More at the Grocery Store](#).

Look up and down for savings. Stores often stock the priciest items at eye level. You can save big by looking at the upper and lower shelves too.

Check for store brands. Most stores offer their own brand of products that often cost less than name brands.

Grab from the back. Stores typically stock shelves from back to front, placing the newest items behind the older ones. Reach in the back for the freshest items especially in the produce, dairy, and meat aisles.

Ask for a rain check. If a sale item has run out, ask the store for a rain check. This allows you to pay the sale price after the item is restocked.

Join your store's loyalty program. Most stores offer a free loyalty program. Get special offers and discounts that non-members do not.

Think outside the store. Farmers markets and farm stands can be great options for picking up fresh produce at a discount. Check the [National Farmers Market Directory](#) for locations near you.



Source : [MyPlate.gov](#)

## 10 Tips: Enjoy Your Food, But Eat Less

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.



**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.

**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.

**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.

**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.

**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.

**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.

**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.

**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.

**Compare foods**

Check out the SuperTracker's Food-A-Pedia to look up and compare nutrition information for more than 8,000 foods.

**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.

## Fall and Halloween Painting Workshop



There will be a painting workshop on March 14th at 9:00 am at Joan Buenger's home in Industry. More details are coming soon for sign up.

## CRASE – Civilian Response to Active Shooter Events - Active Shooter Educational Program!

EEA had the opportunity to host an educational program which focused on how to react when faced with an active shooter. The program was instructed by Mr. Michael Macha from the U.S. Department of Homeland Security. His informative program instructed participants on how to act in the face of danger. He left 42 participants with only three words to remember to recap his presentation... Run, Hide and Fight! The presentation without a doubt informed the participants on what to do when it counts.

## EEA Council Meetings

Thursday, January 24th  
Thursday, March 28th  
Thursday, May 23rd

Meetings are at 2:00pm 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. See you there!



## Field Trip to Stephen F. Austin Museum and Historical Site

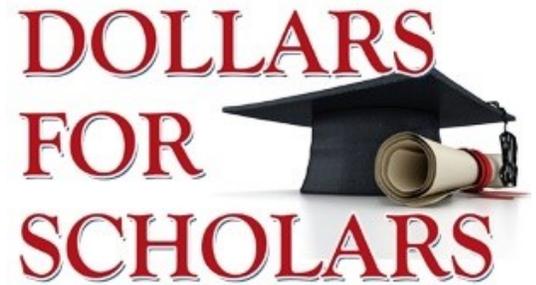
Mark your calendar! A fieldtrip is scheduled for April 23 to tour the Stephen F. Austin Museum and Historical Site. Please call the Extension Office to sign up. See you then and bring a friend!

## San Antonio Here We Come!! Spring Car Trip

Ladies you will not want to miss this opportunity! The Program Committee is planning a fantastic trip to San Antonio which is scheduled for April 16-18. As soon as all plans have been finalized, a flyer will go out with all the details. Look for more information coming to you soon! Be sure to hold the dates.

## Dollars for 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.



## Spring Salad Luncheon

A spring salad luncheon is scheduled for Thursday, May 2nd at 11:30 am at the Extension Office. Please bring your favorite recipe for all to try. Recipe sharing is welcome.

## Countywide Program: Wild Flower Identification and Plant Exchange

Spring will be in the air during this wonderful program! It's scheduled for Thursday, May 2nd following the salad luncheon at 12:30pm. Bring your favorite plant and expect to take a great one home.



## 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.

Verna Coufal  
Knellen Quinteros  
Doris Sodolak  
Cindy Slator