

TEXAS A&M AGRI LIFE EXTENSION

FAMILY & COMMUNITY HEALTH

Montgomery County E-Newsletter



Ingredients:

5 cups grated zucchini (about 2 medium)
2 medium cucumbers, peeled, chopped into bite size pieces
3 medium tomatoes, chopped, bite size
1/4 small red onion (thinly sliced)
1/4 cup pitted black olives, finely chopped
1/2 teaspoon dried oregano
1/8 teaspoon freshly ground pepper
2 1/2 tablespoons red wine vinegar
2 tablespoons canola or safflower oil
2 tablespoons reduced-fat feta cheese crumbles

RECIPE OF THE MONTH!

Zucchini Noodle Greek Salad

Source: American Heart Association

Instructions:

Wash your hands & clean work area before you start.

- 1) Place a box grater into a large bowl & grate enough zucchini for 5 cups.
- 2) Prepare the remaining vegetables: Peel the cucumbers & chop into bite sized pieces; add to the bowl. Chop the tomatoes into bite sized pieces, slice the red onion, & finely chop the olives. Add everything into the bowl.
- 3) In a small bowl, add the dressing ingredients: dried oregano, black pepper, vinegar & oil. Whisk together with a fork. Pour the dressing onto the salad & use a spatula or tongs to toss to combine.
- 4) Serve & sprinkle the feta cheese on top of each salad portion.

HEALTHY TIP: Take care of your 'noodle'! Remember that your emotional & mental health is important, too. Stress can make your blood sugar go way up. Take some time for yourself each day & relax. Try simple mindful techniques such as deep breathing.

Nutrition Information:

Calories: 90, Total Fat: 6 g, Cholesterol: 1 mg, Sodium 90 mg, Protein: 3 g,
Sugar 5 g, Dietary Fiber 3 g

June is National Safety Month!



NATIONAL
SAFETY
MONTH 2019

LEARN TO SEE HAZARDS by: National Safety Council

Hazards are everywhere. Though you might not view your workplace as particularly 'hazardous', dangers are often there. You may have just become accustomed to them & aren't seeing them.

Learn to see hazards:

Once you train yourself to spot hazards, you'll notice them all around you. They may not always be obvious or immediate concerns, but they can still pose a risk to you or your coworkers. The sooner they're fixed, the better.

* Spotting hazards is all about anticipation. Start to ask yourself, 'If I take this action, what might happen?'

* This applies to everything from working with dangerous chemicals & manufacturing machines to simply walking through your worksite.

* Picture yourself walking around a corner with your hands full. When you ask, 'What might happen?' you can anticipate risks like someone else turning the corner at the same time. Then you can take simple steps - like taking a wider turn - and completely avoid the risk.

* Plenty of hazards will be much more serious, but this same way of thinking can help you spot & avoid them. Just be willing to speak up when you see them to keep your coworkers safe.

Unseen/forgotten hazards:

Your workplace may have policies in place for major hazards, but many hidden issues can still put you at risk.

* Lighting- A burnt-out bulb can keep hazards in the shadows. Even if you're not the one to fix it, report this hazard right away.

* Temperature- Plan ahead to dress appropriately for the temperatures you'll experience on the job. Watch out for other possible hazards caused by temperature, like early morning dew on concrete.

* Air quality- Similar to temperature, make sure exhaust fans are running.

* Overexertion- This is the number one cause of work-related injury. Report stress or strain on your body from heavy lifting or repetitive motions & talk to your supervisor to be sure you are performing these actions safely.

For more tips on learning to see hazards, check out the latest visual literacy research from the Campbell Institute at thecampbellinstitute.org/research

See hazards at home

As yourself, what are the items in my home that I think are harmless but could pose a hazard in the wrong hands? Prescription opioids, cleaning supplies & other potentially harmful substances should be stored up & away & out of sight from children & pets. Rugs should be secured & your walkways should be free of clutter. If you see an issue, clean it up or fix it right away to keep your loved ones safe.



WHAT IS FCH UP TO?

Happy Summer! For Extension staff, summertime tends to be full of **youth activities** and **professional development** training. There will be statewide conference for Extension professional association called Epsilon Sigma Phi that will be hosted in Montgomery County June 2 and 3. Then June 11-13, Texas 4-H Roundup events will happen in College Station. Back at home, we will be hosting several presentations at local libraries for adults and youth. Contact your local library to see what they have scheduled for the summer with us and other great educational providers.

Walk Across Texas is wrapping up with the annual "Prize Patrol" celebrations June 18, 19, and 20. We go visit places where teams and participants can gather. We bring balloons and an "I walked across Texas" banner along with additional prizes to give away. The project has been a great success this with over 400 people participating on 70 teams, in addition to all of Sam Houston Elementary students who participated earlier in the spring.

A new physical activity project will be launched sometime this month called "**Live 100**". This partnership project between Texas A&M AgriLife Extension and PAI Health, the leading heart health tracking app, offers you offer a 100-day individual challenge that can jump-start you on the path to a healthier life backed by science! The Live 100 Challenge is designed for Fitbit wearers to discover methods to increase physical activity, develop strategies to stay motivated, and have access to personalized metrics through PAI. Through a simple app, you'll log your PAI health data and watch weekly educational videos that will encourage behavior health change. The goal is that over 100 days, you will maintain a weekly score of 100 PAI, reach a new sense of fitness autonomy, and potentially decrease your risk for heart disease. Let us know if you'd like to be included in the upcoming launch!

"**Cooking Under Pressure**" electric pressure cooking (a.k.a.: InstaPot) class will be conducted on Wednesday, June 19 at the Extension Office, 9020 Airport Road, 12:30 pm -2:30 pm. This class has already filled up! However, if you are interested in attending a class like this, call Jenni at 936.538.8182 and she will put you on a list to be notified of the next date we schedule.

"**The Extension Hour**" **radio shows** on Lone Star Radio are still going strong every Friday 1-2 pm. Tune in online at www.irlonestar.com, or FM 104.5 or 106.1, or on Facebook live to hear a variety of topics and guest featuring our people, programs and partnerships in Extension. Shows are podcast on the station's webpage and on YouTube, <https://www.youtube.com/channel/UCc6jwBJmNDBzOpvPgs7PStw> and can be played back at any time.

Stress Less with Mindfulness is a new lesson series we are piloting in Montgomery County! Consisting of 5 lessons covering topics related to breathing, eating, walking, self-kindness, and laughter, the series can be offered to meet your groups' needs. Please contact us if you have a group to whom we could present this wonderful and very helpful series!

Upcoming **canning class** in August! We are making plans for another canning class in August. Stayed tuned for the date and details in a future newsletter.



4-H: June 10-13 State 4H Roundup; June 18-19 Dist. 9 4H Horse Show;
June 25-27 Dist. 9 Leadership Lab



Agriculture: Major Show Validations



Horticulture: June 8 Session 1: Bringing Bees to Your Garden 8-10 am;
Session 2: Other Pollinators Besides Bees 10:30 am - 12:30 pm

What's Going
on in Extension
Land?