

Lubbock County Family Network



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October/November 2019

MEALTIME MEMORIES BEGIN IN THE KITCHEN

A good way to get young children excited about new foods and healthy eating is to get them involved in the kitchen. Young children like to imitate their parents, and this is especially true during meal planning and food preparation.

Young children can:

- wipe and help set the table,
- select fruits or vegetables for the meal,
- rinse vegetables and fruits,
- snap green beans,
- stir pancake batter, and
- help assemble a pizza and make sandwiches.

Parents need to remember some safety tips when children are in the kitchen:

- Cook with pots and pans on the back burners.
- Keep hot dishes where children cannot touch or pull them down on top of themselves.
- Children should not remove cooked food from the microwave.
- Keep knives and other sharp objects out of children's reach.

Watching children closely and giving them specific, child-appropriate tasks can help to increase your child's interest in new foods and food preparation. Dr. Sharon Robinson, former Associate Professor and Nutrition Specialist with the Texas A&M AgriLife Extension Service, recommends that parents teach children to wash their hands with warm, soapy water before helping in the kitchen. This lifelong habit will keep children from getting sick or making others sick with a foodborne illness.

The Texas A&M AgriLife Extension Service offers free and low-cost nutrition and health classes and other events. To find out what is available in your area, please contact your local county Extension agent.

Sources:

<https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/health-and-nutrition-information/preschoolers-picky-eating>

Drago, D.A. (2005). Kitchen scalds and thermal burns in children five years and younger. *Pediatrics*. 115(1):10-16.

Extension Celebrates Family Mealtime: **MAKING IT FUN!**

Family Meal Time Conversation Starters:

Encourage your family to make mealtimes meaningful by starting the conversation. Ask the questions from this page or MAKE IT FUN! by cutting them into individual questions and putting them in a bowl. Allow everyone to have a turn picking a question.

| Ages 2-7 | Ages 8-13 | Ages 14+ |
|--|---|---|
| What is your favorite food and why? If you could be one color what would it be and why? What is one food you don't like to eat and why? Where is your favorite place to visit and why? If you did the grocery shopping, what would you buy? What do you want to be when you grow up? What was your favorite class today? What would be an animal you would want for a pet and why? Where do the foods we eat come from? Who is your Super Hero and why? | If you could be any animal, what would you be and why? If you could start a new family tradition, what would it be? What 3 words would you use to describe our family? If you had to give everyone in the family new names, what would those names be? Finish this sentence: "Someday, I'm going to be the first person in the world to..." When people grow up, they are almost always responsible for something. What do you want to be responsible for when you grow up? Where is one place you would like to visit and why? | Finish this sentence: "Everyone knows that my worst habit is..." What is one thing you can do for yourself in the next week that would help you take care of yourself? Can you tell me one thing that you learned today that you think I might not know? If you could make money doing whatever you love to do, what would you want to do for a living? Did you save any money today? If not, how could you have saved? What would you like to do when you graduate (high school/college)? Where do you want to go to college and why? What do you think about the latest news on _____? What is your favorite vacation memory? |

* Some questions were taken from The Family Dinner Project website at <http://thefamilydinnerproject.org>. Please visit for more questions to ask your family at the dinner table.

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 The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

file:///I:/2019/Newsletters/FN/Oct%20Nov/FamilyMealtimeConversationCards_MultipleAges.pdf

KITCHEN TASKS FOR DIFFERENT AGE GROUPS

The following are suggested tasks for each age group. Of course, maturity and dexterity differ in each child. It's up to you to determine what is appropriate for your child.

2-3 year olds and up

Most toddlers enjoy helping in the kitchen. They are very tactile and love the concept of eating their art project. This age group, however, needs very close adult supervision since their dexterity and motor skills are still developing.

This age group can do the following tasks with minimal assistance: Squeezing lemons or limes, using a plastic juicer, washing produce in the sink, drying produce in a salad spinner; picking fresh herb leaves off stems, ripping them into small pieces; tearing up lettuce, sprinkling dried herbs and salt, using a pepper grinder, kneading dough, scooping potatoes or yams out of the skins, brushing (or "painting") oil with a pastry brush, using the rolling pin for dough or puff pastry, whisking together vinaigrettes, squeezing water out of thawed spinach, stirring, and mashing.

They will need close supervision to: Grate, peel, chop vegetables and herbs with a knife, and break eggs.

4-5 year olds and up

In this age group, there is a lot of variability in motor skills, independence, and the ability to focus, which means that some kids will continue doing the 2-3 year-old tasks, and others will feel ready to move on to the 6-7 year-old tasks.

6-7 year olds and up

This age group usually has developed fine motor skills so they can take on more detailed work, like using measuring spoons and forming evenly sized patties. They may still need reminders to watch their fingers during grating and peeling.

They also excel at: Dicing and mincing vegetables, grating cheese; peeling raw potatoes, ginger, mangoes and other fruits and vegetables; slicing and scooping out avocados, greasing pans, using a microplane zester, de-seeding tomatoes and roasted peppers, draining and slicing tofu, rinsing grains and beans, forming cookies and patties, pouring liquids into small containers, and garnishing (or "decorating") dishes.

8-9 year olds and up

There is a wide range of skills in this age group. Some 8 year olds are not mature enough to work at the stove. Others have the focus and diligence of an adult. You'll have to decide if they should continue with the 6-7 year old tasks or if they are responsible enough to do more.

FOOD AND WATER SUPPLIES TO HAVE ON HAND DURING AN EMERGENCY: ARE YOU PREPARED?

With hurricane season upon us and winter on the way, now is the time to make sure that you and your family, including pets, have enough food and water on hand in case a disaster strikes.

"A general rule of thumb is to plan for at least 3 days of food and water," says Jenna Anding, food and nutrition specialist with Texas A&M Agrilife Extension Service. In areas prone to heavy flooding, heavy snowfall, etc. that time may need to be extended to 7 to 10 days.

For water needs, plan on at least 1 gallon of water per person (fluid needs and personal hygiene) and pet per day, says Anding. If there are pregnant women, family members with illness or during the hot summer months, plan for a minimum of 2 gallons per person and pet.

The easiest and most reliable way to take care of emergency water needs is to buy commercially bottled water. Store the bottles at room temperature (or cooler), out of direct sunlight, off the floor, and away from harmful chemicals. Although some bottles may contain a "best-by" date, the International Bottled Water Association (www.bottledwater.org) notes that you can safely drink the water after that date as long as the water has been stored properly.

Another option is to store water in a food grade water storage container. These types of containers can be purchased at surplus or camping/outdoor stores. Before storing water in the container, wash with dishwashing soap and water and rinse thoroughly. Then sanitize the container by mixing 1 teaspoon of unscented household bleach with 1 quart (4 cups) of water. Pour the sanitizing solution in the container and shake well to make sure that the solution comes into contact with all surfaces inside the container. Depending on the size of the container you use, you may need as much as a gallon of sanitizing solution (4 teaspoons of bleach + 1 gallon of water). After shaking, wait 30 seconds, pour out the solution, rinse well with water and let air dry. After filled, store the container at room temperature (or cooler), away from direct sunlight, off the floor, and away from where harmful chemicals are stored. The Centers for Disease Control and Prevention advises that water stored in containers be replaced every 6 months.

As far as food supplies go, choose those that do not require refrigeration or cooking, as power loss is common during disasters. "Talk with family members when making your emergency food supply to make sure you are including foods that will be eaten," says Anding. Smart choices for an emergency food supply include ready-to-eat canned meats (tuna and chicken), canned pasta, protein and energy bars, dried fruit, peanut butter and jelly, crackers, canned

juices and milk, nuts and seeds, dry cereal and granola, and crackers. If there are infants in the family don't forget about their needs which may include formula and baby food. Be sure to have a manual can opener, paper towels and plates, re-sealable bags, scissors and hand sanitizer available. Store emergency food supplies in a covered container and rotate every 4 to 6 months to assure quality. Also, remember to include your pet's needs for food and water.

Being prepared now can help individuals stay resilient if a disaster strikes. For more information on emergency preparedness visit the Texas Extension Disaster Education Network at <https://texashelp.tamu.edu/>.

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EMERGENCY FOOD AND WATER SUPPLIES

WATER

Fill in the boxes below to find out how many gallons of water you need for your family's emergency kit!

How many people (and pets) are in your family? people

Number of gallons per person/pet gallons each

How many days of water do you need? days

Total number of gallons of water you need gallons

$\square \text{ people} \times \square \text{ gallons each} \times \square \text{ days} = \square \text{ gallons}$

**In the summer, plan for 2 gallons of water per person.*

Water Example
A family of four is preparing an emergency kit for three days:
4 people X 1 gallon each X 3 days = 12 gallons!

FOOD

There are two ways to prepare food supplies for an emergency:

- Buy kits already assembled
- Make your own kit

Remember to choose foods that can be stored for several months at a time. Rotate food supplies every 3 to 6 months; check "sell by" and expiration dates.

Make Your Own Kit
Make your own kit by checking off the following suggested foods as you add them to your kit.

| | |
|---|---------------------------------------|
| <input type="checkbox"/> Protein, fruit or granola bars | <input type="checkbox"/> Canned milk |
| <input type="checkbox"/> Dried/canned fruit | <input type="checkbox"/> Cereal |
| <input type="checkbox"/> Nuts/peanut butter | <input type="checkbox"/> Crackers |
| <input type="checkbox"/> Canned soups | <input type="checkbox"/> Canned meats |

OTHER SUPPLIES

Don't forget to pack the supplies and utensils you will need in order to eat!

Remember!
Prepare your emergency food supplies **before** an emergency or disaster strikes.

Make Your Own Kit
Make your own kit by checking off the following suggested items as you add them to your kit.

| | |
|---|---|
| <input type="checkbox"/> A pan to heat canned foods | <input type="checkbox"/> Plastic utensils |
| <input type="checkbox"/> Manual can opener | <input type="checkbox"/> Scissors |
| <input type="checkbox"/> Paper towels and plates | <input type="checkbox"/> Hand sanitizer |

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middle school students walked or biked to school in 1969; that number is less than 15-percent fifty years later.

Walking to school with your children helps children get to school safely and let them move their bodies before the learning starts.

"Children show up at school and behave better, and learn better, when they've had some physical activity - like walking to school." said Suzanne Duda, the President of the organization, Blue Zones, whose mission is informed and inspired by the world's longest-lived cultures. Blue Zones organization help people live longer and better lives by improving their environment.

The Walking School Bus is a flexible program that allows two or more children to walk a set route to school under adult supervision for just eight weeks or the entire school year if desired. Erica Reyes, Extension Program Specialist with Texas A&M AgriLife Extension, is a developer of the "Walking School Bus" Program. She says, "Walking to school offers an opportunity for school-aged children to increase their levels of daily physical activity, and that is important as a community effort to reduce the number of children that are overweight as that can have health implications for them later in life."

Research in community health encourages physical activity, like walking, as it has numerous benefits for youth and teenagers; like bone and muscle strength and learning or behavioral aspects.

Reyes concludes, "Walking is one of the easiest and least expensive ways to stay healthy." Another way to help form a sustained habit of walking/activity is by participating in the local Extension Walk and Talk at Catholic Charities. Walk & Talk is a Free, 8-week program designed to help Texans establish the habit or regular physical activity.

CELEBRATE INTERNATIONAL WALK TO SCHOOL DAY WITH YOUR KIDS TO GET MOVING!

Get a few steps in and spend time with your kids.

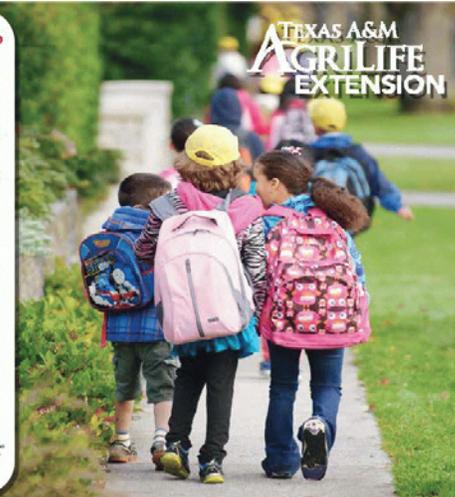
According to the non-profit organization, Safe Routes to School, the day's effort is aimed at increasing physical activity among children, reducing traffic and benefitting the environment with reduced vehicle emissions or with increasing safe pedestrian routes. The U.S. Department of Education estimates that almost half of elementary and

International Walk to School Day

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- ◇ Increase daily physical activity
- ◇ Help to control weight and blood pressure
- ◇ Maintain bone, muscle, and joint health
- ◇ Reduce the risk of diabetes
- ◇ Improve mental focus and emotional well-being
- ◇ Improve a student's academic performance

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Walk N Talk! October 9- December 5, 2019

Walk N Talk is a friendly competition to see which team can walk the most miles. The goal is for your team to collectively reach 834 miles (the distance across Texas) during eight weeks. We'll meet on Wednesdays from 8:30-9:30 a.m. to 'Walk N Talk' about healthy drinks at Catholic Charities (102 Avenue J).

These events are totally FREE! Participants can walk, jog, bike, swim, run or even dance. We offer a mileage equivalency calculator. Mileage will be reported weekly. Team members do not have to walk together, however, we will meet and walk together once a week.

Free watch pedometers and infused water bottles will be given away!

Please sign up by calling either Anna Sullivan at Catholic Charities: (806) 765-8475 or Cory Edwards, Lubbock County Agrilife Extension: (806)775-1740 .



LUBBOCK COUNTY AGRILIFE EXTENSION
& CATHOLIC CHARITIES LEARN TO COOK
PROGRAM PRESENTS...

WALK N TALK!
OCTOBER 9 -
DECEMBER 4, 2019

Kick Off is
Oct. 9th @ 8:30 a.m.

Walk N Talk is a friendly competition to see which team can walk the most miles. The goal is for your team to collectively reach 834 miles (the distance across Texas) during eight weeks. We'll meet on Wednesdays from 8:30-9:30 a.m. to 'Walk N Talk' about healthy drinks at Catholic Charities (102 Avenue J).

FOR MORE INFORMATION CONTACT:

ANNA SULLIVAN, CATHOLIC CHARITIES: (806) 765-8475 OR (806) 370-3385
OR
CORY EDWARDS, LUBBOCK COUNTY AGRILIFE EXTENSION: (806)775-1740

- Participating is FREE!
- Team members do not have to walk together, however, we will meet and walk together once a week.
- Participants can walk, jog, bike, swim, run or even dance. We offer a mileage equivalency calculator.
- Mileage will be reported weekly.
- Free watch pedometers and infused water bottles will be given away!

TEXAS A&M
AGRI LIFE
EXTENSION

Catholic Charities
Diocese of Lubbock

BUILDING STRONG FAMILIES CONFERENCE SCHEDULED IN LUBBOCK ON OCTOBER 24, 2019 Resignation Deadline is October 14.

The 24th Anniversary of the Building Strong Families Conference for Parents and those who work with them is set for Thursday, October 24, 2019, at the Broadway Church of Christ, 1924 Broadway Ave., Lubbock. This parenting

conference targets parents and professionals in the 20+county area surrounding Lubbock. Attendance is capped at 400. The sessions on a variety of family issue topics will run throughout the day from 8:00 a.m. - 3:00 p.m. and feature local, area, state and nationally recognized speakers. Educational exhibits from local sponsors showcase resources for parents and families. Hispanic session and English sessions are scheduled throughout the day for each time period. Registration of \$12 includes a Continental Breakfast and lunch. **Registration deadline is October 14, 2019.** CEUs are being offered for social workers, etc. The Lubbock County Extension Office is a sponsor of the conference. There are 16 local sponsors and co-sponsors.

Sponsors include: Amerigroup, Children's Home of Lubbock, Department of State Health Services-Health Service Region 1, FirstCare Health Plans, Lubbock Independent School District, MAXIMUS Texas STAR/STAR Kids/STAR+PLUS/CHIP/TEXAS HEALTH Steps Outreach, MCH Family Outreach, Nurse Family Partnership, Region 17 Education Service Center, River Crest Hospital, Southwest Dairy Farmers, Lubbock County VOICES/StarCare, Superior HealthPlan, Texas A&M AgriLife Extension Service-Lubbock County, TTU Center for Early Head Start, and Texas Tech University Center for Community, Family & Addiction Sciences Dept.

Breakfast and registration begins at 7:30 a.m. Sarah Wakefield speaking on "Connections: The Way to the Future" will be the keynote speaker from 8:30 a.m. to 9:20 a.m.

Session 1 from 9:30-10:20 a.m. - Speakers include: Terry and Marty Groves "Connecting with the Unconnected...That Teenager in Your House You Use to Know;"; Michael Mincher, "Connecting with the Present/The Power of Meditation and Mindfulness;" Dr. Elizabeth Trejos, "Connecting The Dots: Sexual Development During Adolescence" and others.

Session 2 from 10:30-11:20 a.m. - Speakers will include: Keino McWhinney, "Connecting Mental Health Care to Health Care;" Dana Bearden, "Connections Instead of Correction: Fun and Nurturing Ways to Interact with your Children to Change Behaviors;" Ann Krier, "Connecting the Dots of Self Care and Restoration" and others.

A box lunch will be available from 11:30 a.m. - 12:50 p.m. with a Police Officer Panel as the keynote speakers.

Session 3 from 1-1:50 p.m. - Speakers include: Emily Johnson, "Calming the Chaos Through Connection;" George Comiskey and a student panel; Fiona May, "Connecting Students and Families for Success;" Kay Davis, "Connecting the Family with Healthy Cooking;" Oscar Reys, "Connecting Generations From Different Cultures" and others.

The concluding keynote speaker will be Steve Talbert from 2:00-3:00 p.m. speaking on "Making a Connection with Resiliency."

Registration is online at <https://www.buildingstrongfamilieslubbock.org/>. You may request assistance by calling 806-834-7959. The Registration deadline is October 14, 2019.

The Building Strong Families Conference was founded by the Lubbock County Partners for Parenting Coalition.

Recipe Corner



Healthy 5-Ingredient Granola Bars

- 1 cup packed raisins
- ¼ cup honey
- ¼ cup creamy peanut butter
- 1 cup sliced almonds
- 1½ cups rolled oats

1. Wash your hands and clean your cooking area.
2. Process raisins in a blender or food processor until small bits remain (about 1 minute). It should form a "dough" like consistency. *Optional step:* Toast your oats in a 350 degree oven for 15-ish minutes or until slightly golden brown. Otherwise, leave them raw.
3. Place oats, almonds and raisins in a bowl - set aside.
4. Warm honey and peanut butter in a small saucepan over low heat. Stir and pour over oat mixture and then mix, breaking up the raisins to disperse throughout.
5. Once thoroughly mixed, transfer to an 8x8 dish or other small pan lined with plastic wrap or parchment paper so they lift out easily.
6. Press down until uniformly flattened. Cover with parchment or plastic wrap, and let set in fridge or freezer for 15-20 minutes to harden.
7. Remove bars from pan and chop into 10 even bars. Store in an airtight container for up to a few days.

Notes: *If your raisins don't feel sticky and moist, soak them in water for 10 minutes then drain before processing. This will ultimately help hold the bars together better.

| Nutrition Facts | |
|---------------------------|----------------------|
| Serving Size 1 bar | |
| Servings Per Container 10 | |
| Amount Per Serving | |
| Calories 210 | Calories from Fat 70 |
| % Daily Value* | |
| Total Fat 8g | 12% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 50mg | 2% |
| Total Carbohydrate 33g | 11% |
| Dietary Fiber 3g | 12% |
| Sugars 18g | |
| Protein 6g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 4% | Iron 8% |

Source: Better Living for Texans

Sincerely,

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

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