Leon County FCH Focus Newsletter

Spring 2020

Cleaning and Disinfecting

We have never experienced a move into Spring like this, and we will forever be changed by this pandemic. We are all learning new ways of doing things—both personally and professionally, and discovering more about ourselves in the process. Let's reflect during this time, and do our best to support each other despite the physical distances.

We continue to offer more non-face-to-face programming, so I hope you find the information and resources in this newsletter helpful.

I look forward to your feedback. Feel free to contact our office if you have any questions.

Laura Petty

While our cleaning senses are on high-alert right now, keeping your home clean and disinfected is always important. Practice these steps, provided by the Centers for Disease Control, to help reduce you and your family's contact with harmful germs at home.

- Wear disposable gloves when cleaning and disinfecting
- Clean surfaces using soap and water
- Practice routine cleaning of frequently touched surfaces such as tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.
- Use an EPA-registered household disinfectant (epa.gov), and follow the instructions on the label to ensure safe and effective use of the product
- Diluted household bleach may also be used if appropriate for the surface
- To make a bleach solution, mix 5 tablespoons (1/3 cup) bleach per gallon of water or 4 teaspoons of bleach per quart of water
- Leave the bleach solution on the surface for at least 1 minute
- Alcohol solutions with at least 70% alcohol may also be used
- Clean hands often with soap and water for 20 seconds
- If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer what contains at least 60% alcohol
- Avoid touching your eyes, nose and mouth with unwashed hands

Find more tips on cleaning and disinfecting at http://www.cdc.gov.

CDC
Centers for Disease Control and Prevention

The flower that blooms in adversity is the rarest and most beautiful of all.
Walt Disney Company, Mulan

Operation Face Mask

Leon County families are helping to provide homemade face masks for healthcare providers, first responders and others in need. We have several people who have already produced many masks. Our office is collecting and distributing masks, so **please let us know if you are in need or have masks to contribute**.

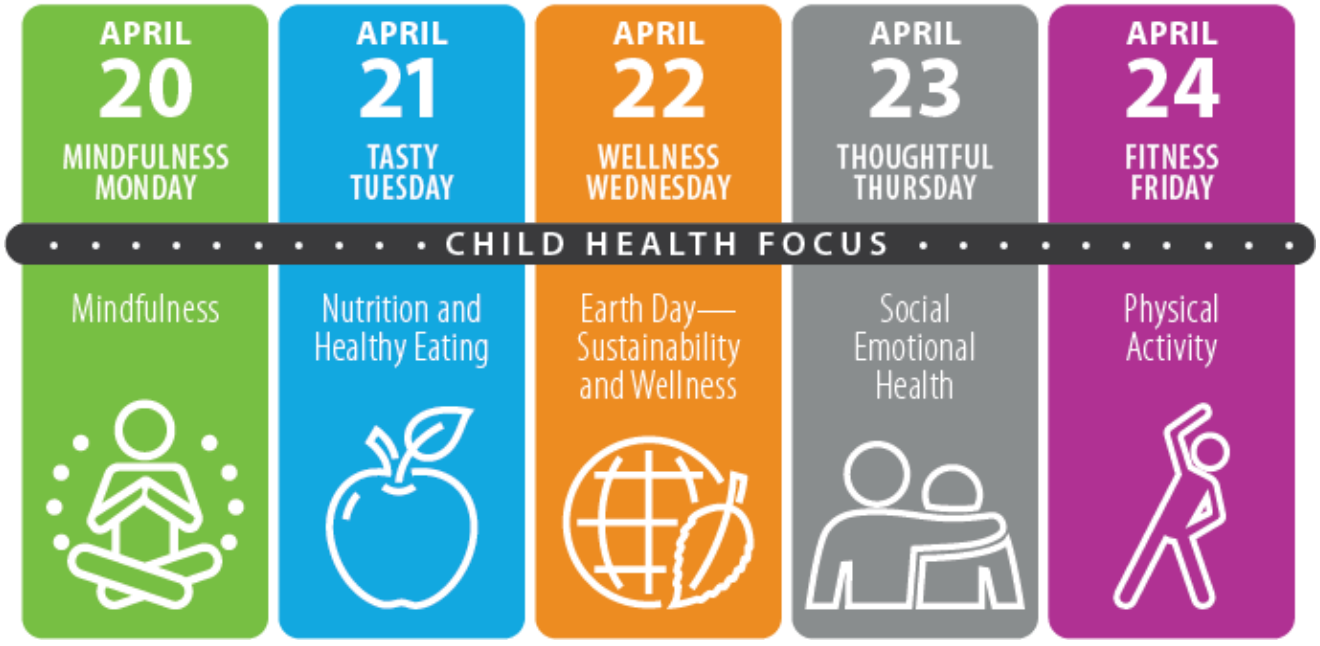
Visit Joann Fabric & Craft (http://www.joann.com) for patterns, tutorials and supplies.

EVERY KID HEALTHY WEEK

This annual observance shines a spotlight on the great actions schools and families are taking to improve the health and wellness of their kids and the link between nutrition, physical activity, mental health and learning – because healthy kids are better prepared to learn and thrive! They are aiming to reach a goal of 1 million actions for healthy, happy kids by 2025.

While this effort is geared more so to schools, families invited to follow along with each day's theme (see below) and share your activities on social media using #EveryKidHealthyWeek. Find great ideas and resources at http://www.actionforhealthykids.org/get-involved/every-kid-healthy-week.

2020 SCHEDULE



Family & Community Health Online Learning Opportunities

With all face-to-face programming on hold, please note the following online learning opportunities being offered through the Texas A&M AgriLife Extension Service. You can find more details about each one on our website (http://leon.agrilife.org) and our Facebook page (http://www.facebook.com/leoncountytxextension), or call our office at 903-536-2531.

Program	Description	Dates	Cost
Mindful Mondays	4-lessons to equip healthy adults with practice and skills to strengthen the mind and body connection and promote holistic health and wellness across the lifespan	April 13-May 4 with intro on April 9 (recording available)	free
Step Up Scale Down	12-week wellness program focusing on nutrition, healthy eating, exercise and more	April 13-June 29 (recording available)	$40
Walk Through Texas History	4-week program designed to help you establish the habit of regular physical activity while exploring Texas' rich history	April 20-May 10	free
Master of Memory	6-week lesson to help you understand how your memory works and provide strategies to improve your memory function	April 29-June (recording available)	free
Diabetes 1st Step: Live Healthy, Be Hopeful	Course takes just over an hour and is designed for those with type 2 diabetes, especially those newly diagnosed	ongoing	free
Do Well, Be Well with Diabetes	5-week series helps those with type 2 diabetes understand and manage their diabetes, and reduce risks for complications	Tue & Thur, May 12-June 11 (recording available)	$12
Eating Well for Healthy Living	3-lesson course to help participants reduce stress through meal planning and physical activity, spending less and getting more at the grocery store, and storing and preparing food safely	ongoing	free
Cooking Well with Friends	4-lesson cooking class that provides you with the knowledge and skills required to safely and effectively plan, prepare, freeze and cook healthy meals	ongoing	free April registration
Cooking Well Exploring Cultures	4-session hands-on course to provide education on nutrition and food safety in cultural cuisine	ongoing	free April registration

Why go screen-free?

A healthy childhood depends on a surprising thing: play! Through creative play, kids explore their physical world, build their curiosity, and expand their imaginations. But often, time spent on ad-supported screens displaces the kind of creative play kids need to thrive.

Not only does Screen-Free Week allow people to enjoy time away from news feeds, targeted ads, and autoplay videos, but it gives families and communities an opportunity to come together and connect with each other.

CONTACT US

rachel@commercialfreechildhood.org

@screenfreeweek

www.facebook.com/screenfreeweek

Screen-Free Week is a project of the nonprofit ***Campaign for a Commercial-Free Childhood.***

screen-free week

CELEBRATE TOGETHER
MAY 4 - 10, 2020

Rediscover the joys of life away from screens

From May 4 – 10, 2020, join hundreds of thousands of people around the world and pledge to unplug from screen-based entertainment. Let your imagination run wild – there's no limit to what you can do during Screen-Free Week!

Take the pledge...

New this year, people from all over the globe are taking the pledge to be screen-free for one week. Commit to this healthy decision for you and your family on our website.

Host an event...

Visit our interactive map to see where events near you are taking place and register your own. We provide free tools and materials for celebration organizers to help make your week the best ever!

Be an endorser...

We're looking for organizations invested in healthy families and children to endorse Screen-Free week and to help us spread the word. Contact us for more information.

www.screenfree.org

The New and Improved Nutrition Facts Label – Key Changes

The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods that will make it easier for you to make informed food choices that support a healthy diet. The updated label has a fresh new design and reflects current scientific information, including the link between diet and chronic diseases.

1 **Servings:** The number of "servings per container" and the "Serving Size" declaration have increased and are now in larger and/or bolder font. Serving sizes have been updated to better reflect the amount people typically eat and drink. For example, the serving size for ice cream was previously ½ cup and now is ⅔ cup.

There are also new requirements for certain size packages, such as those that are between one and two servings or are larger than a single serving but could be consumed in one or multiple sittings.

2 **Calories:** "Calories" is now larger and bolder.

3 **Fat:** "Calories from Fat" has been removed because research shows the type of fat consumed is more important than the amount.

4 **Added Sugars:** "Added Sugars" in grams and as a percent Daily Value (%DV) is now required on the label. Added sugars include sugars that are added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. Scientific data shows that it is difficult to meet nutrient needs while staying within calorie limits if you consume more than 10 percent of your total daily calories from added sugar.

Current Label

Nutrition Facts
Serving Size 2/3 cup (55g)
Servings Per Container 8

Amount Per Serving
Calories 230 — Calories from Fat 72

	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 12g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

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

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

New Label

Nutrition Facts
8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving
Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

5 **Nutrients:** The lists of nutrients that are required or permitted on the label have been updated. Vitamin D and potassium are now required on the label because Americans do not always get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today. The actual amount (in milligrams or micrograms) in addition to the %DV must be listed for vitamin D, calcium, iron, and potassium.

The Daily Values for nutrients have also been updated based on newer scientific evidence. The Daily Values are reference amounts of nutrients to consume or not to exceed each day and are used to calculate the %DV.

6 **Footnote:** The footnote at the bottom of the label has changed to better explain the meaning of %DV. The %DV helps you understand the nutrition information in the context of a total daily diet.

The New **Nutrition Facts Label** *What's in it for you?*

Learn more about the new Nutrition Facts label at:
www.FDA.gov/NewNutritionFactsLabel

March 2020

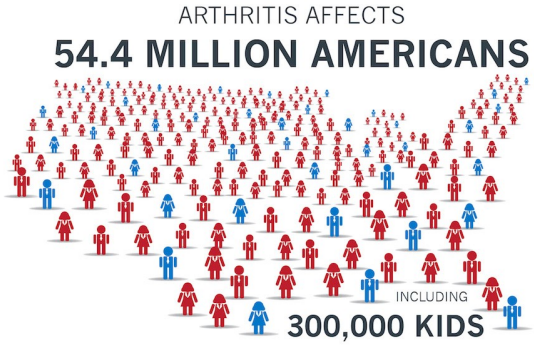
Joy4All Brings Hope to Isolated Seniors

As a means of entertaining lonely adults during the pandemic, a team of Canadian high schoolers created a hotline that plays pre-recorded messages of positivity. The Joy4All Project (http://www.joy4all.ca) was launched April 10th by students from the Ever Active Schools recreational leadership program run by the Calgary Board of Education. The youngsters say they created the free hotline as a means of comforting quarantined seniors across North America. However, people of all ages are encouraged to enjoy the regularly updated selection of jokes, stories, guided mediations, and educational messages. Call 1-877-JOY-4ALL.

The Federal Trade Commission offers 5 things you can do to avoid a Coronavirus scam:

► Ignore offers to vaccinations and home tests
► Hang up on robocalls
► Watch out for phishing emails and text messages
► Research before you donate
► Stay in the know

Visit http://www.consumer.ftc.gov for more details and tips.



Visit http://curearthritis.org for more info

Program Highlights & Information

Hand-washing Demonstration

Take a closer look at your hands to discover where germs hide out and develop good hand-washing practices, which reduces your risks of getting sick!! Contact Laura to schedule this demonstration, which can also be done virtually.

A big thanks to Centerville Elementary 6th grade students and teachers for helping with the monthly produce distribution.

Nine local pantries continue to serve the needs to hundreds of families in Leon County. Visit http://leon.agrilife.org to find the list and map of our pantries. Please be sure to contact the pantry before you visit to make sure they are open.

Your contributions of food and funds would be greatly appreciated by these pantries and the families they serve!

Our next Leon County Food Pantry Coalition was scheduled to meet May 1st, but that will likely be postponed due to the pandemic.

We continue to provide the monthly "Nutrition Know How" newsletter (in both English and Spanish) to all pantries to distribute to more than 350 visitors. We have moved to a bi-monthly newsletter, and will soon go to a quarterly format. You can view newsletter issues at http://leon.agrilife.org, under the newsletter tab. Suggestions for topics to include in the newsletter are greatly appreciated.

The FCH Advisory Committee hosted these seminars over the last several months: Driving Safety, Wills and Documents, First Aid and Kitchen Gadgets. Thank you to presenters!!

Program Highlights & Information

EE Members Look Forward to Future

Our EE members are missing their club meetings and activities, but are looking forward to getting back on track soon. Their County EE Education Day/Cultural Arts and District Spring Conference were cancelled, but many of them are keeping busy with projects at home. Their district event has been pushed to August, so they'll be diligent this summer getting ready for that.

As part of the Texas Extension Education Association (TEEA), EE clubs meet regularly to conduct business, learn from educational programs and conduct community service. These activities strengthen our community by providing information that focuses on family, education and service. Once they are able to meet again, they invite you to get involved in one of their 4 clubs:

- *Jewett* - meets 2nd Mon., 10 am
- *Leona/Centerville* - meets 2nd Tue., 10 am
- *Normangee* - meets 3rd Wed., 10 am
- *Oakwood* - meets 3rd Mon.,6 pm

Please contact our office for more details.

FCH Advisory Committee

I so much appreciate this group of people and their guidance for our FCH educational programs! Our group meets 4 times a year to oversee FCH programs in Leon County. Their input enriches our program, and ensures we are addressing critical issues.

Our next meeting is set for May 14, 10 am, Extension office. We will have to play things by ear to see if that will be postponed or not.

Rise above the storm and you will find the sunshine.
Mario Fernández

Our FCH Advisory Committee has planned and invites you to join us for a

Balance & Fall Prevention Seminar

Thur., June 11, 6:30-8 pm
Ed Houk Celebration Sanctuary

Please check our website and Facebook page for updates (in case the program is postponed)

Program Highlights & Information

This is traditionally a very busy time for our 4-H families, but club meetings, project workshops, contests and shows have all been put on hold. In addition to our 4-H'ers completing school assignments at home, they are also benefitting from online 4-H project work. Many of our county, district and state 4-H contests have been cancelled, but they are finding other ways to explore projects and help others in the community.

Summer is another busy season, so we hope our 4-H'ers will be able to enjoy camps, workshops and other activities Visit http://leon.agrilife.org and our Facebook page (http://www.facebook.com/leoncountytxextension) to learn more about opportunities 4-H has to offer.

Had a great group of 15 Centerville 4-H members and Clover Kids during their 4-H Fashion Series. A big thanks to Cole Rappolee (and his mom, Cassie) for securing a $500 Joann Fabric & Craft mini-grant. During the 6-week series, the 4-H'ers explored fibers and fabrics, learned basic sewing skills, visited Joann's, an alpaca farm and Pruitt Cleaners, and made lap blankets for Centerville Healthcare Center residents. While the 4-H'ers did not get to deliver the blankets to the residents as planned, a total of 16 blankets were delivered to the center. Thank you also goes out to the wonderful Leon Co. Master Gardeners who helped with the project: Tom & Carol Gimler, Mary Sue Watson, Kathy Choate, Charlene Manning and Terri Vincent! Thank you also to the 4-H parents and grandparents who helped!!

Support Recovery Effort for Leon County Youth Livestock Show!!

Many of our 4-H'ers had been busy over the last several months preparing for this event, so its cancellation is a huge disappointment. The show board, however, is continuing to ask the community to support through their Exhibitor Recovery Fundraiser. 100% of proceeds will benefit 200+ exhibitors. Get details at http://lcyls.blogspot.com. Thank you!

Community Happenings

2020 LUNCH AND LEARN GARDENING SERIES

TEXAS MASTER GARDENER TEXAS A&M AGRILIFE EXTENSION Leon County

Mark your calendar!

May 20: Importance of Hydration - Laura Petty
June 16: Container Gardens - Carleen Brand
July 21: Color in the Landscape - David Bradley
August 18: Wildflowers - Teresa Klepac
September 15: How to Attract Pollinators - Cathy Beckwith
October 13: Rainfall and Erosion - Richard Parrish
November 17: Care of Holiday Plants - Kathy Choate

Texas eden
Extension Disaster Education Network

Texas EDEN is a collaborative educational network dedicated to educating citizens about disaster mitigation, preparedness, response and recovery. Texas EDEN is a part of the Texas A&M AgriLife Extension Service, and is affiliated with National Extension Disaster Education Network. Visit http://texashelp.tamu.edu for resources to reduce the impact of natural and man-made disasters for individuals, families and communities.

The time, effort and commitment of local healthcare workers and first responders is greatly appreciated! Praying for your health and safety!!

CodeRED® Emergency Alerts

Visit http://www.co.leon.tx.us and click on the "Code Red" icon to register your phone number to receive alerts. You can also stay informed about local emergencies at http://www.facebook.com/LeonCountyEM.

Texas A&M AgriLife Extension Service - Leon County

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

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http://www.facebook.com/leoncountytxextension
http://fch.tamu.edu

*Texas A&M AgriLife Extension's **Family and Community Health** (FCH) unit helps Texans better their lives through science-based educational programs designed to improve the overall health and wellness of individuals, families, and communities.*