

# TEXAS A&M AGRI LIFE EXTENSION

## FAMILY & COMMUNITY HEALTH

Montgomery County E-Newsletter



### RECIPE OF THE MONTH!

Homemade Cranberry Pecan Sauce

Source: <http://dinnertonight.tamu.edu>

#### Instructions:

Wash your hands & clean work area before you start.

- 1) Combine water & artificial sucralose in a large sauce pan & bring contents to a boil.
- 2) Add cranberries & return to a rolling boil.
- 3) Once boiling, lower the heat in order for the liquid to simmer. Then add the remaining ingredients.
- 4) Cook for an additional 10-15 minutes.
- 5) Remove the sauce pan from the heat & let it cool. Serve with turkey or your favorite holiday meal.



**Nutrition Information:** Calories: 180, Total Fat: 9 g, Saturated Fat 1 g; Sodium: 525 mg, Protein: 2 g, Carbohydrate: 18 g; Dietary Fiber 4 g; Total Sugars 8 g

## Holiday Healthy Eating Guide

These easy tips and recipes will help you stay healthy and mindful as you celebrate the holidays with friends and family. You can eat well and be well this holiday season, with these tasty treats, party tricks and simple strategies.



### **Enjoy in moderation.**

Is it even possible to eat healthy during the holidays? Yes! And you can do it without FOMO or a lot of effort.

Grandma's fudge is a family tradition, and your coworker's cookies are calling you from the breakroom. Indulging a little won't hurt — so lighten up! No, we mean that literally. Enjoy holiday treats in smaller portions, make healthy substitutions where you can, and plan ahead for merry meals that are healthy, too.

### **Include lots of seasonal, colorful fruits and vegetables.**

Do you decorate for the holidays with a lot of color? Treat your plate the same way. Fruits and vegetables will add flavor, color and nutrients to holiday favorites. And they help you feel fuller longer so you can avoid the temptation to overeat.

### **Slash unwanted calories with easy swaps and substitutions.**

Learn where excess calories, sodium, saturated fat and added sugars are hiding in traditional holiday foods and beverages, and some easy swaps to avoid them. Our guide will show you how.

### **Navigate holiday parties like a boss.**

From the obligatory workplace parties to family get-togethers, your calendar may be bursting with opportunities to eat and drink outside of your regular routine. Make a plan that will help you resist plowing through the buffet table, like having a healthy snack beforehand.

### **Sprinkle in opportunities to be active.**

Keep the inevitable indulgences in check by staying active. Enjoy some winter sports for a change of pace, or schedule in a quick walk or workout before you head to the next party.



### WHAT IS FCH UP TO?

**Live 100 is here!** Montgomery County has been selected to be a pilot county for this new and innovative program aimed at helping Texans get more physical activity using a PAI score. The goal is to maintain a weekly score of 100 PAI for 100 days. We'll be sending a separate email out with more details, but you can check it out at [www.live100challenge.org](http://www.live100challenge.org). The challenge will begin on December 9.

Our FCH program Assistant, Mike McBride is in Atlanta the first week in December, getting certified as a **Mental Health First Aid (MHFA)** trainer. This also goes right along with Extension's work in Mental Health as well as the work of the Montgomery County Behavioral Health and Suicide Prevention Task Force. If you are interested in learning more about MHFA and/or would like to host a training for your group, contact Mike at our office (936-539-7825) or [Michael.McBride@ag.tamu.edu](mailto:Michael.McBride@ag.tamu.edu). He also can provide a series of lessons called **"Stress Less with Mindfulness."** While we are talking about mental health initiatives, mark your calendar for May 19, 2020 when Texas A&M AgriLife Extension Service and the Montgomery County Behavioral Health and Suicide prevention task force will join together to host a **"Peace of Mind" conference.**

Be sure to tune in to **Lone Star Radio** (104.5 or 106.1, online at [www.irlonestar.com](http://www.irlonestar.com), or on Facebook live on the Montgomery County Texas A&M AgriLife Extension page) on **December 6, 1-2pm.** **Former 4-H member Savannah Martin**, who currently works at the Dispute Resolution Center will be our guest talking about the work of the DRC and how 4-H has influenced her life.

A Healthy Holiday **Learn over Lunch session** will be held at Purvis Library in Magnolia on **December 9 at noon.** We will discuss how to "Pump-Up Your Healthy Holiday Choices" with some great tips and food demos. Contact Elaine Taylor at Purvis Library to sign up.

Our **FCH Program Advisory Committee** will meet on December 10. We are always looking for people who are interested in helping us improve our programs. Let us know if you'd like to join. We'll also be at **Commissioner's Court** on the morning of December 10 providing our annual interpretation report to the court and sharing our accomplishments of 2019.

Our Friends in Walker County will be hosting a **"Home for the Holidays"** event on **December 11** in Huntsville, 6-8pm at the Walker County Storm Shelter. Seating is limited and costs \$30 per person. Contact Meredith Cryer at 936-435-2426 for more information.

**Chef Plate** will be making an appearance at Willis Head Start on December 17 to teach kids about good nutrition. And, the YMCA-Conroe will be celebrating their **Families Reading Every Day (FRED)** project at the Y on December 18.

And, our FCH Assistant Agent **Becky Smith** will be getting an early Christmas present any day now. Her bundle of Joy is due December 6! We wish the entire Smith family the best of luck and a very happy holiday with the new little one.

***We also wish you much love and joy this holiday season! Thank you for your ongoing support and interest in our programs! As always, feel free to let us know what kinds of programs and classes you'd like to see in 2020! Merry Christmas and Happy New Year!***



4-H: 12/3 MC Fair Lamb & Goat Tag In;  
12/7 4H Horse Judging Contest



**Agriculture:** Town & Country CEU Recertification Seminar 12/12



**Horticulture:** MCMGA Intern Graduation 12/9

What's Going  
on in Extension  
Land?

