

The Importance of Having a Plan

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It Pays to Plan

We all get busy with life and its daily demands. Often, we find ourselves pulled in many directions—particularly when kids are involved.

Where meals are concerned, the business of life can make it seem much easier to make a quick run to the corner store to pick something up or to head to the fast food restaurant to select items from the dollar menu.

A hectic schedule can easily lead a parent to ask, “Who has the time to cook?”

The answer to that question is...you do. Having the time to cook is often based on the way that we plan.

Planning is critical to your nutrition and your wallet. It can help you to buy the right foods while saving money doing so.

It's a good idea to make a habit of planning what you will spend on food and what



types of foods you'll buy.

A plan can help you determine how much you're spending and what types of foods you buy.

Planning helps you to budget and is one of the most effective ways to decrease the chances that you'll make impulse buys when shopping.

Planning purchases with

the help of a list will give you a much better chance of avoiding the urge to buy things you don't need or to overpay for things you do.

Finally, planning allows you more time in the kitchen where you can spend quality time preparing a meal with your kids.

What's in Season? Pears

Pears are high in fiber, potassium, and vitamins C and K.

They are great eaten out-of-hand and are best served cold as the cool temperature enhances the pear's flavor. Pears are a popular breakfast item with pear slices

often topped with blueberries and sprinkled with brown sugar.

Others use pears instead of apples to bring a flavorful change to traditional recipes.

Pears should be selected when they are firm. They should then be checked

daily by applying gentle pressure to the stem end of the pear with the thumb. When the pear yields to pressure, it is ready to eat.



Local Events

- Wednesdays, September 16, 23, 30
 - “Walk & Talk” Nutrition & Fitness Fun
 - Early Childhood Learning Center Parent Center
 - 8:45 a.m.

- Friday, October 9
 - “Fabulous Fall Friday” Cooking Demonstrations, Fall Gardening Demonstrations & More
 - Emory Baptist Church, 260 N. Planters Street, Emory
 - Registration starts at 9:00 a.m., program 9:30 to noon
 - Contact the Hopkins County Extension Office for registration information (registration forms must be postmarked by September 25)

- Thursday, October 8, 15, 29
 - “Walk & Talk” Nutrition & Fitness Fun
 - Early Childhood Learning Center Parent Center
 - 8:45 a.m.

- Tuesday, October 13
 - Senior Expo Health & Information Fair
 - Church of the Nazarene, 1300 League Street, Sulphur Springs, TX
 - 9:00 a.m. to 12:00 noon

- Friday, October 16
 - Beef Day & Rib-Eye Round-up: Cooking Demonstrations by Texas Beef Council
 - Celebration Plaza, Downtown Sulphur Springs
 - 12:00 noon kick-off
 - Beef cook-off, 4:00 p.m.
 - Saturday, October 17 – Beef Run at 8:00 a.m. from Downtown Celebration Plaza

- Tuesdays, November 3, 10
 - “Walk & Talk” Nutrition & Fitness Fun
 - Early Childhood Learning Center
 - 8:45 a.m.
 - November 10: Celebration & “graduation” (prizes given to those who attend at least 6 Walk & Talk Sessions)

- Other events:
 - October 4 – 10: National 4-H Week – Join us on Monday, October 5, at 5:00 p.m. on the Courthouse Steps for cake and proclamation reading!
 - October 17 – 24: Hopkins County Fall Festival – Contact the Hopkins County Extension Office for Creative Arts Contest registration information.

MONTHLY RECIPE: FRUIT PIZZA

Makes: 12 servings

Total Cost: \$4.31

Serving Cost: \$0.36

Ingredients

- 1 teaspoon vanilla extract
- 1 cup assorted sliced fruit such as pears, kiwi, bananas, strawberries, peaches, or blueberries)
- 1/2 cup margarine
- 1/2 cup sugar
- 1 egg (large)
- 2 cups flour
- 2 teaspoons baking powder
- 8 ounces cream cheese, non-fat or light
- 1/2 cup sugar

Directions

1. Preheat oven to 375 degrees.
2. For crust - cream margarine, sugar vanilla, and egg until light and fluffy. Add flour and baking powder, mixing well.
3. Spread crust mixture about 1/8 inch thick on a pizza pan, baking sheet, or 9 inch by 13 inch pan.
4. Bake for 10 to 12 minutes or until lightly browned. Cool.
5. For spread - mix together cream cheese, sugar, and vanilla. Spread on cooled cookie crust.
6. Arrange fruit on top of pizza. Refrigerate until serving time.

For more information on SNAP-Ed, contact your local county Extension office:

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