

August 2016 Newsletter Volume 3, Issue 2



B Vitamins thiamin, riboflavin and niacin help the body release energy from protein, fat and carbohydrates and are essential for a healthy nervous system.

(Source: choosemyplate.gov; Photo: betterdigestion.org)

On the Counter or In the Fridge?

Adapted From an Article By Jody Gatewood

Have you ever bought a bag of apples or oranges, a couple of cucumbers or a few tomatoes and had them spoil before you can eat them?

Produce is great to eat when it's fresh, but when you aren't able to eat it fast enough, it's good to know how to properly store the produce so it lasts longer.

Here's a quick look at how to store some types of produce:

Refrigerate:

Apples, berries, asparagus, green beans, broccoli, carrots, leafy greens and anything that is cut up

Keep at Room Temperature:

Melons, tomatoes, squashes (store on the counter but away from direct sunlight)

Onions, potatoes, sweet potatoes (best if kept in a dark area such as a pantry)

Ripen on Counter then Refrigerate:

Nectarines, peaches, pears, plums

Storing your produce correctly is the best way to ensure that it stays fresh and good as long as possible.

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FCS Committee

How Exercise Can Help

By Go4Life

- Can help maintain and improve physical strength
- Can help improve ability to do everyday things
- Can help improve balance
- Can help manage and improve diseases like diabetes, heart disease and osteoporosis
- Can help reduce feelings of depression and improve mood
- May improve ability to shift quickly between tasks

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Healthy Peach Frozen Yogurt

By fitnessfooddiva.com



- 1 16 oz. bag frozen peaches
- 4 tbsp. agave nectar or honey
- 1/2 c. plain yogurt
- 1 tbsp. fresh lemon

Add the frozen peaches, agave or honey, yogurt and lemon juice to food processor. Process until creamy—about 5 minutes. Serve the frozen yogurt immediately and top with fresh mint (optional). Can be stored in freezer for up to 1 month.

Understanding Price Tags

By choosemyplate.gov

There is much more to a price tag on the grocery shelf. First, there's the retail price. This is the price you pay for each item. But, have you ever looked at the unit price?

The unit price will tell you how much an item costs per pound, ounce, quart, etc. Get the inside scoop on the unit price below, and try these tips at your next grocery visit to maximize your savings.

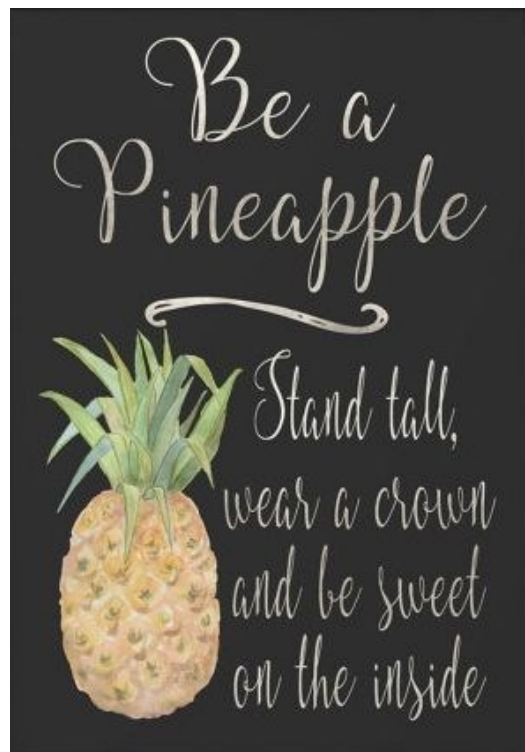


The image above shows two different price tags. In the first red box, the retail price is \$1.62 for one 32 oz. yogurt. The unit price is \$0.05 per oz. In the second red box, the retail price is \$0.72 for one 6 oz. yogurt. The unit price is \$0.12 per oz. Based on the unit price, you can determine that the larger, 32 oz. yogurt is the better buy.

How is the unit price found?

TOTAL PRICE / SIZE = UNIT PRICE

Example: $\$0.72 / 6 \text{ oz.} = \text{Unit Price of } \0.12 per oz.



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You're Invited!

Next FCS Committee Meeting:
September 21, 2016 | 12 p.m.
Wellness Center at Bayside

We will be making a craft and discussing upcoming summer AgriLife/FCS programming.