

TEXAS A&M AGRI LIFE EXTENSION

FAMILY & COMMUNITY HEALTH

Montgomery County E-Newsletter



RECIPE OF THE MONTH!

Slow Cooker Stuffed Pepper Soup
Source: <https://www.eatingwell.com>

Ingredients:

1 pound lean ground beef
1 large onion, chopped (1 cup)
1 red sweet pepper, chopped (1/2 cup)
1 orange sweet pepper, chopped (1/2 cup)
1 green sweet pepper, chopped (1/2 cup)
2 cloves garlic, minced
4 cups lower-sodium beef broth
2 cups water
1 (14.5 oz) can diced tomatoes, undrained
1/2 teaspoon black pepper
1/2 teaspoon chili powder
1/2 teaspoon smoked paprika
3/4 cup uncooked instant brown rice
1/2 cup finely shredded Colby & Monterey Jack
cheese

Instructions:

- 1) In a large skilled, cook beef, onion, sweet peppers & garlic over medium heat until meat is browned & vegetables are tender. Drain off fat.
- 2) In a 4-5 quart slow cooker, combine beef-vegetable mixture, broth, water, tomatoes, black pepper, chili powder & smoked paprika.
- 3) Cover and cook on low for 8-10 hours or high for 4-5 hours. If using low-heat setting, when time is up, turn to high. Stir in rice. Cover & cook for 30 minutes more or until heated through. Sprinkle each serving with cheese.

(Makes 8 Servings)

Nutrition Facts per Serving: Calories 218; Total Fat 7 g; Saturated Fat 3 g; Cholesterol 37 mg; Sodium 405 mg; Total Carbohydrate 22 g; Dietary Fiber 2 g; Sugars 4 g; Protein 17 g; Vitamin C 82 mg



ENJOY YOUR HOLIDAYS THE HEALTHY WAY

MAINTAIN NO GAIN HELPS YOU CONTROL YOUR WEIGHT
OVER THE HOLIDAY SEASON.

Maintain No Gain provides motivational tools, healthy recipes, & fitness tips to help you control your weight over the holiday season, a 6-week period when the average American gains extra pounds. Anyone can participate! It's FREE.

WHEN: The program begins November 12, 2018 and lasts for 6 weeks.

WHERE: The program takes place online, with interactive activities related to nutrition, physical activity, stress & emotional eating, & social support.

HOW TO REGISTER: Visit <http://learnonline.agrilife.org> and create an account, if needed. Then, just select "Maintain No Gain - Healthy Holidays 2018" and type in "holidays18" for the enrollment key. You're all set!

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WHAT IS FCH UP TO?

Did you know that 4-H has a Quiz Bowl event? A great way to teach young people important facts about healthy living, the Food and Nutrition Quiz Bowl contest allow youth to participate in a team event that test their knowledge in a fun buzzer game format. We will be hosting a leader training at the Montgomery County office on November 1st. The district Quiz Bowl contest takes place in the spring. This year it will be May 2 in either Conroe or the Woodlands. Several other contests will also happen that weekend at Lone Star College in the Woodlands in what we call our "Big Time in D9!" (We are in Extension District 9) We often need adult volunteers to run the contests.

Let us know if you can help!

"Am I Losing My Mind?" Amy Ressler will be doing a presentation on memory function for the Cape Conroe Club on November 6. We can do a presentation for your group too, just ask!

Families Reading Every Day is one of our favorite projects that we lovingly call FRED. We will be hosting celebration events at the local Head Start sites the second week in November. We bring volunteer readers with us to cheer for and recognize participants. Let us know if you want to help! Early Head Start: Wednesday, November 7, 9 am; Willis Head Start: Thursday, November 8, 9am; and Grangerland Head Start, Friday, November 9, 9am.

Chef Plate will make an appearance at Bradley Elementary on November 9. Teaching nutrition in a fun and interactive way while chopping cabbage and singing (literally) the praises of vegetables, Chef Plate motivates and inspires kids to follow MyPlate and the 5-2-1-0 principle (5 or more fruits and vegetables every day; no more than 2 hours of screen time every day; 1 hour or more of physical activity every day; and 0 sugary drinks). Chef plate will also make an appearance that evening at the District 9 4-H Junior leadership Lab retreat focusing on the "Path to the Plate" initiative. Chef plate can be available for presentations for youth event near you!

Extension Education Association is a community club group committed to supporting the 4-H program, providing ongoing learning opportunities for adults, and supporting each other through fellowship. We have a great group that meets in Conroe every month on the 1st Tuesday at 9:30 am in the Extension office. There will also be a district training event for members (and potential members) on November 27 in Rosenberg. We'd love to have you join us!

Better Living for Texans Program Assistants Michele Scaife & Priscilla Chacon are continuing outreach for low-income audiences at the following locations: Montgomery County Women's Center, Legacy Dream Center, Tri-County, Sam Houston Elementary, Camelot Pines, Family Promise. Please contact us if you are interested in hosting classes!

Happy Thanksgiving! As you are planning your holiday meals you might want to check out the "Don't Wing It" information from FightBac for a refresher on poultry safety tips. <http://www.fightbac.org/food-safety-education/dont-wing-it/> And, if you find yourself in a pickle while you cooking or just about the cook and you need an answer to a food safety question right away, the USDA Meat and Poultry Hotline can get it to you: toll free over the phone at 888-674-6854, from 10:00 a.m. to 4:00 p.m. Eastern time on weekdays year round (plus Thanksgiving from 8:00 a.m. to 2:00 p.m.); on the Internet (AskKaren.gov and in Spanish PregunteleAKaren.gov); via email MPHotline@fsis.usda.gov; or via your portable electronic device (m.askkaren.gov).

We are truly thankful for you and appreciate your support in our educational efforts!

Ag/Hort: Private Pesticide Applicator Training call Ag office for details!
(936)539-7822

4-H: Pecans coming in, call office to check on arrival date! (936)539-7823



What's Going
on in Extension
Land?

Contact: (936)539-7825 <http://montgomery.agrilife.org>

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