

TEXAS A&M AGRI LIFE EXTENSION

FAMILY & COMMUNITY HEALTH

Montgomery County E-Newsletter



Ingredients:

- 1/4 cup raw quinoa
- 1/2 avocado, pitted & diced
- 2 medium tomatoes, chopped (2 cups)
- 1 cup no salt added canned corn
- 1/4 cup chopped green onions
- 1/2 cup cilantro (optional)
- 4 eggs
- 1/8 teaspoon salt
- 1/4 teaspoon ground black pepper
- Hot sauce (optional)

RECIPE OF THE MONTH!

Southwester Quinoa & Egg Breakfast Bowl

Source: heart.org/healthyforgood

Instructions:

Wash your hands & clean work area before you start.

- 1) Cook quinoa according to the package directions. remove from heat & let sit.
- 2) Prepare the remaining ingredients: pit & dice the avocado half; chop the tomatoes; rinse the canned corn; chop the scallions; & chop the cilantro.
- 3) Divide quinoa into 4 bowls. Arrange the avocado, tomatoes, corn, scallions & cilantro between each bowl.
- 4) Meanwhile, coat a large non-stick skillet with cooking spray & warm over medium-high heat. Crack each egg into the skillet & season with salt & pepper. Cover with a lid & cook until egg whites are set but yolk is still runny, about 3-4 minutes. Use a spatula to carefully transfer each sunny-side-up egg into each bowl. Garnish with hot sauce & serve.

HEALTHY TIP: Cooked quinoa stores well in the freezer. Make a big batch & freeze in ziploc bags. To use, add a few teaspoons of water & warm in the microwave. Or, let the frozen quinoa defrost in the refrigerator for a day & stir into a cold salad.

Nutrition Information:

Calories: 244, Total Fat: 10.2 g, Cholesterol: 186 mg, Sodium 154 mg, Protein: 11.7 g

May is Older Americans Month!

Healthy Eating as We Age

As we age, healthy eating can make a difference in our health, help to improve how we feel, and encourage a sense of well-being. Eating healthy has benefits that can help older adults:

Nutrients

- *Obtain nutrients needed by the body such as potassium, calcium, vitamin D, vitamin B12, minerals, and dietary fiber.
- *Lose weight or maintain a healthy weight
- *Reduce the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease. If you have a chronic disease, eating well can help to manage the disease.
- *Meet individual calorie and nutrition needs.
- *Help to maintain energy levels.

Special Nutrition Concerns for Older Adults

*Our daily eating habits change as our bodies get older. Make small adjustments to help you enjoy the foods and beverages you eat and drink.

Add flavor to foods with spices and herbs instead of salt and look for low-sodium packaged foods.

- *Add sliced fruits and vegetable to your meals and snacks. Look for pre-sliced fruits and vegetables on sale if slicing and chopping is a challenge.
- *Ask your doctor to suggest other options if the medications you take affect your appetite or change your desire to eat.
- *Drink 3 cups of fat-free or low-fat milk throughout the day. If you cannot tolerate milk try small amounts of yogurt, butter milk, hard cheese or lactose-free foods. Drink water instead of sugary drinks.
- *Consume foods fortified with vitamin B12, such as fortified cereals.

Be Active Your Way

- *Focus on maintaining a healthy body weight. Being physically active can help you stay strong and independent as you grow older. If you are overweight or obese, weight loss can improve your quality of life and reduce the risk of disease and disability.
- *Adults at any age need at least 2 ½ hours or 150 minutes of moderate-intensity physical activity each week. Being active at least 3 days a week is a good goal.
- *Find an activity that is appropriate for your fitness level. If you are not active, start by walking or riding a stationary bike. Strive for at least 10 minutes of exercise at a time and be as active as possible.
- *Include activities that improve balance and reduce your risk of falling such as lifting small weights. Add strength building activities at least 2 times per week.
- *Being active will make it easier to enjoy other activities such as shopping, playing a sport, or gardening.
- *If you are not sure about your level of fitness, check with your doctor before starting an intense exercise program or vigorous physical activity.



WHAT IS FCH UP TO?

Well, May started off with a bang! We had close to 600 4-H members from District 9 in Montgomery County participating in “**Big Time in D9**” on May 2, 3, & 4 competing in about 20 different contests. Our FCH department was particularly involved in the 4-H Food Challenge on Saturday, which is the largest contest of the event with 49 teams competing in an “Iron Chef” style showdown. Other contests include Food Show, Fashion Show, Duds to Dazzle, Educational Presentations, Public Speaking, Share the Fun, Consumer Decision Making and Quiz Bowl, among others.

Canning workshop on May 14th! We'll have a hands-on workshop, 10am-2pm, covering basics of water bath and pressure canning. Participants will take home a jar of each of the 2 examples we'll preserve. The plan is to make and can salsa in the morning and green beans in the afternoon. We'll also provide lunch and handouts to take home for future reference. The cost is \$30. There are a few spots left if you are interested, let us know!

Staff changes: Congratulations to **Becky Smith** who began working with us on May 1st as an Assistant County Extension Agent. Her position is a fully state funded position designed to ensure success for new Extension Agents.

She will work with us for up to 2 years but will be expected to become an Extension Agent in another county at some point during that time. She has an impressive resume and background including a Bachelor of Science in Community Health from Salisbury University in Maryland and certifications as a Personal Trainer through the National Association of Sports Medicine, Child Passenger Safety Technician through SafeKids, National Diabetes Prevention Program Lifestyle Coach through the Centers for Disease Control, and she is an American Heart Association Basic Life Support Instructor.

Also, congratulations go to **Michele Scaife!** She has been serving as our BLT Extension Assistant, but as a result of changes in the Better Living for Texans program her position has been changed to Project Coordinator. With this, she will be the lead for all BLT planning, programming, implementation and evaluation. BLT is a federally funded through SNAP-Ed (which is the Supplemental Nutrition Assistance Program- Education. The primary audience for BLT and SNAP-Ed is low income families focusing on basic nutrition, food safety and food resource management. Michele will be distributing a separate newsletter for BLT happenings. If you'd like to be on that list too, let us know and we'll pass the word.

The Montgomery County Master Gardeners will be hosting an **Open Gardens Day on Saturday, May 18, 9:30am-11:30 am.** It is an informal come and go event with lots of information. Our Family and Community Health Department will also be there providing some yummy food samples and information about our programs.

May is Older Americans Month and we are partnering with MET Inc. to celebrate on **Thursday, May 30, 10am – 1pm with a special “Forever Young” event** in the Tom Leroy Education Building of our Extension facility at 9020 Airport Road in Conroe. We'll have special presentations on gardening, tours of the Montgomery County Master Gardener demonstration gardens including the adaptive gardens, health screenings (some that will require fasting), and booths highlighting areas resources for senior adults. Grab a friend and come see us!



4-H: ; District 4H Roundup 5/2-4; State Roundup Entries Due: 5/17



Agriculture: 5/19 Ag & Landowner Resources Workshop 2:00-4:00 p.m.;
5/21 Freeze Branding for Equines 5:00-7:00 p.m.; 5/30 Weathering the Storm
with Your Animals 4:00-6:30 p.m.



Horticulture: Open Gardens Day 5/18 from 9:30-11:30 a.m.

What's Going
on in Extension
Land?

MAY IS OLDER AMERICANS AWARENESS MONTH

JOIN US FOR:

**2019 FOREVER
YOUNG CELEBRATION**

MAY 30, 2019 | 10 A.M. – 1 P.M.

TEXAS A&M AGRILIFE EXTENSION

9020 AIRPORT ROAD, CONROE, TX 77303

Activities include:

Tours of Master Gardener gardens on site;
Health Screening (BP, Glucose *must fast for Glucose; LDL);
Medicare Education (DNA Testing & Cancer Screening)
Oral Dental Exams; and more!

FREE!



**Come
Join the
Fun!**

To register contact

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AGRILIFE
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