

Jefferson County
FAMILY & CONSUMER SCIENCES
NEWSLETTER

October, 2014

*Dear Grandmothers, mothers, daughters, sisters, aunts and friends,
October is Breast Cancer Awareness month. At this time we remind all women (and men) of the importance of screening. Earlier this year, our family lost its rock and the world lost a truly beautiful soul.*

According to the Texas Dept of State Health Services-Texas Cancer Registry, recent predictions are 187 expected new cases, and 37 deaths in Jefferson County. Early detection saves lives.

Barbara



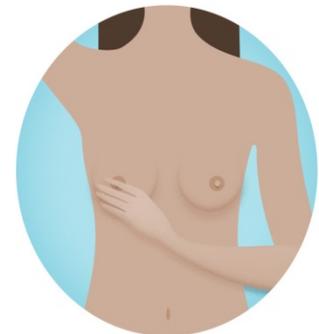
Every person should know the symptoms and signs of breast cancer, and any time an abnormality is discovered, it should be investigated by a healthcare professional.

Most people who have breast cancer symptoms and signs will initially notice only one or two, and the presence of these symptoms and signs do not automatically mean that you have breast cancer.

By performing monthly breast self-exams, you will be able to more easily identify any changes in your breast. Be sure to talk to your healthcare professional if you notice anything unusual.

A change in how the breast or nipple feels

- Nipple tenderness or a lump or thickening in or near the breast or under-arm area
- A change in the skin texture or an enlargement of pores in the skin of the breast (some describe this as similar to an orange peel's texture)
- A lump in the breast (It's important to remember that all lumps should be investigated by a healthcare professional, but not all lumps are cancerous.)



A change in the breast or nipple appearance

- Any unexplained change in the size or shape of the breast
- Dimpling anywhere on the breast
- Unexplained swelling of the breast (especially if on one side only)
- Unexplained shrinkage of the breast (especially if on one side only)
- Recent asymmetry of the breasts (Although it is common for women to have one breast that is slightly larger than the other, if the onset of asymmetry is recent, it should be checked.)
- Nipple that is turned slightly inward or inverted
- Skin of the breast, areola, or nipple that becomes scaly, red, or swollen or may have ridges or pitting resembling the skin of an orange

Any nipple discharge—particularly clear discharge or bloody discharge

It is also important to note that a milky discharge that is present when a woman is not breastfeeding should be checked by her doctor, although it is not linked with breast cancer.

If I have some symptoms, is it likely to be cancer?

Most often, these symptoms are not due to cancer, but any breast cancer symptom you notice should be investigated as soon as it is discovered. If you have any of these symptoms, you should tell your healthcare provider so that the problem can be diagnosed and treated.

If I have no symptoms, should I assume I do not have cancer?

Although there's no need to worry, regular screenings are always important. Your doctor can check for breast cancer before you have any noticeable symptoms. During your office visit, your doctor will ask about your personal and family medical history and perform a physical examination. In addition, your doctor may order one or more imaging tests, such as a mammogram.

Source: <http://www.nationalbreastcancer.org/breast-cancer-symptoms-and-signs>

DSHS Breast and Cervical Cancer Services

The Texas Department of State Health Services (DSHS) Breast and Cervical Cancer Services program helps fund clinic sites across the state to provide quality, low-cost, and accessible breast and cervical cancer screening and diagnostic services to women. These services help women receive regular screening, which is the best method to prevent and detect breast or cervical cancer in its earliest stages increasing a women's chance of survival.



Texas Breast and Cervical Cancer Services (BCCS)

The BCCS program provides free or low-cost mammograms and clinical breast examinations to low-income women who have no health insurance. Visit www.bccstexas.com, or call **2-1-1** to find a local clinic.



It's Okay to Be Stingy

Share and share alike is a great motto but when it comes to your prescription medications, it's okay to be stingy. Many medications are prescribed for you at a dose based on height, weight and other considerations. What works well for you may not work the same way for another person. Your medications were prescribed to you to treat your specific condition. Additionally, unless your health provider tells you otherwise, you should take the full course of each of your medications – not miss one or more doses because you shared your medication with someone else. Sharing medication may be dangerous for you and the other person or persons involved.

Andy Crocker, Extension Program Specialist for Gerontology and Health



SECURITY FREEZE INFORMATION

Any consumer in Texas may request a security freeze in writing by certified mail to the credit reporting agency. The credit reporting agency shall not charge a fee to victims of identity theft for placing, temporarily lifting, or removing a security freeze on their credit report. For all other consumers, a \$10 fee will be applied to place, temporarily lift or remove a security freeze on their credit report. A \$12 fee may be charged for the release of a credit report to a specific person. A security freeze shall prohibit, with certain specific exceptions, the credit reporting agency from releasing the consumer's credit report or any information from it without the express authorization of the consumer. The freeze goes into effect five (5) business days from receipt of the consumer's letter by the credit reporting agency. To obtain more detailed information on how to place a security freeze on your credit reports, see below.

HOW TO "FREEZE" YOUR CREDIT FILES

A security freeze means that your credit file cannot be shared with potential creditors or potential identity thieves. A security freeze can help prevent identity theft. Most businesses will not open credit accounts without checking a consumer's credit history first. If your credit files are frozen, even someone who has your name and Social Security number probably would not be able to obtain credit in your name. A security freeze is free to identity theft victims who have a police report.

How do I place a security freeze?

To place a freeze, you must write to one of the three credit bureaus listed below. Each credit bureau charges a \$10 fee, unless the fee is waived because you are an ID theft victim. To prove you are a victim (and to avoid the fees,) you must send a copy of a report of alleged identity fraud or an identity theft passport to each of the credit bureaus.

Write to one of the three addresses below and include the information that follows:

Equifax Security Freeze P.O. Box 105788 Atlanta, GA 30348

Experian Security Freeze P.O. Box 9554 Allen, TX 75013

Trans Union Security Freeze P.O. Box 6790 Fullerton, CA 92834-6790

You must:

- Send a letter by certified mail;
- Provide your full name (including middle initial as well as Jr., Sr., II, III, etc.) address, Social Security number, and date of birth;
- If you have moved in the past 5 years, supply the addresses where you have lived over the prior 5 years.
- Provide proof of current address such as a current utility bill or phone bill
- Send a photocopy of a government issued identification card (state driver's license or ID card, military identification, etc.)
- If you are a victim of identity theft, to avoid the fee you must include a copy of report of alleged identity fraud or an identity theft passport;
- Pay the fee by check, money order, or credit card (Visa, Master Card, American Express or Discover cards only.)

How long does it take for a security freeze to be in effect?

After five (5) business days from receiving your letter, the credit reporting agencies listed above will place a freeze providing credit reports to potential creditors.

After 10 business days from receiving your letter to place a freeze on your account, the credit reporting agencies will send you a confirmation letter containing a unique PIN (personal identification number) or password. Keep this PIN or password in a safe place.

Can I open new credit accounts if my files are frozen?

Yes. You can have a security freeze lifted, either for a temporary period of time or a specific party. The steps to do so are as follows:

- Contact the credit reporting agencies above.
- The manner by which you contact them is determined by them.
- You must provide proper identification;
- You must provide your unique PIN or password;
- If you are requesting to open your credit for a specific period of time, you must provide during what time period your credit report will be accessible.
- If you are requesting to open your credit to a specific party, you must specify who that party is.

How long does it take for a security freeze to be lifted?

Credit bureaus must lift a freeze no later than three (3) business days from receiving your request.

What will a creditor who requests my file see if it is frozen?

A creditor will see a message or a code indicating the file is frozen.

Can a creditor get my credit score if my file is frozen?

No. A creditor who requests your file from one of the three credit bureaus will only get a message or a code indicating that the file is frozen.

Can I order my own credit report if my file is frozen?

Yes.

Can anyone see my credit file if it is frozen?

When you have a security freeze on your credit file, certain entities still have access to it. Your report can still be released to your existing creditors or to collection agencies acting on their own behalf. They can use it to review or collect on your account. Other creditors may also use your information to make offers of credit. Government agencies may have access for collecting child support payments or taxes or for investigating Medicaid fraud. Government agencies may also have access in response to a court or administrative order, a subpoena, or a search warrant.

Do I have to freeze my file with all three credit bureaus?

Yes. Different credit issuers may use different credit bureaus. If you want to stop your credit file from being viewed, you must freeze it with Equifax, Experian, and Trans Union.

Will a freeze lower my credit score?

No.

Can an employer do a background check on my credit file?

No. You would have to lift the freeze to allow a background check, just as you would to apply for credit. The process for lifting the freeze is described above.

To protect my credit, does my spouse's credit file have to be frozen too?

If Texas is a community property state, then yes.

Does freezing my file mean that I won't receive pre-approved credit offers?

No. You can stop the pre-approved credit offers by calling 888-5OPTOUT (888-567-8688). Or you can do this online at www.optoutprescreen.com. This will stop most of the offers, the ones that go through the credit bureaus. It's good for five years or you can make it permanent.

What law requires security freezes?

The law on security freezes in Texas is called the Regulation of Consumer Credit Reporting Agencies Act. It is located at: Chapter 20 of the Texas Business and Commerce Code Section 20.01 to 20.13.

THIS FACT SHEET IS FOR INFORMATIONAL PURPOSES AND SHOULD NOT BE CONSTRUED AS LEGAL ADVICE OR AS THE POLICY OF THE STATE OF TEXAS. IF YOU WANT ADVICE ON A PARTICULAR CASE, YOU SHOULD CONSULT AN ATTORNEY OR OTHER EXPERT. THE FACT SHEET MAY BE COPIED, IF (1) THE MEANING OF THE COPIED TEXT IS NOT

Mexican Piñata Salad

What you need:

Utensils:

- Measuring cups
- Spoon
- Small bowl
- Cutting board
- Knife
- Skillet

Ingredients you need:

- 1 pound extra lean ground beef, browned and drained
- 2 medium tomatoes, diced
- 1 medium lettuce, chopped
- ½ cup reduced fat cheddar cheese, grated
- 2 cups pinto beans, prepared or canned
- baked whole wheat tortilla chips or corn tortillas (optional)
- garlic, salt and pepper to taste

What to do:

1. Brown ground beef in skillet and drain thoroughly.
2. Season beef with garlic, pepper and salt, to taste.
3. Chop lettuce, dice tomatoes and grate cheese.
4. Layer beans, meat, lettuce, tomatoes and cheese in a salad bowl, do not toss
5. Serve immediately.

MyPlate: 1 cup Grains, 1 cup Vegetables, 4 ounces Meat & Beans



Prep Time: 20 minutes

Cost per serving: \$1.03

Nutrition Facts

Serving Size 1 cup (296g)
Servings Per Container 6

Amount Per Serving

Calories 200 Calories from Fat 50

% Daily Value*

Total Fat 6g 9%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 370mg 15%

Total Carbohydrate 17g 6%

Dietary Fiber 5g 20%

Sugars 3g

Protein 22g

Vitamin A 20% • Vitamin C 15%

Calcium 20% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



A PROGRAM FOR PEOPLE WITH TYPE 2 DIABETES

BEAUMONT LOCATION

Free & Open To The Public

Do Well, Be Well with Diabetes is **FREE** educational program for people with Type 2 diabetes. The primary goal is to help participants learn how to manage their blood glucose in the ranges recommended by the American Diabetes Association.

TEXAS A&M AGRILIFE EXTENSION SERVICE
 1225 Pearl, Suite 200 Beaumont, TX
 Classes: Tuesday - 6:00 p.m. to 8:00 p.m.
 For More Information Contact:
 409-835-8461 or Toll Free 409-727-2191 ext. 8461

To find out how you can do well and be well with diabetes, call your county office of Texas A&M AgriLife Extension

CLASS DATE	6:00 p.m. - 7:00 p.m.	7:00 p.m. - 8:00 p.m.
Oct 14	What is Diabetes?	Nutrition: First Step in Diabetes Management
Oct 21	One Diabetes Diet No Longer the Sole Option Nutritional Labels	Managing Your Blood Sugar and Diabetes and Exercise
Oct 28	Susan Ludwig/ Carbohydrate Counting	Diabetes Meds
Nov 4	For Good Measure at Home & Eating Out	Diabetic Foot Care Dr. Neil Burrell, DPM
Nov 11	Prevention & Managing Complications	GRADUATION DAY!!! Nutrition Review

Barbara A. Evans,
 County Extension Agent-FCS
 Jefferson County



<http://texasextension.tamu.edu>

Persons with disabilities who plan to attend this meeting and who may need auxiliary aids or services are requested to contact Cary Erickson, Jefferson County Human Resources Director at (409) 839-2391, five working days prior to the meeting so appropriate arrangements can be made. Programs conducted by the Texas A&M AgriLife Extension Service serves people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin. The Texas A & M University System, U.S. Department of Agriculture and the County Commissioners' Court of Texas Cooperating.



Marriage Education Workshops

Are you planning to say "I do" soon (within a year)? Want to learn to love for Life? Want to save money for your big day? If you answered "yes" to any of these questions, a Twogether in Texas marriage education class is just what you need.

Texas AgriLife Extension-Jefferson County is presenting the "Saving Your Marriage Before It Starts" workshop. This is an interactive class with Drs. Les and Leslie Parrot's guidance on the seven questions to ask before and after marriage. The class is conducted in two 4-hour sessions on Wednesday and Thursday evenings (must attend both sessions to receive \$60 off your marriage license fee). **The class is FREE.** Other couples are encouraged to attend—especially newlyweds.

October 15 & 16, 2014

Texas AgriLife Extension Service-Jefferson County
1225 Pearl Street, Suite 200----Beaumont, Texas 77701-3641

5:00pm to 9:00pm both nights

Names:
Address:
City, Zip:
"Best" phone number:
Email:
Send this registration form, to the address above. Call 409-835-8461 for more details.



Persons with disabilities who plan to attend this meeting and who may need auxiliary aids or services are requested to contact Cary Erickson, Jefferson County Human Resources Director at (409) 839-2391, five working days prior to the meeting so appropriate arrangements can be made. Programs conducted by the Texas AgriLife Extension Service serves people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin. The Texas A & M University System, U.S. Department of Agriculture and the County Commissioners' Court of Texas Cooperating.

How to Set Reasonable Limits

Don't hit your sister! Stop whining! No grabbing!

Pick up your toys before lunch!

Rules, requests, and wishes. Many parents and caregivers make statements expecting (or hoping) a child will comply, but they are often not willing to take action when a child does not comply. Without follow-through, such statements are wishes or requests, not rules, and they can sabotage the adult's true intention. Let's define each.

Rules: Very important. Adult expects compliance and is willing to work to ensure it occurs.

Requests: Important and implies a choice. Adult wants cooperation, but may not follow through.

Wishes: Describes desired behavior; often vague. Adult hopes for compliance, but rarely does anything to ensure it.

Setting reasonable limits starts with establishing rules you are willing to work to make happen. Setting a limit has three parts: (1) Making a clear rule and a consequence; (2) Communicating the rule in an effective way; and (3) Practicing doing it right.

• Preparation: Clear rule & consequence

Rules clarify what behavior you expect. Consequences clarify what will happen if the child does not comply. Clear rules are positive, short, and age-appropriate.

• **Positive.** Tell the child what TO DO rather than what not to do. This is important because there are many, many ways to *not* do things.

For example, telling a toddler, "Don't hit your sister," is too vague for a young child. "Not hitting" permits poking, biting, kicking, pushing, pulling hair, grabbing toys, etc.

Adults sometimes say what NOT to do because it is difficult for them to think of what the child might do instead. Consider this: if it is difficult for an experienced adult to decide what the child could do instead, it will be *much, much* harder for a young child to figure out an acceptable alternative.

You can avoid frustration and experimentation by specifying what the child *may* do. If you don't want him to hit, what behavior(s) do you want substituted? To the right are revisions of some common rules.

• **Short.** How many words does it take to convey a rule or message? Not many. The younger the child, the fewer the words needed. Use approximately the number of the child's next birthday, so with babies, one word. Toddlers between one and two, two words. Kids aged two to three, three words, and so on.

Even adult to adult, we often rely on brevity. Suppose you

see a shopping cart barreling toward you and a friend in a parking lot. Do you say, "Jennifer, there's a loose shopping cart coming directly at us. I think we should get out of the way, don't you?" Or would you simply yell, "Run!"

• **Age appropriate.** Clear rules are appropriate for the child's age and temperament. It is not reasonable to expect a toddler to leave interesting items alone, or for an active 4-year-old to sit still at your friend's house and wait for you. Nor is it realistic to expect an 8- to 10-year-old to practice her musical instrument every day without adult attention or encouragement.

You can get ideas about what behaviors are appropriate by watching kids at the park or at child care, and by reading *Is This a Phase? Child Development and Parent Strategies, Birth to 6 Years*.

• **Consequences.** Consequences can be natural or logical.

Natural consequences happen without intervention. If a child splashes in a puddle, he gets wet and cold. No need for the adult to do anything. Natural consequences are a great teacher when they are not too unpredictable or serious (say, getting hit by a car) to be a good tool.

Logical consequences involve adult follow-through. They are most effective when they are *immediate, related* to behavior, and offer the child a *choice*.

Immediate means soon, not tonight, tomorrow, or "next time."

Related means there is some connection between the behavior and the consequence. For example, "No dinner, no TV," is not related. However, if I say, "If you are not hungry enough for dinner you are not hungry enough for dessert," these are related by hunger.

A *true choice* has two aspects: adult willingness and child ability. You must be willing to do what you say. To say, "If you don't pick up your toys, I'll throw them away," you must be willing to get rid of the toys.

Otherwise you are teaching the kids to disregard you.

Similarly, the action you require of the child needs to be within the child's ability. If you tell the child, "Pick

How many words does it take to convey an idea?

Mommy wants you to stand beside her.
Stop fooling around and come here.
Get your butt over here.
Come here right now.
Please come here.
Come here.
Come.

Rule Revisions

"Don't hit" > "Ask" (or "Touch gently")

"No running" > "Walk"

"Don't grab" > "Wait" (or "Ask")

"Stop whining" > "Speak pleasantly"

"Stop screaming" > "Use your inside voice" (or "Whisper")

"No biting" > "Touch gently" (or "Use your words")

"Stop pushing" > "Leave space" (or "Move over"/ "Back up")

Examples of Effective and Ineffective Logical Consequences — Situation: Leaving a Play Date

<i>Ineffective</i>	Immediate	<i>Effective for toddler</i>	<i>Effective for preschooler</i>
“It’s time to go.” CHILD’S BEHAVIOR. DOES NOT CHANGE “It’s time to go.” NO ACTION. “Oh well, we’ll go in five minutes.”		“Five minutes (show fingers), we’ll leave when the timer rings.” RING. NO BEHAVIOR CHANGE. <i>Pick child up and carry her.</i>	“It is about time to go. Five-minute warning: We will leave when the timer rings.” RING. “It’s time to leave.” NO ACTION. <i>Pick child up and carry her.</i>
“It’s time to go. No story at bedtime tonight if you don’t come right now.” NO ACTION. “That’s it. No story for you.”	Related	“Time to go. Timer rings, we leave.” RING. NO ACTION. <i>Pick toddler up and carry her.</i>	“It’s time to go. If you come quickly we’ll have time for a story before I start supper. If you’re slow, I will not have time to read a story.” NO ACTION. <i>Pick her up.</i>
“If you don’t come now, I will leave without you.” Note: Hopefully the parent would not really not leave the child.*	True choice	“Do you want to walk to the car or be carried?” NO ACTION. “I see you chose to be carried.”	“Time to go. Walk or be carried?” <i>Offer your hand; if she refuses, carry her.</i>

*Even when the child comes, such comments are a poor choice because they play on the child’s greatest fear: abandonment.

up your toys,” and he has never before picked up any, this is unrealistic. (See *Other resources* for more on consequences.)

• **Presentation: Respond promptly**

The five steps in responding to unwanted behavior are below. When you have prepared yourself and your child by establishing a clear rule and a consequence, responding is much easier.

<i>Situation</i>	<i>Aiden throws food from his high chair.</i>
1. Clear rule: Positive statement of what you expect.	“Food is for eating.”
2. Consequence: What you will do if the child misbehaves.	“Eat your food or get down from the table.”
3. Clarify choice: What you will say when the child misbehaves.	“Do you want to eat or do you want down?”
4. Demonstrate limit: What you do when the child misbehaves again.	<i>Aiden throws food again.</i> “I see you choose to get down” and put him down.
5. Deal with distress: Acknowledge the child’s feelings.	<i>If Aiden cries, say,</i> “You are sad you’re on the floor.” <i>Or,</i> “You’re sad that you chose to get down.”

The process is straightforward: Establish a rule and a consequence. When the child misbehaves, verbalize his choice. If he continues the behavior, follow through with the consequence. If he is upset, acknowledge his feelings. You will need to repeat the process several times. Avoid the temptation to allow one more try; that will teach the child that he doesn’t have to stop until your second or third warning. Setting a limit is rarely enough to change a behavior quickly. You need to provide the opportunity for kids to practice the needed skills.

• **Practice. Practice. Practice.**

Practice may not make perfect, but it makes growth possible. Each time an action (positive or negative) is repeated, the mental pathway becomes stronger. For example, the first time Emma hits someone, the path is like a thread. She hits several more times and it becomes a string, then a cord, a rope, and finally a cable. The more times a child hits, the stronger the pathway for hitting and the more likely the behavior will recur.

To use this to your advantage, have Emma practice alternate behaviors. Each time she practices a desired action, that behavior pathway becomes stronger: practice makes change possible.

If Emma hits because she wants a toy someone else has, teach her such options as asking politely, trading another toy, and waiting her turn. Here are several methods.

- **Model appropriate behavior.** Ask your partner if you may borrow his pen. If he says, “No,” then talk to him about how you will wait. Then role-play with the child asking for the pen.
- **Use puppets.** At first ask the puppet to demonstrate ways to occupy itself while waiting for a turn. Then have the puppet ask Emma for what to do while waiting. Repeat over and over.
- **Read *I Want It to your preschooler.*** Let her decide what the character in the story will do.
- **Use stuffed animals to act out difficult situations.** Have your child practice different strategies with the toys.
- **Ask the child to describe better ways of getting what she wants.** Emma can draw pictures or tell stories of how to get something without hitting another person.

There are many ways to practice new skills. The goal: repeat the desired behavior many more times than the child has done the unwanted behavior. The process of setting limits is the same regardless of problem: whining, hitting, biting, yelling, or throwing food. You create a short, positive, age-appropriate rule, establish an effective consequence, and then respond promptly when the unwanted behavior occurs. Continue by practicing alternative behaviors.

• **Other resources**

STAR Parenting Tales and Tools: Respectful Guidance Strategies to Increase Parenting Effectiveness & Enjoyment by Elizabeth Crary

Is This a Phase? Child Development and Parent Strategies, Birth to 6 Years by Helen F. Neville

Dealing with Disappointment: Helping Kids Cope When Things Don’t Go Their Way by Elizabeth Crary

Go to Your Room: Consequences that Teach by Shari Steelsmith

Children’s Problem Solving series: *I Want It, I Want to Play, My Name Is Not Dummy,* and *I Can’t Wait,* all by Elizabeth Crary

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Qwik Sheet © Parenting Press 2011. For more information, see the books referenced in “Other resources” as well as Parenting Press’s weekly tips and monthly newsletter, both free, at www.ParentingPress.com.



Navigating the Holiday Feast



We all know that food tends to be front and center on Thanksgiving Day and Christmas dinners. In fact, the majority of people eat well over 2,000 calories during their Thanksgiving meal. Think about it... between the appetizers, rich side dishes, and desserts – the calories can add up quickly, and so can the carbohydrates!

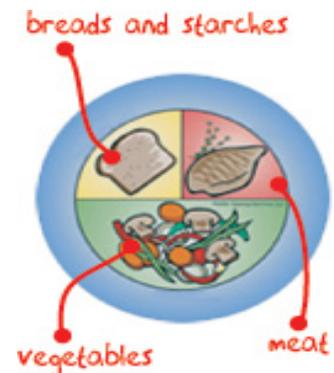
If you have diabetes or are trying to manage your weight, don't let food stress you out this year. You can still enjoy the feast and even some dessert (since it's a special occasion). It just requires a little extra planning and self-control on your part. Read on for more tips about how to create a healthy plate this fit in a serving of your favorite holiday treat!

Create a Healthy Plate

One of the biggest problems that people during mealtime is portion control. Not only do we overload our plates with everything on the table, but we often go back for second and third helpings.

Remember that it is all about choices. Think about which dishes you can't live without and which ones you don't mind passing on. Then adjust portions to keep your carbohydrate and calorie count similar to what you usually eat at dinnertime.

When filling your plate, you can use the *diabetes plate method* as a guide to keep portions under control. From the start, you should only plan to fill your plate once instead of going back for more.



Navigating the Feast

Turkey is usually the central part of the holiday feast.

- It is a high-protein food and has no carbohydrates. A portion is about 3-4 ounces, which is about the size of your palm.
- Remove the skin on your turkey before eating it and choose white breast meat which is the leanest part of the bird.
- Roast your turkey instead of deep-frying it. Roasting is a cooking method that requires little-to-no added fat. Just make sure you add some seasonings. Looking for a good turkey recipe?

The main ingredient in most **stuffing** recipes is bread, so it is high in carbohydrates and will need to be counted in your meal plan.

- ½ cup of stuffing usually has about 15-30 grams of carbohydrate. Because it can vary, be sure to check the nutrition facts for your recipe.
- Add extra non-starchy veggies like onions, carrots, celery, and mushrooms to your stuffing and use whole grain or 100% whole wheat bread.

Potatoes are another staple. From buttery mashed potatoes to sweet potato casserole – these dishes can really pack in the carbohydrates, saturated fat, and calories.

- Keep portions small, especially if there is a lot of added cheese, butter, or cream. One-half cup of mashed potatoes usually has about 15 grams of carbohydrate.
- At the table, there's no need to add a lot of extra sour cream or butter to your potatoes. Simply season them with a bit of freshly ground pepper or some trans-free margarine. Instead of sour cream, try non-fat Greek yogurt which is a much healthier alternative.
- Sweet potatoes are especially flavorful on their own – there's no need for a lot of extra sugar or butter!
- If you're in charge of the potatoes this year, choose a "made-over" potato recipe that uses healthier ingredients. Try *Sweet Potato Fries*, *Potato Casserole*, or *Herb and Olive Oil Mashed Potatoes*.

Green Bean Casserole is also a very popular side dish. You might be thinking this is a great option since green beans are a non-starchy vegetable. However, as with all casseroles, it can be packed with unhealthy fats and calories from ingredients like creamy soup, butter, and fried onions. Here are some tips when it comes to vegetable side dishes:

- Fill half of your plate with non-starchy vegetables. Choose vegetable side dishes that include roasted or cooked vegetables without creamy sauces.
- Offer to bring a delicious green salad for the occasion and serve the dressing on the side. A recipe you could try is Green Salad with Raspberry Vinaigrette.
- Season veggie side dishes with fresh herbs or onions and garlic. You can also put out some trans-free margarine for your guests to use if they want extra flavor.
- Some other non-starchy vegetable side dishes that go great with a Thanksgiving meal are cooked carrots, steamed green beans, Sautéed Garlicky Spinach, Roasted Brussels Sprouts, Broccoli Almandine, or Creamy Cheesy Cauliflower.

Cranberry sauce usually has a lot of added sugar and is dense in carbohydrates.

- Just two tablespoons has almost 15 grams of carbohydrate.
- If you absolutely cannot live without it, make sure you use just a tablespoon or two on top of your turkey. A little bit will go a long way!

See more at: <http://www.diabetes.org/mfa-recipes/tips/2012-11/navigating-the-holiday-sthash.html#sthash.DladnScH.dpuf>

The **Do's** & **Don'ts** of Saving Water

Monty C. Dozier
Assistant Professor & Extension Water Resource Specialist

Water is a *precious* yet limited resource. *Conservation* is everyone's responsibility.
Remember: Do one thing each day to conserve water. Every drop counts!

Do:

- Check your water meter to monitor water use.
- Keep drinking water in refrigerator for instant cool refreshment.
- Run dishwasher & washing machine only when full, using short cycle.
- Take shorter showers, instead of tub baths.
- Water houseplants with water used to wash fruits & vegetables or left over from waiting for tap water to heat up.
- Shut off landscape watering before runoff occurs.
- Repair leaky faucets; turn off taps tightly.
- Install water-saving toilets, showerheads and facet aerators.
- Install automatic rain-turnoff switches on your sprinkler system.
- Install an extra hot water heater for quicker hot water delivery.

Don't:

- Let water run while washing dishes, washing foods, shaving, washing hands or brushing teeth.
- Fill bathtub to the top (stop at ½ full).
- Allow toilets to leak (find leaks and fix them).
- Use the toilet as a waste basket.
- Water lawns during heat of the day (water in early morning!).
- Use water to clean off sidewalks or driveways (sweep them clean).
- Put debris, yard clippings or leaves down storm drains.
- Pass up tax breaks for water-saving improvements (check with your local government.)

Adapted from "The Do's and Don'ts of Water Conservation", New York City Department of Environmental Protection, www.nyc.gov/dep.
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Barbara A. Evans, CEA/FCS
1225 Pearl Street, Suite 200
Beaumont TX 77701
409-835-8461