

# TEXAS A&M AGRI LIFE EXTENSION

## FAMILY & COMMUNITY HEALTH

Montgomery County E-Newsletter



### Ingredients:

1 teaspoon canola oil  
1 onion, chopped  
1 bell pepper, chopped  
1 pound lean ground turkey  
10 oz. frozen corn, thawed  
8 oz. canned low-sodium diced tomatoes  
1 cup 1% milk  
1/2 cup cornmeal  
2 tablespoons chili powder  
1 teaspoon garlic powder  
Non-stick cooking spray  
3/4 cup reduced fat cheddar cheese,  
shredded

### RECIPE OF THE MONTH!

Southwestern Turkey Casserole  
[www.eatsmartmovemoreva.org](http://www.eatsmartmovemoreva.org)

### Instructions:

Wash your hands & clean work area before you start.

- 1) In a skillet, heat oil over medium heat. Add onion & bell pepper & saute for approximately 3 minutes.
- 2) Add ground turkey to skillet & cook until browned.
- 3) Pour corn, tomatoes, & milk into the skillet. Stir well.
- 4) Stir in cornmeal, chili powder, & garlic powder.
- 5) Heat oven to 350\* F & coat a baking dish with nonstick spray. Pour mixture into baking dish & cover with aluminum foil.
- 6) Bake for 45 minutes. Uncover & bake for 20 minutes more. For the last 5 minutes of baking, sprinkle cheese over the dish. It is ready when a knife inserted in the center comes out clean.

**Nutrition Information:** Calories: 340, Total Fat: 14 g, Saturated Fat 4.5 g; Sodium: 280 mg, Protein: 29 g, Carbohydrate: 28 g; Dietary Fiber 3 g; Total Sugars 7 g

### A Kinder New Year's Weight Loss Resolution

It is OK.... everyone breathe; it is here again; the beginning of a New Year and countless resolutions to lose weight. Remember that our weight loss journeys are noble pursuits...and a tremendous way to care for our health and ourselves.

How much do I need to lose?

We know that even as little as 5% of body weight loss is shown to reduce risks of chronic disease like Type II Diabetes and Heart Disease. For someone that is 200 pounds...that's 10 pounds of weight loss. That amount is realistic, it is attainable, and very likely to improve your health. More importantly, you show yourself that you are capable of weight loss, that those changes you made to your lifestyle, like avoiding high calorie beverages and upping your fruits and veggies, can make a difference.

Resolve to be Specific

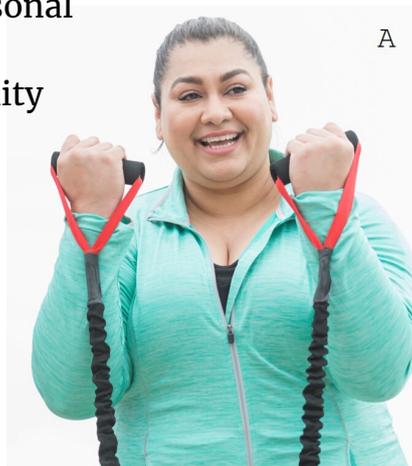
Everyone is, in fact different, but we know that extra calories will cause anyone to gain weight. Therefore, finding a way to reduce your calorie intake should be specific to your habits and taste preferences. Replacing high calorie drinks with water, cutting restaurant portions in half, and avoiding sides like fries or chips are specific and can help if these are part of your everyday routine, but they might apply to everyone. In that case, take a good and honest look at your food habits and make some substitutions or reductions. If skipping fries is a non-starter then you can reduce the portion size or plan to balance them out throughout the day.

Be Patient...This is a Long Game

Half a pound of weight loss a week is fantastic progress, but especially appropriate for those that are small in stature or older. Half a pound a week might not seem like a lot, but that amounts to 2 pounds of weight loss each month. In 5 months, that will turn into 10 pounds of body weight loss. Think about that. If someone had told me at the beginning of August that I could lose 10 pounds by the beginning of the year, I would have been thrilled.

That slow, realistic, and consistent change is the reason that "Step Up Scale Down" lasts 12 weeks. "Step Up Scale Down" is a New Year Weight Loss Program provided by Texas A&M AgriLife Extension Service. It covers the basics of a balanced and portioned plan of eating that encourages fruits and vegetables and personal physical activity goals. The program also provides encouragement and accountability in a group setting for the community or worksites. Also available is an on-line version starting at the beginning of the year to use at your own pace; for more information visit:

<https://stepupscaldown.org/>



#### A KINDER NEW YEAR'S RESOLUTION

- Set an attainable weight loss goal, like 5 pounds.
- Examine your habits without judgement to determine where YOU can make the best change.
- Notice that another 5 pounds is still attainable.
- Prepare yourself for the long game....you're worth it!

Happy New Year!

### WHAT IS FCH UP TO?

**Become a Master Wellness Volunteer!** Master Wellness Volunteers help Texas A&M AgriLife Extension Service leverage its outreach and education to Texans related to health, nutrition and food safety. Master Wellness Volunteers receive 40-hours of training and serve a 40-hour internship to prepare them to aid in fulfilling the Agency's mission of helping Texans better their lives. This online course is one part of the Master Wellness Volunteer training – it is not meant to be taken as a stand-alone course but as part of a broader training series in conjunction with your county Extension agent. The cost is \$75. Registration is now open for the 2020 Master Wellness Volunteer State Training Cohort via <https://agrilifelearn.tamu.edu/product?catalog=COFS-243> **The class will start on Tuesday, January 21, 9:30 to 3:30** at the Extension office with in-person training. Participants will complete online training at their own pace during the month of February. The concluding presentations and certification exam will be conducted in-person at the Extension office on March 3, 9:30 to 3:30. Please feel free to call if you have questions.

**Mental Health First Aid (MHFA)!** Our program assistant, Mike McBride is a certified trainer and is ready to train you and your colleagues. This MHFA training is designed to teach people to be able to reach out to patrons, co-workers, or any others who may be in crisis. The trained First Aider is not a clinician but is the one who can help the person firsthand and immediately. By attending this class, participants gain the ability to meet the needs of a person in crisis in a safe and sane manner. Participants learn how to approach someone with the confidence needed to handle the situation until a higher level of care arrives. The class is 8 hours long and can be taught in 1 block or 2 four-hour segments. In order to be certified the student must complete all 8 hours. Currently, funds are available to pay for class materials and almost any expense that would be a part of delivering this class, including meals. Please let Mike know if you are interested in offering this class for your workplace, neighborhood, church or community group.

**On the Road to Healthy Living Mobile Cooking School** will be offered and open to the public at the Spring Creek Greenway Nature Center on **Saturday, January 25, 2020, 10:30am- 12:30 pm**. The menu will include recipes inspired by the Chinese New Year. The newly remodeled Nature Center is at 1300 Riley Fuzzel Road, Spring, Texas 77386. To sign up contact Karie Briscoe at [karie.briscoe@mctx.org](mailto:karie.briscoe@mctx.org) or 281-364-4225. There will also be an **Electric Pressure Cooker** cooking school at the Nature Center **on February 22**.

Classes being offered to closed groups this month include **Conflict Resolution** and **Daring Leadership**. These and many others can be presented to your group as well.



**-H:** 1/7 MCFA Pig Tag In; 1/24-25 D9 Archery Contest; 1/28 Shooting Sports Safety Training



**Agriculture:** MCAHC 2020 Schooling Shows  
Tuesdays 1/14, 1/21, 1/28 at 6:30 p.m.



**Horticulture:** MCMGA Fruit & Nut Tree Sale 1/25 9:00 am -12:00 pm

What's Going  
on in Extension  
Land?

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

Like us on Facebook: Healthy Living in Montgomery County

