

Family and Consumer Sciences “Connections” in Burnet County

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Put Your Best Fork Forward

For National Nutrition Month 2017, the Academy of Nutrition and Dietetics is encouraging everyone to “Put Your Best Fork Forward”.

Eating healthy begins with Healthy Food Preparation. Fail to plan and plan to fail could never be more true than when it comes to healthy eating. To help you get on track, here are five tips on healthy food preparation.

1. Make a game plan

Set aside one day a week to plan & prep your meals for the coming week. Be sure your plan has heart-healthy recipes. Making enough food to prepare meals throughout the week will save time, money and calories when hunger strikes.

2. Prep your basics

For easy, heart-healthy food preparation, keep your staples handy. Using extra-virgin olive oil in a spray bottle (versus pouring it out of the bottle) is an easy way to reduce your calorie intake.

3. Change your cooking method

To reduce fat & calories, consider changing the way you’re cooking. Bake, broil or sauté chicken instead of pan-frying. For fish, try grilling, broiling or poaching instead of deep-frying. This also applies to

vegetables. Instead of frying onions, try dicing and microwaving them in a bowl with a little bit of water for one to two minutes.

4. Change your tools

What tools you use to cook with is just as important as how you cook. Cook meat or poultry on a rack placed in a roasting pan— instead of just in the pan. This allows the fat to drain off, which decreases the amount of calories. In warm months, take your food outside and use your grill to achieve the same results.

Taking the time to organize your shopping list and meal plan, decide on your cooking method and pick your tools, is key in making heart-healthy and delicious meals. While busy schedules and routines can get in the way of health, setting aside a couple hours each week to dedicate to healthy food preparation will make all the difference.

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May your blessings
outnumber
The shamrocks that
grow,
And may trouble avoid
you
Wherever you go.

Irish Blessing



Safe Disposal of Medications

Prescription and non-prescription medications have made our lives better in many ways. Being able to safely manage your medications involves understanding a little bit about drugs, in general, and how to talk to your doctor, pharmacist and other health providers who might recommend medications. Managing your medications also involves dealing with those that are unused, expired, or no longer needed.

On prescription bottles, the label will often tell you when the medicine should be discarded. On over-the-counter medicines and sample medicines, the expiration date (the date it should be discarded) is often printed on the label under "EXP," or stamped without ink into the bottom of a bottle, carton, or the crimp of a tube. For medicines without an expiration date, unless you know you purchased it within the past year, it's best to toss it. As time passes, medicines may lose their effectiveness, especially if they are stored in a medicine cabinet in a warm, moist bathroom. In rare cases, outdated medicines could become toxic.

The Food and Drug Administration (FDA) shares the following guidelines to encourage the proper disposal of medicines and help reduce harm from accidental exposure or intentional misuse after they are no longer needed:

*Follow any specific disposal instructions on the prescription drug labeling or patient information that accompanies the medicine. Do not flush the medicines down the sink or toilet unless this information specifically instructs you to do so.

*Take advantage of programs that allow the public to take unused drugs to a central location for proper disposal.

If no disposal instructions are given on the prescription drug labeling and no take-back program is available in your area, throw the drugs in the household trash following these steps:

1. Remove them from their original containers and mix with an undesirable substance such as used coffee grounds, dirt or kitty litter (this makes the drug less appealing to children and pets, and unrecognizable to people who may intentionally go through the trash seeking drugs).
2. Place the mixture in a sealable bag, empty can or other container to prevent the drug from leaking or breaking out of a garbage bag.

A few other tips FDA recommends include:

- Scratch out all identifying information on the prescription label to make it unreadable. This will help protect your identity and the privacy of your personal health information.
- Do not give your medicine to friends. Doctors prescribe medicines based on your specific symptoms and medical history. Something that works for you could be dangerous for someone else.
- When in doubt about proper disposal, ask your pharmacist.
- The same disposal methods for prescription drugs could apply to over-the-counter drugs as well.

For more information as well as a list of restrictions, access MedicationCleanout.com or call (806) 414-9495.



Source: Food & Drug Administration Consumer Health Information, June 2015

Tornado—Do You Know What To Do?

With spring on the horizon we find ourselves at higher risk for severe weather. Knowing what to do when severe weather strikes could save you and your family's lives. The National Weather Service shares the following tips on [what to do if a tornado threatens your area](#).

If at home:

- ◇ If you have a tornado safe room or engineered shelter, go there immediately.
- ◇ Go at once to a windowless interior room, storm cellar, basement, or the lowest level of the building.
- ◇ If there is no basement, go to an inner hallway or a smaller inner room without windows, such as a bathroom or closet.
- ◇ Stay away from the windows.
- ◇ Get under a piece of sturdy furniture, such as a workbench or heavy table or desk and hold on to it.
- ◇ Use your arms to protect your head and neck.
- ◇ If in a mobile home, get out and find shelter elsewhere.

If at work or school:

- ◇ Go to the area designated in your tornado plan. This is usually the most interior room on the lowest floor without windows.
- ◇ Avoid places with wide-span roofs such as auditoriums, cafeterias, large hallways, or shopping malls.
- ◇ Get under a piece of sturdy furniture, such as a workbench or heavy table or desk and hold on to it.
- ◇ Stay down low, with your head against the wall and use your arms to protect your head and neck.

If outdoors:

- ◇ If you are caught outdoors, seek shelter in a basement, shelter, or sturdy building.
- ◇ If you cannot quickly walk to a shelter, immediately get into a vehicle, buckle your seat belt, and try to drive to the closest sturdy shelter.

If in a car:

- ◇ If you encounter flying debris while you are driving, pull over and park.
- ◇ Stay in your vehicle with your seat belt fastened. Put your head down below the windows, covering with your hands and a blanket, if possible.
- ◇ If you can safely get lower than the level of the roadway, exit your car, and lie in that area, covering your head with your hands. Be aware of the potential for flooding.

Asparagus with Lemon Sauce

Lemon sauce makes fresh asparagus the perfect side dish for fish, chicken,



Nutrition Facts Per Serving:

Calories: 39
Total Fat: 0g
Total Fiber: 2g
Protein: 2g
Carbohydrates : 7g
Cholesterol: 0g
Sodium: 107 mg
Potassium: 241 mg

Prep Time: 5 minutes
Cook Time: 10 minutes

INGREDIENTS:

- 20 medium asparagus spears, rinsed and trimmed
- 1 fresh lemon, rinsed (for peel and juice)
- 2 Tbsp. reduced-fat mayonnaise
- 1 Tbsp. dried parsley
- 1/8 tsp. ground black pepper
- 1/16 tsp. salt

PREPARATION:

1. Place 1 inch of water in a 4-quart pot with a lid. Place a steamer basket inside the pot, and add asparagus. Cover and bring to a boil over high heat. Reduce heat to medium. Cook for 5-10 minutes, until asparagus is easily pierced with a sharp knife. Do

2. While asparagus cooks, grate the lemon zest into a small bowl. Cut the lemon in half and squeeze the juice into the bowl. Use the back of a spoon to press out extra juice and remove pits. Add mayonnaise, parsley, pepper, and salt. Stir well. Set aside.
3. When the asparagus is tender, remove from heat. Place in serving bowl. Drizzle the lemon sauce evenly over the asparagus (about 1 1/2 tsp. per portion) and serve.

Yields: 4 Servings

Serving Size: 5 spears, 1 1/2 tsp sauce

Linda Wells, CEA-FCS

Address: 607 N Vandever, Burnet, TX 78611

Email: linda.wells@ag.tamu.edu

County Website: <http://burnet.agrilife.org/>

Phone: 512-756-5463

Fax: 512-715-5220

Family & Consumer Sciences

“Connections” is provided by these Texas A&M AgriLife Extension Service Family and Consumer Science Agents:

BURNET COUNTY FCS NEWS

- * **Good News** — we have made the move and are “slowly but surely” getting everything unpacked and in place. Please notice our new physical AND mailing address above!! We have had several very successful meetings in the new location—come by and see us & we will give you a guided tour!!
- * **Congratulations to Matthew Kepner** for receiving the 2017 Burnet County TEEA 4-H Scholarship. Best Wishes to him as he continues his education in the Culinary Arts field.
- * **Our Burnet County “Walk Across Texas” Program is off to a great start!** Thanks to all of you who are participating!!
- * **Mark your calendars and SAVE THE DATES** for the upcoming FCS programs at the NEW Extension Office:
- * **“Health Talk Express”** 10 a.m. 03/15/17 & 04/19/17
- * **“Walk Across Texas! Awards & Recognition** 2 p.m. 04/20/17
- * **“Dinner Tonight! Healthy Cooking School** 6-8 p.m. 04/27/17
- * **Have a wonderful and magical month!!!** *Linda Wells, CEA/FCS*



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Mandi Seaton, D7 Regional Program Leader