



FCS Newsletter

Vol. 2, Issue 4

December 2015

Want great ideas on what to cook for your family? Join the mailing list at www.dinnertonight.org!

Join the Committee!

Next Meeting—December 16, 2015
Wear your ugliest sweater/shirt!

Are you a member of the Chambers County FCS Committee? If you're interested in joining, please call the Extension Office at 409-374-2123 to ask to be notified of the next meeting!

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FAMILY & CONSUMER SCIENCES
Creating Healthy & Sustainable Families

September Meeting Minutes

On September 15, 2015 the Family and Consumer Science committee met at the Chambers County Library Branch of Anahuac at 12 p.m. Lindy Pitre, Samantha Humphrey, Jessi Parham, Ira Echols, and Tyler Fitzgerald were present.

The meeting was called to order by Lindy Pitre, who also reviewed the previous meeting minutes and gave the updated status of the Family and Consumer Science Committee bank account.

Lindy also discussed that she is planning a 2016 Multi-County Youth Cooking series in collaboration with Liberty County. The series will be open to non 4-Hers—stay tuned for more info! It was also brought up that Dr. Ben mentioned that the Wellness Center may be doing a diabetes program for members only, however, that would leave some population uninformed. In hopes to inform the entire community of these health concerns, Lindy is getting trained for the Do Well Be Well program.

1,450 dollars was raised in sponsorships to fund the 2015 Chambers County 4H banquet. A Cook Book fundraiser was discussed, but tabled until the next meeting because Jean was absent. Jessi Parham informed the committee of the events and excitements of the Leadership Institute, and expressed her gratitude to the committee for sponsoring the trip. The meeting was adjourned at 1:20 p.m.

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

Breakfast: The Most Important Meal of the Day?

Many of us skip breakfast. Even if we don't want to admit it, no one actually enjoys getting up thirty minutes earlier to make breakfast; you're going to eat lunch in 5 hours anyway, so what's the big idea?



The big idea is that breakfast increases brain functioning, boosts energy levels, and even maintains your weight. The USDA reports that consuming breakfast each morning can improve children's scores in school, and can improve attention, problem-solving ability and, memory. It has been proven that people who skip breakfast are less productive at work, are less effective at problem solving, and have less mental clarity compared to people who eat a healthy breakfast each day.

If you are continuously tired throughout the day, while you're heading to grab your 5th cup of coffee, plan out your breakfast for the next morning. Your brain and body need glucose in order to function effectively, and your body is not equipped to store all of those nutrients in your body from the night before when you ate dinner, to the next morning at 10:30 a.m. when lunch seems light years away. After fasting all night, breakfast fuels your body so you start the day with energy.

Eating breakfast is also beneficial to weight loss and/or maintenance. The USDA has reported that people who eat breakfast take in less calories than people who do not eat breakfast. This is because by the time you take your lunch break, your body is telling you it needs more than it actually does, which causes you to over-eat. When you finally eat after going for such a long time without food, your body stores the food as fat as a survival mechanism. If you would have just eaten the breakfast, you wouldn't have gained that pound!

Article adapted from healthyeating.sfgate.com

DIY Grinch Fruit Kabobs

Ingredients:

Green Grapes, Strawberries, bananas, mini marshmallows, toothpicks

Directions:

1. Slice bananas
2. Cut stem off of and rinse strawberries
3. Rinse grapes
4. Begin placing the fruit onto the toothpick with the grape first, stopping about mid way down the toothpick. Then, on top of the grape, place the banana. Next, with the flat end touching the banana, add the strawberry. To finish it off, add one mini marshmallow to the very end of the toothpick. Enjoy your festive treat!



Recipe borrowed from raininghotcoupons.com

Confidence is not
"They will like me".
Confidence is
"I'll be fine
if they don't."



Tips on staying safe this holiday season

Los Angeles Police Department has put together a huge list for staying safe this holiday season. Here are a few:

- ⇒ If you must shop alone at night, park in a well lighted area, or, more specifically, directly under a light pole
- ⇒ Locate your keys prior to going to your car. This will keep you cautious of your surroundings and if the need arises, you will be able to get into your car as quickly as possible.
- ⇒ If you suspect someone may be following you home, DO NOT pull into your driveway. Continue driving to a well-populated area, or even go straight to the police department.
- ⇒ Do not throw your ATM receipt away at the ATM location.
- ⇒ Teach children their full name, address, and a telephone number to give to security or a police officer if they get lost.
- ⇒ It never hurts to carry mace, but be mindful of the proper use of such defense mechanisms.

For more helpful tips, visit http://www.lapdonline.org/crime_prevention