

# TEXAS A&M AGRI LIFE EXTENSION

## FAMILY & COMMUNITY HEALTH

Montgomery County E-Newsletter



### RECIPE OF THE MONTH!

Easy Banana Ice Cream

[www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)

#### Ingredients:

2 1/2 bananas (or 2-3 bananas)

3 tablespoons milk

Chocolate Syrup (optional)

Nutrition Facts: Calories 94; Fat 0 g;  
Protein 2 g; Carbohydrates 23 g;  
Fiber 3 g; Sodium 8 mg; Calcium 123 mg;



*yum!*

#### Instructions:

Wash your hands & clean work area before you start.

- 1) When bananas have become very ripe, peel & slice them into medium size round pieces. Place on a plastic wrap covered baking sheet & put in freezer overnight.
- 2) Place frozen bananas in a food processor or blender with a small splash of milk (not over 1/4 cup total).
- 3) Pulse food processor or blender until bananas begin to break up. They will be tiny balls of bananas at this point.
- 4) Using a spoon or rubber spatula, scrape down the banana mixture. Continue running the food processor until the mixture is smooth & creamy. This may take a few minutes. The ice cream will look & taste like soft serve ice cream when finished.
- 5) Serve in an ice cream cone or in a small bowl with a small ribbon of chocolate syrup on top (optional)

## HANDWASHING FOR ORDINARY PEOPLE IN A TIME OF NOVEL CORONAVIRUS

By Shelley Feist, Executive Director, Partnership for Food Safety Education

Have you been hearing in the news, at school and at work that there are important things you need to do to stay healthy?

BTW, the coronavirus handwashing advice you've been hearing about has always been recommended for your healthy daily life!

That's right, these handwashing basics should be a part of your daily life and your family and friends too! Here's the Handwashing How!

**How should I wash my hands? Check it out — there are 5 easy steps.**

- 1) Wet your hands with warm running water and apply soap.
- 2) Rub your hands together to make a lather and scrub them well. Be sure to scrub the backs of your hands, between your fingers and under your nails.
- 3) Continue rubbing hands for at least 20 seconds, about the time it takes to sing the "Happy Birthday" song twice.
- 4) Rinse your hands well under running water.
- 5) Dry your hands using a clean cloth or paper towel.

So now you know how!

**When should I wash my hands to protect myself and others from the risk of harmful germs?**

Well, there are many times throughout the day, including: Before eating food; before, during and after preparing food; before and after treating a cut or wound; before and after caring for someone who is sick; after changing diapers or cleaning up a child who has used the toilet; after handling uncooked eggs or raw meat, poultry or seafood (or their juices); after blowing your nose, coughing or sneezing; after touching an animal or animal waste; after touching garbage, after using the toilet or assisting another with doing so.

Also, consider that your smartphone or tablet could be a source of contamination. If you use your device in the kitchen while preparing food, you should wash your hands after holding or touching the device. What should I use to wash my hands? Research shows that "plain" soap is just as good as any other soap. Using soap and water is the best option. If running water is not available for handwashing, then use a hand sanitizer as a back-up. Your hand sanitizer product should be at least 60% alcohol content in order to be effective. Finally, it is important to take time to help young children wash hands properly. I know, I know. You're thinking: I can't keep up with all the times during the day my child should wash his or her hands. Still, take time to model proper handwashing. The research about the benefits of regular handwashing says it all. Modeling proper handwashing sets kids up for a healthy life! Happy Handwashing!



## WHAT IS FCH UP TO?

**In light of additional orders from the Montgomery County Judge Keough and expectations from Texas A&M AgriLife Extension to limit face to face interactions, for your safety and ours the we need to close our office until further notice. As a staff accustomed to serving the public, we did not make this decision lightly and are deeply saddened at the need to do so. We will remain reachable. Voice messages and emails will be checked and answered remotely. In light of daily updates and briefings, differing end dates and a multitude of factors, we cannot give you a definite re-open date at this time. We will keep you posted as we get more information.**

By the way, Extension has a great website with lots of information about COVID-19 and other disasters at <http://texashelp.tamu.edu>

Remember to follow basic public health recommendations as you do your part to “flatten the COVID-19 curve”:

- Wash your hands frequently with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching eyes, nose and mouth.
- Avoid close contact with people who are sick.
- Avoid large public gatherings and exercise social distancing, if possible.
- Cover your mouth when coughing and sneezing with a tissue, then discard the tissue in a contained trash bin. If no tissue available, cough or sneeze into your elbow.
- Clean and disinfect frequently touched objects and surfaces.
- Seek medical attention if you believe you have been exposed or present with symptoms. Call ahead before presenting at a doctor’s office or emergency room.



## ***Virtual Learning Opportunities/Programs***

**Due to the "Stay at Home" orders Texas A&M AgriLife Extension is offering the following programs during this time.**

- **WALK ACROSS TEXAS:** 8-week physical activity program that you can do solo or as a team of up to 8 as you virtually Walk Across Texas! Register at [howdyhealth.org](http://howdyhealth.org)
- **STEP UP, SCALE DOWN:** 12-lesson program starting April 13th, available online at: [agrilifelearn.tamu.edu](http://agrilifelearn.tamu.edu) features meal planning, eating more fruits & vegetables & stepping up your physical activity.
- **F.R.E.D. (Families Reading Every Day)** Look for more information coming soon regarding this program to do with your kids. It focuses on spending time reading together which fosters the family bond, increases vocabulary, & encourages literacy. You can email Jenni at [jbadams@ag.tamu.edu](mailto:jbadams@ag.tamu.edu) to be notified of this class as soon as it becomes available.
- **AGRICULTURE PROGRAMS:** TBD please email April at [amfagan@ag.tamu.edu](mailto:amfagan@ag.tamu.edu) to get on mailing list for potential virtual Ag related topics (example: ponds, pastures, etc.)

