

# TEXAS A&M AGRI LIFE EXTENSION

## FAMILY & COMMUNITY HEALTH

Montgomery County E-Newsletter



### RECIPE OF THE MONTH!

Tuna Cakes

Source: <https://healthyrecipesblogs.com>

#### Ingredients:

- 2 (5 oz) cans tuna in water, well-drained & flaked with a fork
- 2 tablespoons avocado oil mayonnaise
- 2 tablespoons Dijon mustard
- 2 teaspoons minced garlic
- 2 large eggs, lightly beaten
- 1/2 teaspoon kosher salt
- 1.4 teaspoon black pepper
- 1/2 cup chopped fresh parsley or cilantro
- 4 tablespoons olive oil for frying

#### Instructions:

Wash your hands & clean work area before you start.

- 1) Preheat oven to the "keep warm" setting (150-170 degrees F).
- 2) In a medium bowl, use a fork to mix together the tuna, mayonnaise, Dijon mustard, minced garlic, eggs, kosher salt, black pepper & parsley.
- 3) Heat the olive oil in a large nonstick skillet over medium heat.
- 4) Measuring 1/4 cup of the mixture for each cake, fry the patties until golden brown, about 3 minutes per side.
- 5) Fry 4 patties at a time, keeping the cooked tuna cakes in a warm oven while you fry the second batch.
- 6) Serve immediately

Nutrition Information: Calories: 223, Total Fat: 3 g, Sodium: 598 mg,  
Protein: 19 g, Carbohydrate: 1 g

### Healthy Breakfasts, Snacks Help Keep Students More Energetic, Focused *Source: AgriLife Today*

While the expression “breakfast is the most important meal” is subject to debate, there is no doubt a healthy breakfast gives children a strong start to the school day. And healthful snacking helps keep them going throughout the day.

“The American Academy of Pediatrics has noted distinct benefits from children having a healthy breakfast,” said Dr. Jenna Anding, professor and Texas A&M AgriLife Extension Service nutrition specialist, College Station. “Among these are evidence that children who eat breakfast have a lower BMI than those who skip breakfast, and those who have breakfast have more energy and concentration. And this may lead to better academic performance.

”Breakfast is also a good time to get the family together for a meal, Anding added. She suggested family members wake 10-15 minutes earlier than usual to ensure there is adequate time for a family breakfast.

Anding, also a registered dietician, said a good breakfast should contain a nutrient-rich source of energy along with protein to help keep children satisfied until lunch. Examples include cereal made with whole grains, eggs and smoothies made with low-fat yogurt and fruit.

Odessa Keenan, AgriLife Extension assistant in Dallas for the agency’s Healthy Texas initiative, said the agency’s Dinner

Tonight website at

<https://dinnertonight.tamu.edu/> contains breakfast recipes as well as recipes for healthy snacks and other meals.

Keenan also noted the importance of healthy snacking to keep students energized before or after lunch.

She suggested preparing vegetables and fruits ahead as this will help save time, and research has shown that children consume more fruits and vegetables when they are cut up and ready to eat.

If packing them in a lunch for school, make sure they are kept cold.



### WHAT IS FCH UP TO?

October is **Families Reading Every Day (FRED)** month at the Montgomery County Head Start sites. Parents are encouraged to make a concentrated effort to read with their kids everyday for 4 weeks and record their activity. We provide newsletters and incentives to encourage them. We also celebrate their efforts with prizes and certificates. FRED can be offered at any location where families gather. We are working on implementing a project with YMCA-Conroe now; starting with their Fall Festival on October 26. Do you know of a good place for FRED?

The **National Extension Association of Family and Consumer Sciences** will hold its annual meeting in Hershey, Pennsylvania September 29-October 4. Amy Ressler will be there representing Texas as the state affiliate treasurer and as a presenter highlighting a project called ALLIES (Agents Linking Leadership Inspiring Extension Solutions).

A **Family and Community Health Program Advisory Committee** will meet on October 8 for lunch at the Extension office to discuss FCH program planning and direction. We look for a variety of representatives from throughout the county, if you or someone you know is interested in serving, let us know.

Our friends over in Walker County (Huntsville) will be hosting a **Wild Game Dinner Tonight** event on October 10, 6-8 pm at the Walker County Storm Shelter, 455 Texas 75, Huntsville, TX 77320. There will be food demonstrations featuring local wild game. You'll taste 3 select menus paired with local wines from Teysha Vineyards and learn new cooking techniques along with food safety with field dressing tips. The cost is \$40 per person or \$70 per couple. Tickets can be purchased on Eventbrite.com. For more information you can call the Walker County Extension Office at 936-435-2426.

A series of **On the Road to Healthy Living Mobile Cooking Schools** will be held at the Academy for Lifelong Learning in New Caney on Tuesdays October 15, 22, and 29, 10am-12pm. Participants can sign up through the Lone Star College ALL system. Mobile Cooking School can be conducted at a variety of locations for interested groups. If you'd like to have one where you are, let us know!

A few other presentations this month: **Nutrition Presentation and recipe demo** for "Abriendo puertas" (Opening Doors) will be presented October 8 and 10; Mitchell Library in the Woodlands "Family Place" learning a **nutrition lesson for parents of preschoolers** on October 14; A **Path to the Plate** presentation called "**Do you know what you are eating**" will be presented for a British Women's Club on October 15; on October 17 a **Preteen Nutrition** presentation will be offered at Central Library, on October 30, **Stress Less with Mindfulness** will be offered at the Academy for Lifelong learning in the Woodlands; and a **Life Skills Class** at the Community Assistance Center will be held also on October 30. **These presentations can be presented at your next meeting too! Just ask!**

"**The Extension Hour**" Radio shows continue to air on Lone Star Community radio Fridays 1pm-2pm. You can catch it on FM stations 104.5 and 106.1 and on Facebook live on our "Montgomery County Texas A&M AgriLife" page: <https://www.facebook.com/agrilifemoco/> The shows are recorded and can be watched anytime on our YouTube channel: Texas A&M AgriLife Montgomery County <https://www.youtube.com/channel/UCc6jwBJmNDBzOpvPgs7PStw>



4-H: 10/1 One Day 4-H is 10/12



**Agriculture:** Southeast Texas Grounds Maintenance Conference 10/17  
Private Pesticide Applicator Training 10/24



**Horticulture:** MCMGA Fall Plant Sale 10/5

What's Going  
on in Extension  
Land?

