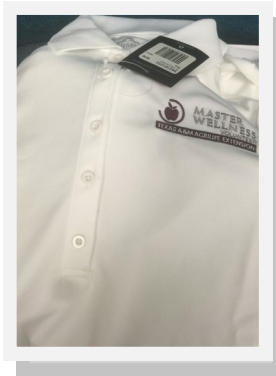


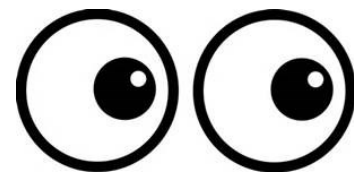
Brazos County FCS/BLT Volunteer News

Brazos County Master Wellness Volunteer Polo Style Shirts

Master Wellness Volunteer polo shirts have arrived. Barb Hermann, Connie Arden, and Teri Greig ordered shirts and they are available for pick up at the Extension Office.



Volume 1, Issue 3, August 2016



Watch for an email from Priscilla Hammond for more BLT volunteer opportunities for August and September.

Reporting Volunteer Hours

Visit <http://agrillife.org/mwv/> by the 2nd of each month to enter your hours. A total of 12.5 hours were reported in July. Way to go Barb, Connie, Pat, and Teri.

The 2016
*Drive Sober or
Get Pulled Over*

National
Drunk Driving
Enforcement

Friday, August 19, through
Labor Day Monday, September 5



NHTSA

The enforcement campaign coincides with the 2016 Labor Day holiday weekend (6 p.m. September 2 - 5:59 a.m. September 5), which is one of the deadliest times of the year in terms of drunk-driving fatalities. With NHTSA's support, State and local law enforcement agencies across the Nation are stepping up enforcement to put an end to drunk driving, showing zero tolerance in an effort to save lives.

Emerging News—Zika Virus

The Zika virus is a potential threat to the health of unborn babies in Texas. The virus is primarily spread through mosquito bites and the recent cases in Florida almost certainly came from local mosquitoes, meaning that Zika is being locally transmitted in the United States. The *Aedes* mosquito (*A. aegypti* and *A. albopictus*) transmits the virus and are commonly found in South Texas and along the Texas coast, but can also occur in other parts of Texas. Texas A&M AgriLife Extension Service has a strong history of addressing emerging issues and this is an opportunity to provide information to our citizens that can help minimize the threat. Medical science has not developed a vaccine, so avoiding mosquito bites is our best and only protection.

If this topic interests you, feel free to request some of AgriLife's resources. What's available?

- Videos
- PowerPoints (1-hour presentations)
- Brochures in English and Spanish

ZIKA



PRECAUTIONS FOR WOMEN

HIGHEST RISK



Pregnant women or women trying to become pregnant

If you contract Zika when or soon after you get pregnant, your unborn baby may develop serious brain damage

REDUCE RISK

During pregnancy, do not have vaginal, anal, or oral sex with a recent visitor to a Zika-infested area, or always use condoms



DEFEND YOURSELF

Drain or dump



All standing water around your home

Dress



To discourage mosquito bites

Day, dusk, and dark



Mosquitoes bite above 55° F

DEET



Use repellent when outdoors

These are CDC recommendations as of July 2016. For the most current guidelines, visit www.cdc.gov/zika/

FCS Volunteer Opportunities

Flyers for all public events are posted at <http://brazos.agrilife.org/events/>.

BLT A Fresh Start to a Healthier You—August 17, 2016, Veterans Administration Building 1651 Rock Prairie Rd Ste 201, College Station, TX 77845; 8:45 a.m. and 10:30 a.m.

Dinner Tonight Healthy Cooking School—August 22, 2016, 200 Technology Way, College Station Texas, Texas Forest Service/TEEX/Health Science Center Dinner Tonight Healthy Cooking School, 9:00-2:00 (includes prep and clean up time.) We are expecting 100 participants. Please help with this event if possible.

Dinner Tonight Healthy Cooking School—September 14, City of Bryan Administration Basement, 10:00 a.m.; help with facilitating, prepping, serving, and cleaning. Event starts at noon.

BLT A Fresh Start to a Healthier You—September 21, 2016, Veterans Administration Building 1651 Rock Prairie Rd Ste 201, College Station, TX 77845; 8:45 a.m. and 10:30 a.m.

Dinner Tonight Healthy Cooking School—September 22, Brazos County Extension Office, 10:00 a.m.; help with facilitating, prepping, serving, and cleaning. Event starts at noon.

Pizza Ranch—October 12-13, 2016 (Brazos County Expo; help needed at food safety and chef myplate booths; practices required leading up to this event; 8:00-2:30 each day)

Do Well Be Well with Diabetes classes (Tuesdays in November 1-30 at Lincoln Center; help needed promoting and facilitating activities; 10:00 a.m.-1:30p.m.). Event time is 11:30 a.m.-1:00 p.m.

Extension Banquet (November 7; Expo; 12:00; come and celebrate volunteerism)

All Star Childcare conference—(November 12, 2016 at Brazos Center; facilitators and instructors needed; 8:00-3:30; you will not be expected to stay the whole time)

Please email Flora Williams at fewilliams@ag.tamu.edu about the events that interest you or with questions or concerns. Please promote the following events.

TEXAS A&M
AGRI LIFE
EXTENSION

**Certified Food Manager's
FOOD PROTECTION MANAGEMENT
2016 Course Schedule**

→ January 11, 2016	9:00 a.m. – 6:00 p.m.
→ February 15, 2016	9:00 a.m. – 6:00 p.m.
→ March 10, 2016	9:00 a.m. – 6:00 p.m.
→ April 11, 2016	9:00 a.m. – 6:00 p.m.
→ May 16, 2016	9:00 a.m. – 6:00 p.m.
→ June 13, 2016	9:00 a.m. – 6:00 p.m.
→ July 11, 2016	9:00 a.m. – 6:00 p.m.
→ August 15, 2016	9:00 a.m. – 6:00 p.m.
→ September 12, 2016	9:00 a.m. – 6:00 p.m.
→ October 17, 2016	9:00 a.m. – 6:00 p.m.
→ November 14, 2016	9:00 a.m. – 6:00 p.m.
→ December 12, 2016	9:00 a.m. – 6:00 p.m.

**Registration fee for One Day Course is \$115.00

For more information contact:
Brazos County Office of Texas A&M AgriLife Extension
(979)823-0129

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

TEXAS A&M

AGRI LIFE

EXTENSION

National Seat Check Saturday



REAR-FACING
FORWARD-FACING
BOOSTER
SEAT BELT

*Make sure your child is riding correctly!
Get a free inspection !*

WHEN: September 24, 2016
8:30 am to 11:30 am
WHERE: Bryan Towne Center (Near Target)
3125 Wildflower Drive, Bryan

- Bring your child and seat and know child's weight and height.
- For more information contact Myrna Hill, Texas A&M AgriLife Extension Service Passenger Safety, 979-862-4658

Texas A&M AgriLife Extension Service

Brazos County Extension Office
2619 Highway 21 West
Bryan, Texas 77803

Phone: 979-823-0129

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E-mail: fewilliams@ag.tamu.edu



Our mission:

Improving the lives of people, businesses, and communities across Texas and beyond through high-quality, relevant education.

Do you know someone interested in a job with Texas A&M AgriLife Extension? Positions are listed at greatjobs.tamu.edu

Nutrition Messages that Meet Consumers' Needs

- ⇒ Key messages to educators
 - ◆ Consumers are bombarded with contradictory messages.
 - ◆ We live in an age of consumer misinformation.
 - ◆ Information is a smart phone away.
 - ◆ Food literacy can increase the likelihood of better food choice patterns. That includes planning, shopping, budgeting, and food selection.
- ⇒ Consider the source. Education tools that are evidence based:
 - ◆ Dietary Guidelines
 - ◆ Nutrition labels
 - ◆ MyPlate.gov
- ⇒ Relevant messages to consumers:
 - ◆ Limit sugary snacks
 - ◆ Be mindful of portion sizes
 - ◆ Increase fruits and vegetables (fill 1/2 of your plate)
 - ◆ Exercise more
 - ◆ Set goals that are actionable and achievable
- ⇒ Target behaviors
 - ◆ Involve the family
 - ◆ Know your go, slow, and whoa foods
 - ◆ Decrease sugar sweetened beverages
 - ◆ Decrease time spent sitting
 - ◆ Be physically active
 - ◆ Plan meals and snacks
 - ◆ Allow children to serve themselves
 - ◆ Prepare safe food

Food for thought: The intersection of hunger and health is real.

Lessons learned from Food Waste and Food Safety: Reducing One without Compromising the Other Training

- ⇒ Up to 40% of food in the US is lost (wasted or thrown away)
- ⇒ That's enough to fill the Rose Bowl every day
- ⇒ That is equivalent to 20 pounds of food per person per month
- ⇒ Food waste comes in three forms: avoidable (ex. Crust on bread), possibly avoidable (ex. Peels on carrots, skins on potatoes), and unavoidable (ex. Egg shells, bones, rinds, tea bags)

FYI- The title **Extension Agent** is changing to **Extension Educator** since educating is what we do.