

# Hopkins County

## Dairy Foods

### INSIDE THIS ISSUE:

The Value of Dairy	1
Save Money While	
Boosting Your Calcium	1
Small Garden, Big Savings	1
Local Events	2
Monthly Recipe	3

### **Small Garden, Big Savings**

Growing a garden has become very popular in today's economy. Many families are learning to grow their own veggies and save money.

You may not be able to grow all the vegetables that your family eats, but you can grow some. If you have a yard, plant a garden. You can even plant a garden in pots.

Start small. You will be surprised how much you can grow in a small space!

### The Value of Dairy

Strong bones are an essential part of a strong, healthy body. Dairy foods are high in calcium, which helps maintain bone health. Dairy products are important not only for growing children, but also for maintaining bone health in adults.

The most commonly known source of calcium is milk, but there are other foods that are good sources of calcium, such as yogurt, natural and processed cheese, cottage cheese, and calcium-fortified juices.

When choosing dairy, it's important to make wise choices. For example, choosing fat-free or low-fat (1%) milk is a healthier choice. If you're not used to the taste of low-fat or fat-free milk, make the transition gradually until you're accustomed to the taste. However, it is



important to remember that children between 12 and 24 months should drink whole milk.

Items such as cream cheese, cream, and butter contain very little calcium, so limit your consumption of these items.

Choosing plain milk over flavored milk is also a wise choice because flavored

milk products have added sugars.

Children between the ages of two and three need 2 cups of dairy each day. Four to eight-year-olds need 2½ cups per day, and children over nine years old need 3 cups per day.

### Save Money While Boosting Your Calcium

There are many ways that we can boost our calcium intake while saving money at the grocery store:

- Buy store brand yogurt, cheeses, and milk instead of name brands.
- Use powdered milk when a recipe calls for milk.
- Shred cheese from a block rather than paying more for shredded cheese.
- Buying a stronger-flavored cheese, like sharp cheddar, will allow you to use less and still get a good, cheese flavor.
- Check the "sell by" date to avoid tossing dairy products before they can be used.

## Local Events

### Do Well, Be Well with Diabetes Series

- March 24: Getting Started: How Food Affects Your Blood Sugar
- March 26: Are You Eating the Right Number of Carbohydrates?
- March 31: Beyond Diet: Improving Your Blood Sugar Control with Physical Activity
- April 2: Beyond Diet and Physical Activity: Improving Your Blood Sugar with Medication
- April 7: Celebrating Diabetes Control while Avoiding Complications: Having Your Cake and Eating it, Too



All sessions will take place at the Hopkins County Extension Office, 1200-B W. Houston, Sulphur Springs, at 1:30 p.m. Cost is \$25, payable at the first session. (If the fee is a hardship, contact Johanna Hicks. Some scholarships may be available.)

Call 903-885-3443 to sign up.

### Genetic Testing – Prescription Medication Seminar

- Date: Thursday, March 26
- Time: 6:00 p.m.
- Place: Recreational Outreach Center (ROC), 115 Putman Street, Sulphur Springs.  
Learn how a simple cheek swab can determine how well your medications are working for you. Thousands have used this test to help prevent adverse drug reactions.
- This test is covered by Medicare and most commercial insurance.
- Bring: list of current medications, doctor's contact information, and insurance information.

### 55+ Health Fair

- Date: Tuesday, April 7
- Time: 9:00 a.m. to 12:00 noon
- Place: Recreational Outreach Center (ROC), 115 Putman Street, Sulphur Springs  
Learn about services, products, educational opportunities, and home safety solutions. Door prizes will be given throughout the morning. Be sure to visit the Texas A&M AgriLife Extension exhibit!

### Kids' Safe Saturday

- Date: Saturday, April 18
- Time: 9:00 a.m. to 1:00 p.m.
- Place: Buford Park/Kids' Kingdom area, Sulphur Springs  
Bring your children or grandchildren and enjoy the exhibits, games, and give-aways. Hot dogs, ice cream, and water/juice served as supply lasts. Door prizes given throughout the morning. Be sure to visit the Texas A&M AgriLife Extension exhibit!

For more information on SNAP-Ed, contact your local county Extension office. Better Living for Texans is located in over 200 counties across the state.

Texas A&M AgriLife Extension Service and Better Living for Texans programs are available to all without discrimination.

**Johanna Hicks**  
Extension Family & Consumer Sciences Agent  
P.O. Box 518  
1200-B W. Houston  
Sulphur Springs, TX  
75483

903-885-3443  
jshicks@ag.tamu.edu

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, 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

## Monthly Recipe: Easy Cheesy Enchiladas

Serves: 10 (1 enchilada counts as a serving)

Cost per serving: \$1.50

### Ingredients

#### *For enchiladas:*

- 1 (3-ounce) package low-fat cream cheese
- 2 cups chopped, cooked chicken breast
- 12 ounces chunky salsa, mild
- 1 cup low-fat Mexican blend cheese, shredded
- 10 corn tortillas

#### *For sauce:*

- 2 cups non-fat plain yogurt
- 1 cup chopped cilantro
- 1 teaspoon ground cumin

### Directions:

1. Heat cream cheese in large skillet over medium heat until soft.
2. Stir in chicken and ½ cup of the salsa; mix well.
3. Add ½ cup shredded cheese; stir until melted.
4. Spoon enchilada filling onto each tortilla; roll up. Place seam side down in baking dish. Top with remaining salsa and cheese.
5. Bake at 350 degrees F for about 15 minutes until hot through and through. Serve with yogurt sauce.

### Nutrition facts per serving:

Calories: 180  
Total Fat: 5 g  
Cholesterol: 32 mg  
Sodium: 418 mg  
Total Carbohydrate: 20 g  
Fiber: 2 g  
Protein: 16 g



Source: [www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)