

Hale County TEEA Hotline

March, 2015 225 Broadway, Suite 6, Plainview, 806/291-5270
TX 79072

UPCOMING DATES



March

- 16 1:30 EE Council Meeting
- 17 St. Patrick's Day
- 20 First Day of Spring
- 23 1:30 Abernathy EE Club Meeting
- 24 4-H County Fashion Show, Abernathy
- 26 District TEEA Meeting, Levelland

April

- 3 Good Friday / County Holiday
- 5 Happy Easter!
- 8 Noon BLT/FCS Advisory Committee Meeting
- 9 Snyder Jr. EE Club
- 9 "Twist & Shout" Taste of Plainview, OLC
- 13 4-H County Round-up, Plainview
- 14 District 4-H Fashion Show, Lubbock
- 20 1:30 EE Council Meeting

Fundraiser

Be sure you have your calendar marked on Tuesday, April 14 to assist with the Annual Hale/Swisher County Crops Conference. It will be held at the Justice Building in Plainview this year.

March Club Program

The March Club program "Diversity: How does it make us see, hear, feel, think and act?" Contact Martha Todd to confirm your program.



"To do great things is difficult; but to command great things is more difficult."

~Friedrich Nietzsche

HAPPY BIRTHDAY!!!

April

10 Donnet Evans, Snyder Jr.

2015 District Meeting

The District Meeting will be held on Thursday, March 26 in Levelland. Delegates for the District Meeting will be Donnet Evans, Martha Todd and Carol Williamson. Susie Starnes will be presiding over the meeting as our District Chairman. Clubs are responsible for Silent Auction items and door prizes. Contact your club president for more details if you have any questions.

April Club Program

The April Club program will be "Safe Medication Disposal." Contact Nelda VanHoose concerning program dates and locations.



Cultural Arts Results

Congratulations to all of you who entered cultural arts items. All eleven items are eligible to compete in the district contest and received 1st Place.

County Contest Results:

Twilla Morris – Afghans, Tablecloths, Blankets, Bedspreads and Throws

Carol Williamson – Fabric Creation

Twilla Morris – Garments and Accessories – handmade

Carol Williamson – Handstitchery

Carol Williamson – Holiday Decoration

Carol Williamson – Jewelry

Carol Williamson – Traditional Scrapbooks

Kay Taylor – Digitally Produced Scrapbooks

Twilla Morris – Quilts-smaller than 50x70-machine quilted

Carol Williamson – Recycled Items

Carol Williamson – Wall Hangings

THANK YOU'S!

Thanks to the Snyder Jr. and Abernathy EE Clubs for allowing me the opportunity to participate in each of your club meetings this month and to present "Landscaping for Home Security".

Cookbook Deadline March 19th

The deadline for the Hale County EEA Cookbook is fast approaching on March 19. The cookbook account is found at Morris Press Cookbooks with a typensave® account. As a club member if you have a recipe you have not provided to us yet you can still give recipes to Donnet, Kay or Deana. If you choose you may enter the recipe yourself on the Morris Cookbook site. The user name is HALETEEA must be all caps and contributor password is: pepper932. We can still use recipes and if you choose you can bring them to council on Monday. You can just bring the cookbook or recipe cards and they will be returned to you.

Recipe

Fettucine with Fresh Vegetables

8 oz. uncooked fettuccine

2 1/2 tablespoons olive oil

2 tablespoons Mrs. Dash® Garlic & Herb Seasoning Blend

1 medium red bell pepper, cored and seeded, cut into thin strips

1 medium yellow bell pepper, cored and seeded, cut into thin strips

2 cups chopped asparagus

1/4 cup fresh lemon juice

3/4 cup shredded Provolone/Mozzarella cheese blend

Prepare pasta according to package directions.

Meanwhile, heat oil in large skillet over medium heat; add vegetables and Mrs. Dash® Garlic & Herb Seasoning Blend. Cook and stir until tender about 8 minutes. Toss together hot pasta, vegeta-

bles and lemon juice. Mix in cheese and serve. Yield: 6 servings.
Source: Fruitsandveggiesmorematters

Enjoy the Taste of Eating Right.

Nutrition is important, but likely, flavor is the true motivator and key to eating right, according to the Academy of Nutrition and Dietetics. *March is National Nutrition Month®*, the perfect time to experiment with new flavors and flavor combinations in healthy meals in celebration of this year's theme: Enjoy the Taste of Eating Right.

Culinary Tips to Help Make Nutritious ... Delicious

Breakfast - Drop vanilla extract and shake ground cinnamon on that morning bowl of cooked rolled oatmeal, and toss in sliced almonds.

Spread crunchy natural peanut butter on your toasted multigrain waffle with just a squeeze of natural honey.

Lunch - Sprinkle some ground cumin and cinnamon on a can of albacore tuna while you stir in the olive oil mayo and add diced water chestnuts for an exotic tuna salad.

Before you roll up your usual sliced turkey and baby spinach wrap, sprinkle on chopped parsley or basil and balsamic vinegar.

Your usual grilled chicken salad needs a flavor burst! Just add a teaspoon of rice vinegar or grainy Dijon mustard.

Dinner - Consider using a high-heat cooking method that adds taste without added fat. Broil, grill or sear your lean meat or fish in a skillet.

Squeeze on the citrus or grate on the zest. The acidity of orange, lemon, lime or pineapple juice will give a flavor lift your dish.

Try a new baked potato topping. Blend 2 spoonful's of plain Greek yogurt and a spoonful of horseradish and freshly ground black pepper.

Reach for the vegetable stock instead of just plain water to prepare your brown rice or quinoa.

A Sweet Ending - Add a spoonful of mini semi-sweet morsels on top of cherry-flavored Greek yogurt with slices of fresh strawberries.

Peel a Mineola orange and dip the juicy sections into melted dark chocolate.

Spring



Sincerely,

Deana Sageser

Deana Sageser, CEA-FCS

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Facebook: <https://www.facebook.com/HaleCountyFamilyConsumerScience>

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

National Salt Awareness Week - March 10-16

According to the FDA, about 90% of Americans consume too much sodium. While the body needs some sodium to function properly, too much in the diet leads to high blood pressure and other health concerns. Limiting salt (or sodium) intake when your children are young will give them a chance to develop a taste for the real flavor of foods and decreases their risk of health problems in adulthood.

Here are five easy ways to decrease salt intake for the family:

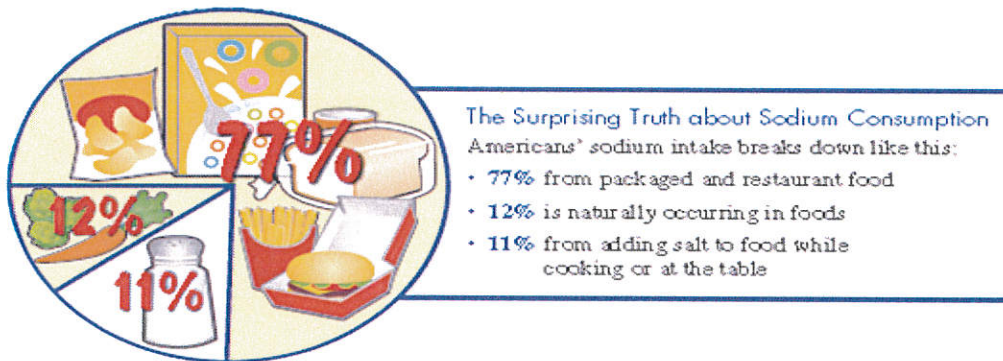
1. Read labels. Check for Daily Value (%DV) details and choose products that claim to be "sodium-free" or "very low in sodium".
2. Limit the number of fast food and restaurant meals eaten each week.
3. Use herbs and spices instead of salt to flavor homemade food.
4. Buy unflavored rice and pasta instead of boxed pre-seasoned varieties.

Keep salty foods like potato chips, tortilla chips, and salted pretzels to a minimum in the snack cabinet.

Go Low on Salt

Salt content is listed on food Nutrition Fact labels as sodium. The words "salt" and "sodium" do not mean the same thing, but they are often used interchangeably. In addition to salt, sodium is also found in monosodium glutamate, sodium nitrite, sodium saccharin, baking soda (sodium bicarbonate), and sodium benzoate.

The human body needs a small amount of sodium to maintain a balance of body fluids, keep muscles and nerves running smoothly and help certain organs work properly. Consuming too much salt can raise blood pressure – which can have serious health consequences if not treated. According to the FDA, about 90% of Americans consume too much sodium.



Americans eat on average about 3,300 mg of sodium a day. The USDA recommends consuming no more than one teaspoon, or 2,300 milligrams (mg) of sodium each day. People at risk for high blood pressure should consume no more than 1500 mg daily.

Decreasing salty foods at mealtimes and in the snack cabinet when children are young gives taste buds a chance to learn to enjoy the natural flavor of foods. Eating more fresh foods and less processed foods will decrease your child's risk of health problems into adulthood and helps keep parents healthier too.

Here are some tips to help you reduce sodium in your daily meals:

The Top 10 Offenders: If you are like most families, you could probably use a salt makeover. More than 40% of the sodium consumed by Americans comes from the following 10 types of foods:

- Breads and rolls
- Cold cuts and cured meats (such as deli or packaged ham or turkey)

- Pizza
- Fresh and processed poultry
- Soups
- Sandwiches (such as hot dogs, hamburgers and submarine sandwiches)
- Cheese (natural and processed)
- Mixed pasta dishes (such as lasagna, spaghetti with meat sauce, and pasta salad)
- Mixed meat dishes (such as meat loaf with tomato sauce, beef stew, and chili)

Snacks (such as chips, pretzels, popcorn, and crackers)

Eating smaller amounts of these food items will likely reduce your overall sodium consumption. (you don't have to put the label if it doesn't work,)

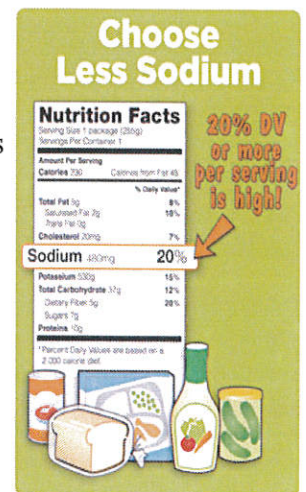
Read Labels. Nutrition Fact labels provide the most accurate information about whether the food is healthy or not. Use the Percent Daily Value (%DV) to Compare Products - The %DV tells you whether a food contributes a little or a lot to your total daily diet.

- **5% DV (120 mg) or less of sodium per serving is low**
- **20% DV (480 mg) or more of sodium per serving is high**

Product Claims: You can also check the front of the food package to quickly identify foods that may contain less sodium. But beware, labeling can often be misleading. Here is an explanation of some Salt/Sodium claims:

- Salt/Sodium-Free → Less than 5 mg of sodium per serving
- Very Low Sodium → 35 mg of sodium or less per serving (less than 1.5% Daily Value)
- Low Sodium → 140 mg of sodium or less per serving (Less than 6% Daily Value)
- Reduced Sodium → At least 25% less sodium than in the original product
- Light in Sodium or Lightly Salted → At least 50% less sodium than the regular product

No-Salt-Added or Unsalted → No salt is added during processing, but not necessarily sodium-free. Check the Nutrition Facts Label to be sure!



* **Limit the number of fast food meals eaten each week.** It is estimated that 75% of dietary sodium comes from eating packaged and restaurant foods. If a hectic schedule has you going through the drive-through more than once each week, choose salads and fruit offerings over French fries, hamburgers and chicken tenders.

* **Use herbs and spices instead of salt to flavor homemade food.** Once taste buds get used to the flavor for homemade soups, and side dishes flavored with fresh herbs, the canned and boxed varieties will never taste as good.

* **Buy unflavored rice and pasta instead of boxed pre-seasoned varieties.** Bulk bags of dry pasta and rice is not only healthier for your body, they are healthier for your pocketbook too.

* **Keep salty snack foods like potato chips, tortilla chips, and salted pretzels to a minimum.** Spend more time in the fruit and vegetable aisles of the grocery store and fill your cart with fresh food for snacking first. Baby carrots, pre-cut containers of fruit, and apples with yogurt dip make great snacks.

* **Choose "low sodium" or "reduced sodium" canned food items.** To remove additional sodium, rinse canned foods, such as tuna, vegetables, and beans with water before cooking or eating them.