



A Monthly Guide to Keep Your Family Happy & Healthy

Health Beat



June 2018

Top 10 Reasons to Shop at a Farmers Market...

1. Freshly picked, in season produce is at its peak in flavor and nutrition.

Check out the Seasonal Produce Guide (<https://snaped.fns.usda.gov/seasonal-produce-guide>) to learn what fruits and vegetables are in season.

2. Support your local farmers and economy.

You can help new and smaller farmers be successful and save farmland in your area.

3. Fresh fruit and vegetables are full of antioxidants and phytonutrients.

Antioxidants are man-made or natural substances that may prevent or delay some types of cell damage. Antioxidants are found in many foods, including fruits and vegetables. They are also available as dietary supplements.



Creating a Healthy Coryell

4 Ways to Promote a Positive Body Image for Kids

Body image is how we feel about our bodies. Whatever their size or weight, children can develop either a positive or negative view of their bodies. And, body image concerns can begin as early as preschool. Therefore, parents and other adult role models need to promote a positive body image for children of all ages.

Step One: Check Your Own Body Image Issues

How parents feel about their bodies has a powerful influence on kids. Take time to think about ways you might be telling your children about your body image. If you talk about your huge thighs, your latest weight loss diet or your punishing workouts, your kids will pick up on these negative messages. They will begin to worry about the size of their thighs and think they should be dieting.

Step Two: Focus on Health, Not Weight

For your kid's sake (and your own sanity), shift your focus from weight to health. Stop obsessing about numbers on the scale. Instead, concentrate on delicious foods and fun physical activities. Most kids don't need to work out — they need to play with family and friends. Children shouldn't be counting calories or restricting their intake. They should be enjoying regular meals and learning how to make smart, tasty snack choices.

Step Three: Find Physical Activities That Fit

Feeling fit, strong and capable is one aspect of positive body image. All children need regular physical activity they enjoy. Some kids are natural athletes — they love all sports. Other kids do better at individual activities, such as walking or riding a bike. Some may find their niche in yoga, karate or a hip-hop dance class. It doesn't matter what kids do for physical fitness. It just matters that they do something.

Step Four: Myth-Busting the "Perfect Body"

Help your child become a savvy media critic by talking about bodies on television, in magazines and on the internet. Chat with them about the pictures of models they see in print and online ads. Explain that many of these images are retouched or changed so the bodies appear "perfect."

June is National Safety Month

Emergency situations can happen at any time, making it crucial that you are prepared for the unexpected long before it happens.

Plan for Possible Emergencies

- Research and prepare for natural disasters common to your area, such as floods, earthquakes or tornadoes
- Create an emergency kit for both your home and car
- Create a home emergency plan with your family and learn how to shut off your utilities
- Store important phone numbers, including those of

family members, with other important documents in a fire-proof safe or safety deposit box

- Learn first aid and CPR for children and adults – check out the NSC First Aid app



Stock Your Emergency Kits Now

- Emergency kits can help you prepare for the worst, but only if they are properly stocked and regularly refreshed.
- Your home emergency kit should be very accessible and contain: Food and water for each family member for three days as well as a can opener and nonperishable foods, such as tuna and peanut butter

- Hand-crank or battery-powered flashlight and radio with extra batteries
- Full first aid kit, including hand sanitizer and garbage bags
- Plastic sheeting and duct tape for broken windows or a leaky roof
- Whistle to signal for help so rescuers can locate you.

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Top 10 Cont...

Phytonutrients are a wide variety of compounds produced by plants. They're found in fruits, vegetables, beans, grains, and other plants. Each phytonutrient comes from a variety of different plant sources and has different proposed effects on and benefits for the body.

4. It's a great way to get your kids involved.

Let them pick out something new to try, then they can help prepare a meal or snack.

5. Supporting your local farmers market strengthens your community.

Meet your local farmers, learn about foods grown in your area and catch up with friends and neighbors while stocking up with local goods.

6. Farmers markets offer foods that align with MyPlate guidelines.

Buy foods and see how they fit with ChooseMyPlate. Visit different booths to pick up seasonal fruits and vegetables, as well as local

Recipe of the Month

Chicken Salad

This refreshing and light lunch is easy to make. You can pack this salad for lunch on the run. It can also be served for dinner.

Ingredients

- 1 can canned chicken (drained, about 12 ounces)
- 3 tablespoons mustard
- 2 tablespoons honey
- 1 cup apples (diced)
- 1/4 cup raisins
- 1/4 teaspoon black pepper
- 2 tablespoons parsley or cilantro (chopped, optional)

Directions

1. In a large bowl, combine chicken, mustard, honey, and apples. Mix well.
2. Sprinkle raisins and pepper on top of salad. If using parsley or cilantro, add that too.
3. Serve on a lettuce leaf or on a slice of homemade bread.

Beef Kabobs

Ingredients

- 1lb extra lean beef steak
- 1/4tsp sea salt
- 1/4tsp minced garlic
- 1 medium green bell pepper cut into 20 squares
- 10 cherry tomatoes
- 10 small, fresh mushrooms
- 2 small, yellow squash cut into 10 slices
- Non stick cooking spray

Instructions

1. Cut meat into 20 (1-inch) cubes
2. Thread meat, green pepper, tomatoes, mushrooms, and squash alternately onto five (12-inch) skewers.
3. Sprinkle evenly with salt and garlic.
4. Coat grill rack with cooking spray; place on medium hot grill (350° to 400°F).
5. Place kabobs on rack and grill uncovered, 10 minutes or to desired doneness, turning once.



Safe and Healthy Fruits & Vegetables

Fruits and vegetables are healthy to eat. But did you know that harmful germs, like Salmonella, E. coli, and Listeria, can sometimes be on fruits and vegetables? There are ways you can help keep them safer to eat.



Produce Food Safety From the Grocery Store to Your Table

There are steps that can help keep you healthy and your fruits and vegetables safer to eat from the store to your table.

At the Grocery Store or Market

- Choose fruits and vegetables that are free of bruises or damaged spots, unless you plan to cook them.
- Choose precut and packaged fruits and vegetables that are refrigerated or kept on ice.
- Separate fruits and vegetables from raw meat, poultry, and seafood in your shopping cart and in your grocery bags.

At Home

- Wash your hands before and after preparing fruits and vegetables.
- Wash or scrub all fruits and vegetables under running water before eating, cutting, or cooking.
- Fruits and vegetables labeled “prewashed” do not need to be washed.

Storing Fruits and Vegetables in the Refrigerator

- Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible, or within 2 hours. Refrigerate within 1 hour if the temperature outside is above 90°F.
- Use a refrigerator thermometer to make sure the temperature stays at 40°F or below.
- Store fruits and vegetables away from, and not next to or below, raw meat, poultry, or seafood. These items can drip juices that may have germs.

Use Separate Cutting Boards

- Use a separate cutting board for fruits and vegetables that is never used for cutting or preparing raw meats, poultry, or seafood.
- Wash cutting boards, countertops, and utensils with hot, soapy water before and after preparing fruits and vegetables.

Source: Centers for Disease Control and Prevention



Step Up & Scale Down!

Step Up Scale Down is a research-based program designed to help you achieve and maintain a healthy weight in 12 weeks. The USDA Dietary Guidelines inform the program, which focuses on forming habits to promote health and reduce your risk for chronic disease. Step Up Scale Down is available online OR through face-to-face lessons with local county agents. Contact your local agent to request a new class.

Top 10 Cont...

dairy, grain and protein products so you can build your healthy plate.

7. Farmers often have recommendations for preparing their products.

Visit Fruits and Veggies More Matters (<https://www.fruitsandveggiesmorematters.org/main-recipes>) to see recipes that use fresh fruits and vegetables.

8. You can try a new fruit or vegetable!

Have you ever tasted gooseberries or rhubarb? Many farmers markets offer lesser known fruits and vegetables, providing a variety that can be both tasty and nutritious. Learn how to select and store rare and common fruits and vegetables with the Fruit Nutrition Database (<https://www.fruitsandveggiesmorematters.org/fruit-nutrition-database>)

9. SNAP and WIC benefits are accepted at some farmers markets.

10. Farmers markets are easy to find.

Due to their flexible locations, some community farmers markets provide fresh, healthy foods when other sources aren't as easily accessed.



Q: What does FCH mean?

A: Family & Community Health...

The Texas A&M AgriLife Extension Service's FCH unit helps Texans better their lives through science-based educational programs designed to improve the overall health and wellness of individuals, families, and communities. Programs are developed by subject matter experts and delivered throughout the state by a network of local educators and volunteers. FCH focuses on topics such as child and adult health, nutrition, child care, financial management, passenger and community safety, and building strong families. The goal of the FCH unit is to encourage lifelong health and well-being for every person, every family, and every community.



diabetesmanagement

Diabetes 1st Step: Live Healthy, Be Hopeful - This free online course takes just over an hour to complete and is designed for people with type 2 diabetes, particularly those who are newly diagnosed.

Do Well, Be Well With Diabetes - is a five week series, developed by the Texas A&M AgriLife Extension Service Food and Nutrition Unit, to help people with type 2 diabetes learn how to manage their blood glucose through basic nutrition and self-care management. Contact the Extension Office for more information.



National Safety Month Continued...

Your car emergency kit should contain:

- A properly inflated spare tire, wheel wrench, tripod jack and jumper cables
- A tool kit, compass, duct tape and car charger for your cell phone
- A flashlight with extra batteries, a rain poncho and a fire extinguisher
- Reflective triangles and vest, and brightly colored cloth to make your vehicle more visible
- A first aid kit and enough nonperishable food and water for three days
- Cold weather items such as a snow brush, shovel, windshield washer fluid, warm clothing, cat litter for traction and blankets.

Source: www.ncs.org

Contact us at **254-865-2414**

<http://coryell.agrilife.org>

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