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courage  
to live life  
the way  
you want  
to.

June 2018

Volume 5, Issue 2

# FCH Newsletter

## Men's Health Month

June is Men's Health Month! Men's Health Month is celebrated across the country with screenings, health fairs, media appearances and other health education and outreach activities.

The goal of Men's Health Month is to heighten awareness of the preventable health issues that men face and encourage early detection and treatment of disease among men and boys.

Men's Health Month.org encourages everyone to wear blue on the Friday before Father's Day to raise awareness.

Find out more information at [men-healthmonth.org](http://men-healthmonth.org).

### Freezing 101

Adapted from an Article by the Academy of Nutrition and Dietetics

Freezing is an effective way to make perishable items last longer. The process of freezing prevents the growth of bacteria, yeasts and molds that cause food spoilage and food poisoning. However, it is important to follow these tips to safely freeze and protect the quality of your foods.

#### Proper Storage Temperature and Time

Keep your freezer at or below 0 degrees Fahrenheit and your food will always be safe. Only the quality may suffer lengthy freezer storage. Built-in temperature control dials may not be accurate, so you should use a separate appliance thermometer to check the internal freezer temperature.

#### What Can You Freeze?

You can freeze almost any item with some exceptions including canned food or eggs in shells. You can safely freeze items such as mayonnaise, cream sauce and lettuce, but the quality will suffer. Meat, poultry, seafood and other vegetables are great foods to freeze because they will maintain their quality longer than if cooked.

#### Packaging for the Freezer

Food items should be tightly packed in freezer bags or airtight containers. Squeeze air bags before sealing and leave some space in containers in case foods expand. If moisture escapes, frozen food can become dry, tough and may develop "freezer burn."

To prevent moisture loss, use packaging designed for freezing including:

- "Can or freeze" glass jars
- Plastic freezing containers
- Heavyweight aluminum foil
- Plastic-coated freezer paper
- Polyethylene wrap and bags
- Freezer-safe bags

#### Preventing Freezer Burn

Freezer burn is the white, dried-out patches that appear on the surface of frozen foods. Although freezer burn won't make you sick, it makes frozen foods—such as meat and produce—tough and tasteless. To prevent freezer burn, wrap freezer items in heavy freezer paper, plastic wrap, freezer bags or foil.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

# Chicken and Summer Veggies Grilling Pocket

Dinner Tonight

## Ingredients:

- 1 large red bell pepper sliced into strips
- 1/5 cup mushrooms sliced
- 1 onion thickly sliced
- 2 medium zucchini sliced
- 1 medium summer squash
- 1.5 chicken breast cut into equal sized cubes
- 2 tbsp. olive oil
- 1 tbsp. oregano dried
- 1 tbsp. parsley dried
- 1/2 tsp garlic powder
- 1 tsp paprika

(Makes six servings.)

## Instructions:

1. Wash your hands and clean your preparation area. Heat your grill to

2. cook over medium-high.
3. Cut the vegetables as directed. Cut the chicken into evenly sized cubes.
4. Combine the olive oil, oregano, parsley, garlic powder and paprika in a small bowl.
5. Cut 6 sheets of foil approximately 12 inches in length each.
6. Divide the vegetables and chicken evenly among the 6 sheets of foil. Top each with some of the oil mixture, spreading over the vegetables and chicken.
7. Fold the foil so that it creates a sealed pocket.
8. Grill the foil packets over medium high heat for 35 to 40 minutes or until chicken reaches 165 degrees F.

## Nutrition Facts

6 servings per container	
Serving size	(283g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 60mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 42mg	4%
Iron 1mg	6%
Potassium 825mg	20%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Join us for our next FCH Committee Meeting!

June 19, 2018  
12 p.m.

The Wellness Center at  
Bayside

A light lunch will be  
provided!

## Feel Down? Get Up! Emotional Benefits of Exercise

By Go4Life

Research has shown that the benefits of exercise go beyond just physical wellbeing. Exercise helps support emotional and mental health. So next time you're feeling down, anxious or stressed, try to get up and start moving!

Physical activity can help:

- Reduce feelings of depression and stress while improving your mood and overall emotional well-being
- Increase your energy level
- Improve sleep
- Empower you to feel more in control

In addition, exercise and physical activity may possibly improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks, plan an activity and ignore irrelevant information.

Want to join the FCH Committee? Call 409-374-2123 to find out when our next meeting is!

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