

have the
courage
to live life
the way
you want
to.

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FCH Newsletter

National Food Safety Education Month

September is National Food Safety Month as well as National Family Meals Month.

This issue of the Chambers County Family and Community Health Newsletter will provide tips, tricks and hints to practice food safety and to take advantage of the many benefits of enjoying family meals.

For more information, visit:

- fightback.org
- CDC.gov
- Dinnertonight.tamu.edu
- FMI.org

Why Family Meals Matter?

Adapted from an article by the Food Marketing Institute

The data on why family meals matter is positively overwhelming.

Study after study provides significant, measurable scientific proof about the positive, lifelong benefits of family meals. Family meals nourish the spirit, brain and health of all family members.

- Regular family meals are linked to higher grades and self-esteem and delayed sexual activity
- Children who grow up sharing family meals are more likely to exhibit pro-social behavior as adults, such as sharing, fairness and respect
- With each additional family meal shared each week, adolescents are less likely to show symptoms of violence, depression and suicide, less likely to use or abuse drugs or run away, and less likely to engage in risky behavior or delinquent acts
- Kids and teens who share meals with their family three or more times per week are significantly less likely to be overweight, more likely to eat healthy foods and less likely to have eating disorders

The danger of fewer family meals is real. A significant study on the relationship between certain family characteristics and adolescent problem behaviors, published in the *Journal of Adolescent Health*, found that teens who have infrequent family dinners (fewer than three per week) are:

- 3.5 times more likely to have abused prescription drugs or to have used an illegal drug other than marijuana or prescription drugs
- 3 times more likely to have used marijuana
- More than 2.5 times more likely to have used tobacco
- 1.5 times likelier to have used alcohol

This is why researchers, health experts, popular media and communities across America are joining the movement to commit to one more meal at home per week this September for #FamilyMealsMonth!

#FamilyMealsMonth

Asian Chicken and Brown Rice Salad

Dinner Tonight

Ingredients:

- 3 tbsp. low sodium soy sauce
- 3 tbsp. rice wine vinegar
- 2 tbsp. sesame oil
- 2 cups whole grain brown and wild rice mix
- 3 cups shredded cooked chicken
- 1 cup diced yellow bell pepper
- 1 can water chestnuts (chopped)
- 1/2 cup green onions (chopped)
- 1 cup chow Mein noodles
- 6 cups baby spinach leaves
- Salt and pepper to taste.

(Makes six servings.)

Instructions:

1. Wash your hands and clean your preparation area.
2. Whisk together soy sauce, vinegar

- and sesame oil in a large bowl.
3. Prepare brown and wild rice mix according to package directions.
4. Stir chicken, next 4 ingredients and rice into soy sauce mixture.
5. Add salt and pepper to taste.
6. Serve on bed of baby spinach.



Nutrition Facts

6 servings per container
Serving size 1 cup chicken + 1 cup spinach (280g)

Amount per serving
Calories 320

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 500mg	22%
Total Carbohydrate 30g	11%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 0mcg	0%
Calcium 76mg	6%
Iron 4mg	20%
Potassium 342mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,500 calories a day is used for general nutrition advice.

Join us for our next FCH
Committee Meeting!

Sept. 18, 2018

12 p.m.

The Wellness Center at
Bayside

A light lunch will be
provided!

The Core Four Practices for Safe Food Handling

By Fight BAC

Right now, there may be an invisible enemy ready to strike. He's called BAC (bacteria) and he can make people sick. In fact, even though consumers can't see BAC—or smell him or feel him—he and millions more like him may already be invading food products, kitchen surfaces, knives and other utensils. But you have the power to Fight BAC and reduce your risk of foodborne illness. It's as easy as following these core four Fight BAC practices for food safety:

- CLEAN—wash hands and surfaces often
- SEPARATE—don't cross-contaminate
- COOK—cook to the safe internal temperature
- CHILL—refrigerate promptly

To find out more on the Core Four visit FightBAC.org to download handy tip sheets.

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

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