

MAY 2018

HEALTHY SOUTH TEXAS NEWS

TEXAS A&M AGRILIFE EXTENSION KLEBERG KENEDY

ZELINA ZAVALA, HEALTH AGENT



Students complete Learn, Grow, Eat & GO!

329 students from Harrel Elementary and 17 students from Sarita Elementary recently completed the eight week Learn, Grow, Eat & GO! program that teaches gardening skills, physical activity, nutrition, and cooking skills.

During the program students planted, learned their nutritional values, and were able to harvest radishes, cucumber, okra, tomatoes, bell pepper, and cantelope. To complete the program, Harrel students were able to sample Red Leaf Lettuce salad with Strawberries, and Sarita students sampled Spinach Quesadillas.

If you are interested in bringing this program to your school or organization, please contact Zelina Zavala, (361) 595-8566 or zelina.zavala@ag.tamu.edu

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TAMUK shines in Walk Across Texas

From March 19th through May 11th, 32 TAMUK teams trekked a total of 55,064 miles. That is the span of the Earth twice, across the continental United States ten times, and across Texas, a whopping 66 times!

A team from Texas A&M Irma Lerma Rangel College of Pharmacy won the Walk Across Texas! 2018 grand championship trophy for Kleberg-Kenedy County. The winners included Ellen Demps, PhD, Rachel Garza, Narendra Kumar, PhD, Jayshree Mishra, PhD, Pooja Patel, PharmD, Victoria Pho, PharmD, Gilbert Reyna, and Greg Sawyer, PhD. Competing against 32 other South Texas teams, this group walked a combined 3,295 miles in eight weeks.

Walk Across Texas!, designed to habituate Texans to regular physical activity, has had thousands participate since 1996 when it began. The educational program is by Texas AgriLife Extension Service. Implemented annually at more than 100 Texas counties, the mission is to mitigate risks such as heart disease, type 2 diabetes, hypertension,

osteoporosis and cancer.

“Everyone should join this; it’s fun, flexible, and a motivational fitness program,” Mishra said. “My teammates are now telling me that after walking so much for eight weeks, it’s very difficult for them to quit this lifestyle. When you exercise regularly, you feel more energetic to tackle your responsibilities. Ultimately, we are creating a healthy workforce, which reduces absenteeism due to illnesses, reducing job stress and employee turnover to a great extent. We want to tell our story to encourage health and wellness in our COP and Aggie community and boost more participation next year.”

If you are interested in starting a Walk Across Texas in your community or organization, please contact Zelina Zavala.





Cooking Well With Diabetes classes around town

The Cooking Well With Diabetes program has proven to be well received and effective in Kleberg County in teaching participants about carbohydrates, reducing sodium, reducing fats, and celebrating sensibly with Diabetes.

On May, 13 participants graduated from the four part series at Coastal Bend Fellowship Church under the leadership of Rebecca Brizzee, Master Wellness Volunteer. And, on May 16th a new series began at Weavers of Love Soup and Sandwich Kitchen with 14 participants under the direction of Connie Padilla, A Community Health Ambassador and Volunteer.

During each session, participants are provided research based information and learn hands on techniques on cooking balanced, diabetes friendly meals and are able to enjoy them together. When asked what the most important thing learned from participating in the program was, one participant said, "to eat healthy food and I enjoyed all the recipes we tried. I have made them at home and my husband who is a diabetic for many years certainly enjoyed them!"

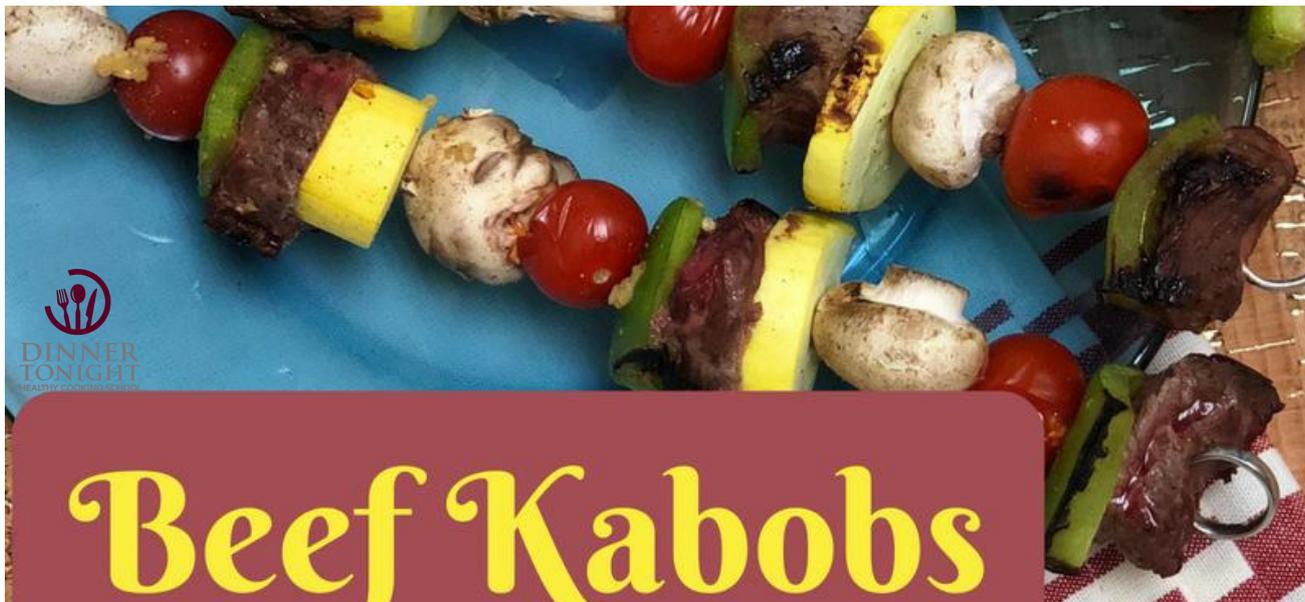
If you are interested in participating in the fun and interactive series OR if you would like to bring this program into your group or organization, please contact Zelina Zavala.

For Overall Cardiovascular Health:

At least **30** minutes of moderate-intensity aerobic activity At least **5** days per week for a total of **150** minutes

What's coming up in June

- June 6 - Worksite Wellness Conference at ESC2, 9am
- June 13 - Cooking Well With Diabetes Sessions 3 & 4 at Weavers of Love, 11:30am
- June 19, 21, 26, 28 - Cooking Well With Diabetes at Kingsville Housing Authority, 1:00 pm
- TBD - Cooking Well with Diabetes + Walk and Talk at Kleberg Co Human Services.



Beef Kabobs

Recipe of the month

Servings 5

Ingredients

- 1 lb extra lean beef steak
- 1/4 tsp sea salt
- 1/4 tsp 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..

Recipe Notes

Calories 120, Calories from Fat 30, Total Fat 3g 5%, Saturated Fat 1g 5%, Trans Fat 0g, Cholesterol 40mg 13%, Sodium 170mg 7%, Total Carbohydrate 6g 2%, Dietary Fiber 2g 8%, Sugars 3g, Protein 21g, Vitamin A 10%, Vitamin C 50%, Calcium 2%, Iron 10%

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Contact

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Healthy South Texas-Kleberg Kenedy County

Zelina Zavala, Health Agent
Texas A&M AgriLife Extension Service
729 E. Yoakum Ave
Kingsville, TX 78363

(361) 595-8566
zelina.zavala@ag.tamu.edu

