

Lubbock County Family Network



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October / November 2018

HEALTHY HALLOWEEN TREATS AND EATS

Halloween is just around the corner, but that doesn't mean you have to be spooked by the sweets your child will be consuming. With preparation and help from Healthy Texas' Dinner Tonight, you can ensure that your child makes smart, healthy choices this Halloween.

The holidays are a perfect time to have valuable teaching lessons with your child/grand child about the importance of eating in moderation and what can happen if you consume too many sweets. This Halloween, Elaine Montemayor-Gonzalez with Texas A&M AgriLife Extension, recommends explaining to your child/grand child that the candy they receive while trick or treating does not have to be eaten all at once, but can be spread out over time. Rather than keeping all the candy, you can also have your child/grand child pick out their personal favorites and then donate the rest to a food bank or put in a care package to be sent to those serving our country overseas.

Not all Halloween treats have to be candy, either. Instead offer something that provides health benefits and has nutritional value. The Academy of Nutrition and Dietetics recommends mixing in healthy alternatives in your candy bowl that are full of whole grains, vitamins, 100 percent fruit juice, and fiber. Below are some examples you can find at your local grocery store for healthier Halloween Treats to give:

1. Whole-grain cheddar flavored crackers
2. Fruit snacks made with 100 percent fruit with added vitamin C
3. Fruit leathers made with 100 percent fruit
4. Sugar-free gum
5. Animal crackers made without trans fat
6. Mini rice cereal bars
7. Cereal bars made with real fruit

8. Individual fruit cups
9. Mini 100 percent fruit juice boxes
10. Low-fat pudding
11. Mini bags of pretzels

The Academy of Nutrition and Dietetics also recommends avoiding snacks that contain nuts in case a child suffers from food allergies. In such circumstances, non-food treats such as pencils, erasers, stickers, or tattoos can act as a fun alternative.

In addition to limiting the amount of sweet treats your child eats this Halloween, finger foods are also a great option and help to encourage healthy eating, says Montemayor-Gonzalez. Dinner Tonight's Butternut Squash Nachos are the perfect Halloween treat packed full of vitamins and flavor. You can also get creative by making a jack-o-lantern out of cantaloupe, kiwi and blackberries, or a skeleton out of veggies and a low-fat dip. To learn more about the recipes, visit <https://bit.ly/2P7avj5>

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Sources:

<https://www.eatright.org/health/lifestyle/holidays/enjoy-a-healthy-and-happy-halloween>

<https://dinnertonight.tamu.edu/recipe/butternut-squash-nachos/#more-3904>



BEE PROACTIVE WITH YOUR B-12 VITAMIN INTAKE

What is B-12 and Why It's Important?

Vitamin B-12, which is also called cobalamin, is a water-soluble vitamin that is involved in the metabolism of every cell in the human body. B-12 is beneficial and important because it helps with one's brain, blood, and maintaining proper function of the nervous system. It is common for individuals, especially elderly adults, to not get enough B-12 in their diet. "Experts estimated that up to 20% of people aged 50 and older may be low in vitamin B-12. This deficiency becomes more common as people get older."

What Happens When You Don't Get Enough?

When one's B-12 levels become low, it can lead to health problems related to red blood cells and the nerve cells may not work well. When one's nervous system isn't working properly, this could lead to troubles with walking properly and possibly lead to falls. In the elderly populations, falls can be quite detrimental, leading to further health complications.

The most common problems related to having low B-12 levels are:

- **Anemia**, or low red blood cells. Having anemia can cause or result in fatigue and shortness of breath.
- **Neuropathy**, which means the nerves in the body are not working well. When nerves are not working properly one can experience tingling, numbness, burning, poor balance, and walking difficulties.
- **Cognitive impairment**, this means one's brain cells are not functioning properly, which leads to memory problems, irritability, and possibly dementia.

How Much is Needed and How Can I Increase my B-12 Intake?

Amazingly enough most people consumer enough B-12 from their diet. But, low levels of B-12 remains a serious problem in the senior population because it is so poorly absorbed due to decreased stomach acidity. Common reasonings on why B-12 levels would become low in senior adults is: *the older you get the weaker the stomach lining gets, certain medications, having any type of surgery that has removed part of one's stomach/intestines, and/or having any diseases/conditions that causes poor absorption to begin with (i.e. Crohn's, Celiac).*

The Recommended Daily Allowance (RDA) for Vitamin B-12 is: **2.4 mcg**. It is easy to reach the adequate amount of B-12 through certain food sources, but due to preexisting conditions and/or age, one is less likely to absorb the full, desired amount. So, its suggested to consume some B-12 food sources for each meal and/or take an oral B-12 supplement (ask your doctor or a registered dietitian on which B-12 supplement you should use). Do not take supplements without a doctor's approval.

Where to Find B-12 Sourced Foods:

Common sources to find B-12 is ranging from animal products to fortified breakfast cereals. Below is a chart of the food product with the serving amount correlating to the amount of B-12 it offers:

Food	Serving	Amt of B-12 (mcg)
Fish (depends on the type)	3 oz.	2.5-5.4 mcg
Meat, Beef	3 oz.	1.4 mcg
Chicken	3 oz.	0.3 mcg
Eggs	1 boiled	0.6 mcg
Milk	1 cup of LF milk	1.2 mcg
Milk products (Cheese)	1 oz.	0.9 mcg
Fortified Breakfast Cereals	1 serving	1.5 mcg

A study has found that individuals who took a supplement containing vitamin B-12 or consumed fortified cereal more than four times per week were much less likely to have a vitamin B-12 deficiency. So consume your B-12 food sources during each meal and it should decrease your chances of B-12 deficiency (improper functioning of brain cells, nervous system, and low red blood cell count).

Sources:

<https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>

<https://www.niddk.nih.gov/health-information/weight-management/health-tips-older-adults>

<https://www.ncbi.nlm.nih.gov/books/NBK51837/>

<https://www.aplaceformom.com/blog/4-16-15-vitamin-b-12-deficiency/>

FIBER'S IMPACT

What is Fiber

A lot of people have heard and read on how much people and health professionals push getting more fiber in their diet. With all this publicity on fiber, it can be confusing on what it is exactly. Fiber is a carbohydrate that can't be digested. Since it can't be digested well in the stomach and gut, it passes through the body helping with leveling out the body's sugar and helps one feel fuller longer. It is stated that more than half the population, of all age groups, don't get enough fiber in their diet.

What's All the Hype About?

Having an adequate amount of fiber intake has many health benefits associated with it. Some benefits are:

- Maintains healthy weight
- Lowers one's risk for diabetes
 - By helping to control blood sugar levels
- Lowers one's risk for heart disease
- Lowers cholesterol levels
- Keeps bowel movements regular
 - Will help with diarrhea or constipation.

Seniors who struggle with heart problems, diabetes, high triglyceride/cholesterol levels, and bowel problems should look into increasing fiber intake. Since increased fiber intake can help with all of the above.

How Much Should One Have & Where Can One Find It?

	Age 50 or Younger	Age 51 or older
Men	38 grams	30 grams
Women	25 grams	21 grams

Where does one find the amount of fiber in a food product? The Nutrition Facts Label. The following graphic is a snapshot of a nutrition facts label. The highlighted portion is where one can find how much fiber is in each serving of that certain product. In this example, there are 7g of fiber in each serving. This would be considered a good source of fiber.

Serving Size: 2 cups	
Servings per container: 1	
Amount Per Serving	
Calories 140	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat .5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 270mg	11%
Total Carbohydrate 22g	7%
Dietary Fiber 7g	28%
Sugars 7g	3%
Protein 11g	

A serving size tells you how much of a food or a liquid is in 1 serving.

This number tells you how many grams (g) of fiber are in 1 serving.

Great Fiber Choices:

- Whole-grain products (breads/cereals)
- Fruits
- Vegetables
- Beans, Peas, other legumes
- Nuts and seeds

To help fit more fiber in the diet, try switching white breads and cereals to whole grain, top cereal or *whole wheat* pancakes with fruit, choose whole fruits over fruit juices, bulk up salads with loads of veggies, or try making snacks a fruit, veggie, or nuts/seeds. One thing to remember when increasing fiber in the diet, is to consume plenty water.

When one eats a high-fiber diet and doesn't drink enough water, it'll tend to cause constipation. A good rule of thumb for how much water one should be drinking is at least the **8x8 Rule** per day. This rule basically means to try drinking at least **8 glasses of 8 fluid ounces of water** per day. Staying hydrated becomes extremely important in the senior population. If one doesn't get enough water it could lead to dehydration, which could lead to disorientation, infections, or worse.

Remember

Fiber has great health benefits, especially for seniors. For ages 51 and older, fiber intake should be 21-30 grams (depending on gender). Great sources to find fiber are whole grains, fruits, vegetables, and legumes. Lastly, don't forget to drink plenty of water.

Sources:

<https://www.eatright.org/health/wellness/healthy-aging/special-nutrient-needs-of-older-adults>

<https://www.umh.org/assisted-independent-living-blog/bid/259804/The-Importance-of-Fiber-in-a-Senior-Citizen-s-Diet>

<https://thebristol.com/blog/importance-of-staying-hydrated-for-seniors/>

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983>

<http://www.healthinaging.org/aging-and-health-a-to-z/topic:nutrition/info:unique-to-older-adults/>

FOOD MANAGER CERTIFICATION TRAINING COURSE October 11-12, 2018

Statistics indicate that foodborne illness continues to be a health issue in the United States. Each year, 1 in 6 Americans will become sick, 128,000 will become hospitalized, and 3,000 will die due to a foodborne illness.

Under the Texas Department of State Health Services (DSHS) jurisdiction each food establishment is required to have one certified food manager employed by that establishment.

Texas A&M AgriLife Extension Service, Lubbock County, is offering a professional food manager certification training course. This program will be offered for \$125.00 on October 11-12, 2018 at the Texas A&M AgriLife Extension Service office in Lubbock County at 916 Main St., Suite 401, Lubbock, TX 79401. Cost includes training, materials, and a national food manager certification examination. The food manager's certification will be valid anywhere in the state of Texas for five years.

This program is designed to not only prepare foodservice managers to pass the certification examination; it will provide valuable education regarding the safe handling of food. Almost 50 cents of every dollar Americans spend on food is spent on meals prepared away from home. Therefore, careful attention to food safety will help keep customers safe and satisfied.

Foodborne illnesses are estimated to cost thousands of dollars in lost wages, insurance, and medical bills. With these statistics, knowledge of how to prevent foodborne illness is essential. The benefits of improved food safety include:

- Increased customer satisfaction
- Improved relationships with health officials
- Prevention of bad publicity and law suits due to foodborne illness

By attending the course, foodservice managers will learn about:

- Identifying potentially hazardous foods and common errors in food handling
- Preventing contamination and cross-contamination of food
- Teaching and encouraging personal hygiene for employees
- Complying with government regulations
- Maintaining clean utensils, equipment and surroundings
- Controlling pests

Foodborne illnesses can be prevented by following simple food safety practices. For more information about the Professional Food Manager Certification Training course of Texas A&M AgriLife Extension Service, called "Food Safety: It's Our Business," call E. Kay Davis at 806-775-1740 for class participant availability.

RETAIL BAKERY FOOD SAFETY

Baked goods normally have low water activity, pH, and the baking process should kill microorganisms. These factors will help prevent microorganism growth and allow for safe storage at ambient temperatures. But bakery products have still been associated with foodborne illness involving *Salmonella spp.*, *Listeria monocytogenes*, *Staphylococcus aureus*, and *Bacillus cereus* so the bakery should still practice good food safety practices. Certain bakery items, such as custard or creamed filled pies/pastries, meat-filled bread, cheesecakes, and focaccia bread just to name a few, should not be stored at room temperature.

-Keep TCS ingredients such as eggs, milk, or dairy at safe temperatures before and after use.

-Wash hands.

-Wear gloves or use a barrier (wax paper, tissue paper, tongs, etc.) when handling baked goods.

-Label bakery items with allergens - milk, eggs, peanuts, tree nuts, wheat, or soybean (6 of the 8 major allergens). Proper handling of baked goods can go a long way in keeping customers safe and healthy!

-Customers should pay attention to whether or not establishments follow safe practices.

Source: Food Safety Magazine June/July 2018

Article by Julie Prouse

CANNING FOODS

How Does Canning Make Food Shelf Stable?

Canning is a process in which foods are placed in jars and heated to a temperature that destroys microorganisms and inactivates enzymes. The heating and later cooling forms a vacuum seal, which prevents microorganisms from recontaminating the food within the jar. Acid foods such as fruits and tomatoes can be processed or 'canned' in boiling water, while low acid vegetables and meats must be processed in a pressure canner at 240 degrees Fahrenheit for a set amount of time.

Are There Unsafe Canning Methods? Yes, there are!

Open-kettle Method - foods heated in a kettle, poured into jars and lid placed on the jar, no processing is done, often cause spoilage because bacteria, yeasts, or molds that contaminated the food were not killed by further processing, causes lids that sealed to unseal later and there is a danger of botulism with low acid foods or acid foods that experience mold growth.

Steam Canning - not recommended for either acid or low acid foods, processing times for use with current models have not been adequately researched, there are indications from earlier research that these canners do not heat all foods in the jars the same so there is a risk for spoilage as well as harmful bacteria surviving.

Other Methods - not supported by proper research or disproven with advances in science. Using microwave ovens, electric or gas ovens, slow cookers, crock pots, dishwashers, or the sun can be extremely dangerous, especially with low acid foods and are not recommended. Nor are so-called canning powders.

Remember when canning to use tested recipes and proven methods. Get a new food preservation book or USDA approved resources every year because certain foods like summer squash are not recommended for canning anymore or instructions on some foods may have changed. Contact your local county extension agent if you have more questions!

Taken from: So Easy to Preserve 6th Ed - UG Extension
Article by Julie Prouse

MOLDS - WHAT ARE THEY?

Molds by definition are microscopic fungi that live on plant and/or animal matter. Molds are often characterized by stalks rising above the foods or fuzzy things on the surface of the foods. Molds have branches and roots that grow in foods, not just on the surface. Many molds produce spores which can be transported by air, water, or insects and give the mold its color.

Are Molds Dangerous?

Yes, some are! Some can cause allergic reactions and respiratory issues. Other molds if given the right conditions can produce mycotoxins or poisonous substances that make a person sick.

What Can One Do To Help Minimize Mold Growth?

- Clean, clean, clean! Clean the inside of the refrigerator, surfaces, and utensils often.
- Try to keep humidity level below 40% in the kitchen.
- Don't buy moldy foods.
- When serving food, keep it covered to prevent exposure to mold spores in the air. To keep foods moist, use

plastic wrap to cover the foods – fresh or cut fruits and vegetables and green, and mixed salads.

- Empty opened cans of perishable foods into clean storage containers and refrigerate promptly.
- Don't leave perishables out of the refrigerator.
- Use leftovers within 3 to 4 days, so mold does not have a chance to grow.

Food found to have mold on it should be removed, discarded, and clean the area where the food was stored. Check items nearby for signs of mold growth as mold can spread quickly.

Source:

https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/molds-on-food-are-they-dangerous/_ct_index

Article by Rebecca Dittmar

Source: *Serving Up Food Safety Fall 2018*, From the Food Protection Management Program (FPM) Texas A&M AgriLife Extension Service

RETURNING HOME AFTER A DISASTER: SUPPLY LIST

Cleaning up after a disaster can be a long, difficult task. If your home has been flooded, everything touched by water is considered contaminated. You should either throw out the damaged items or disinfect them. It will be helpful to get the following before you return home:

Water: Take at least a three-day supply of bottled water. Pack 1 gallon for each person per day. Do not use well water until your local health department representative or another professional has tested it.

First aid kit: Include two pairs of sterile gloves, gauze, soap, antibiotic wipes and ointment, burn ointment, adhesive bandages, aspirin, a thermometer, first aid booklet and SPF 30 sunscreen.

Prescription medications: Include heart and high blood pressure medicine, insulin and other drugs prescribed by your doctor.

Hand sanitizer: Any type of alcohol-based hand sanitizer will work.

Basic tool kit: Include a screwdriver, hacksaw, axe, wrench, hammer and pliers.

Personal hygiene items: Include a washcloth, bath towel, soap, toothbrush and toothpaste.

Sturdy shoes: To avoid injury from debris, use closed-toe shoes.

Insect repellent: Any brand will work.

Cleaning supplies:

- ◆ 5-gallon bucket with lid
- ◆ Bleach, 82 ounces
- ◆ 5 scouring pads
- ◆ 7 sponges
- ◆ 1 scrub brush
- ◆ 18 cleaning towels
- ◆ Liquid laundry detergent, 50 ounces
- ◆ Household cleaner, 12- to 16-ounce bottle
- ◆ Disinfectant dish soap, 16- to 28-ounce bottle
- ◆ 50 clothes pins
- ◆ Clothesline, 100 feet
- ◆ 5 masks, N-95 rating
- ◆ 2 pair of latex gloves
- ◆ 1 pair of work gloves
- ◆ 24-bag roll of heavy-duty trash bags, 33- to 45-gallon
- ◆ Air freshener, 8- or 9-ounce can

(Cleaning items adapted from the UMCOR relief supply needs list www.umcor.org)

Source: Texas AgriLife Extension Service publication number ER-016; Lisa Norman, Extension Assistant, The Texas A&M University System

DISASTER SUPPLIES KIT

Why is a disaster supplies kit important? If you are forced to evacuate from your home or shelter-in-place, you will not have time to gather the necessary supplies. Assembling a disaster supplies kit will help your family stay safe and be more comfortable after a disaster.

What should your disaster supply kit contain? It should contain enough supplies to enable you and your family to take care of yourselves without outside help for at least three days.

Supplies List

Water - Three-day supply of bottled water. Pack 1 gallon for each person per day.

Water Purification Tables - May be purchased at any store that carries camping supplies (Wal0Mart/Target, for example).

Food - Three day supply. Choose foods your family will eat and that do not require refrigeration. Examples include protein and fruit bars, dried fruit, nuts, peanut butter, crackers, canned juices, and canned food.

First Aid Kit - Include two pairs of sterile gloves, gauze, soap, antibiotic wipes and ointment, burn ointment, adhesive bandages, aspirin, thermometer, and sunscreen SPF 30.

Cash - You may not be able to access a bank or ATM machine for days.

Extra Clothing - Gather one complete change of clothes, a pair of sturdy shoes, and one blanket per person.

Prescription Medications - Include medications such as heart and high blood pressure, insulin, and other drugs prescribed by your doctor.

Special Needs Items - Baby formula, diapers, bottles, powered milk, baby wipes, rash ointment, foods for special dietary needs (diabetics), supplies for dentures and contact lenses.

Battery Powered Radio

Flashlights

Extra Batteries

Basic Tool Kit

Whistle

Garbage Bags

Toilet Paper

Hand-held, Manual Can Opener

Disposable Eating Utensils

State Map

Note: Store items in a waterproof container or a rubber trash can with a lid.

Source: <http://texashelp.tamu.edu>

Share this information with family and friends who may have been affected by recent hurricanes and storms. Be prepared yourself for storms that may prevent your access to grocery stores, etc. or prevent emergency personnel from assisting you for several days.

Sincerely,



E. Kay Davis, M.S.
County Extension Agent -
Family and Community Health
Lubbock County

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Recipe Corner

Garden Freezer Salad

8 servings (1 cup each)

- 1 cup white vinegar
- 1 cup water
- ¾ cup sugar (or sugar substitute that can be heated, such as Splenda®)
- ½ teaspoon celery seeds
- 1 teaspoon salt
- 4 cups broccoli flowerets
- 4 cups cauliflower flowerets
- 1 large carrot, peeled and shredded
- ½ cup chopped green bell pepper
- ½ cup chopped sweet red pepper
- 1 medium onion, finely chopped

1. Wash your hands well with soap and hot water.
2. Combine the vinegar, water, sugar (or sugar substitute), celery seeds, and salt in a microwavable 4-cup glass measuring cup.
3. Heat the mixture in the microwave on high for 4 minutes, stirring to dissolve the sugar. Set it aside to cool. (Other sugar substitutes can be added at this point, if desired.)
4. In a large bowl, combine the broccoli, cauliflower, carrots, bell pepper, red pepper, and onion. Add the vinegar mixture and toss to coat.
5. Serve or freeze to serve later. To freeze the salad, pack it into four 1-pint freezer containers, filling to ½ inch from top, or four pint-size freezer zip bags, removing excess air. Label and freeze up to 1 month. To serve, thaw in refrigerator 8 hours.

Nutrients per Serving

Calories: 200; Carbohydrates: 48 grams; Cholesterol: 0 milligrams; Fat: 0 grams; Protein: 2 grams; Sodium: 330 milligrams; Exchanges: 2.7 Other Carbs/Sugar, 1.1 Non-starchy Vegetables.

Source: Down-Home Comfort

Bean & Beef Chili

- 1 lb 98% lean ground beef
- 1 (14.5 oz) cans diced tomatoes
- 1 (14.5 oz) can low sodium, low fat beef broth
- 1 cup chopped onion
- 1 or 2 finely chopped jalapenos, de-veined and de-seeded
- 2-3 cloves garlic, minced
- 2 teaspoons chili powder
- 1 ½ Tablespoons dried oregano, crushed
- ½ teaspoon ground cumin
- ¼ teaspoon black pepper
- 1 (15oz) can pinto beans, rinsed and drained
- 1 (15 oz) can black beans, rinsed and drained

Optional:

- 1 clove garlic
- 1 Tablespoon oil
- Chopped cilantro
- Shredded low fat cheese
- Fat free sour cream
- Baked Tortilla Chips

Brown ground meat in a skillet or cook in a microwave 5 or more minutes or until done, stirring every 2-3 minutes. Check temperature with a thermometer. Ground meat should be 155° F if cooked on a stove top or 165°F if cooked in a microwave. Drain fat.

In a 3 ½ or 4 quart electric crockery cooker, combine beef, beans, undrained tomatoes, broth, onion, jalapeno pepper, garlic, chili powder, brown sugar, oregano, cumin, and black pepper. Cover and cook on low for 10-12 hours or high 5 to 6 hours. Or place ingredients in a 4 quart stock pot or microwave safe casserole and heat until very hot.

Top or serve with cilantro, cheese, sour cream and baked chips.

Optional: Leave beans out of chili and combine beans, oil, cilantro and garlic and serve on the side.

Makes 6 servings.

**23RD ANNUAL CONFERENCE
FOR PARENTS & THOSE WHO WORK WITH THEM**



Thursday, October 25, 2018

Broadway Church of Christ

1924 Broadway Avenue



For Individual Registration: <http://bit.ly/BuildingStrongFamilies2018>

For Group Registration: Contact Denise Stovall 834-7959

Conference Sponsors:

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