

TEXAS A&M AGRI LIFE EXTENSION

FAMILY & COMMUNITY HEALTH

Montgomery County E-Newsletter



Ingredients:

3 large carrots, peeled, quartered, & cut into equally sized quarter-inch thick strips

1 1/2 tablespoons olive oil

1 teaspoon dried thyme

2 cloves garlic, minced

2 tablespoons Parmesan, grated

Salt & freshly ground black pepper

RECIPE OF THE MONTH!

Parmesan Herb Carrot Fries

www.healthline.com/nutrition/foods/carrots

Instructions:

Wash your hands & clean work area before you start.

- 1) Preheat oven to 425 degrees F.
- 2) Arrange the carrot strips on a parchment-lined baking sheet so that no two are overlapping.
- 3) Using a basting brush, coat the tops of each strip with olive oil.
- 4) Sprinkle the thyme & garlic over the fries.
- 5) Season with salt & pepper.
- 6) Cook the fries about 10-12 minutes, or until the fries are easily pierced with a fork.
- 7) Immediately after removing from the oven, sprinkle the fries with parmesan & serve.

Parmesan Herb Carrot Fries are so delicious, they actually make you want, crave, & look forward to eating nutritious carrots (who knew that was possible!)

Carrot is a root vegetable that is crunchy, tasty & highly nutritious. Carrots are a particularly good source of beta carotene, fiber, vitamin K1, potassium & antioxidants

February is American Heart Month



° CHECK ⁺ HEART-CHECK ⁺ + FOR THE MARK + °

The Heart-Check mark is a simple tool to help you Eat Smart. When you see it, you can be confident that a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern.

1000+ products carry the Heart-Check mark. Look for the Heart-Check wherever you shop—it's in almost every aisle!

This is some of what it takes to be Heart-Check certified*:

|| SOURCE OF NUTRIENTS

Beneficial Nutrients (naturally occurring):
10% or more of the Daily Value of 1 of 6 nutrients (vitamin A, vitamin C, iron, calcium, protein or dietary fiber)

|| LIMITED IN SODIUM

Sodium:
One of four sodium limits applies depending on the particular food category: up to 140 mg, 240 mg or 360 mg per label serving, or 480 mg per label serving and per standard serving size.*

|| LIMITED IN BAD FATS

Saturated Fat:
1 g or less per standard serving size and 15% or less calories from saturated fat

Trans Fat:
Less than 0.5 g per label serving size and per standard serving size. Products containing partially hydrogenated oils are not eligible for certification.



*All requirements listed apply to Standard Certification, see heartcheck.org/requirements.

TO LEARN MORE, VISIT
HEARTCHECK.ORG

Check for the Heart-Check Mark

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Limited in Bad Fats -

Saturated Fat: 1g or less per standard serving size and 15% or less calories from saturated fat; Trans Fat: Less than 0.5g per label serving size and per standard serving size. Products containing partially hydrogenated oils are not eligible for certification.

Limited in Sodium -

Sodium: One of four sodium limits applies depending on the particular food category: up to 140 mg, 240 mg or 360 mg per label serving, or 480 mg per label serving and per standard serving size.

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WHAT IS FCH UP TO?

Will you be our Valentine? We love providing educational opportunities in Montgomery County and would love for you to help us share that love. Please let others know about the opportunities we provide and help us in connecting with community partners.

Have you heard about the **Extension Education Association**? EEA is a group of volunteers dedicated to providing 4-H scholarships and engaging in lifelong learning. Montgomery County EEA meets in Conroe on the first Tuesday of each month, attends district meetings in the spring and fall, and a state meeting in the late summer. They would love to have you join them! If you would like to learn more talk to Mike or Jenni about how you can get connected. The next meetings are on **February 4** and **March 3** at 9:30am at the Extension Office: 9020 Airport Road in Conroe.

The **Family and Community Health Program Advisory Committee** will meet on February 11, 11:30 to 1:00 to provide input and guidance to overall FCH programming. The committee is comprised of a diverse group of people representing all parts of the county. If you are interested in serving, let us know!

The **On the Road to Healthy Living Mobile Cooking School** will make its next stop at the **South Regional Library** on **February 12**, 11:30-1:30 and will include informative discussion, hands-on preparation, and eating! <https://engagedpatrons.org/EventsExtended.cfm?SiteID=7689 &EventID=403543&PK=> or call 936-442-7727 to sign up. While you are there, check out the other exciting activities at all the local libraries. Also, if you know of a place that would be great to host a mobile cooking school, let us know! We are always looking for more stops “On the Road to Healthy Living!”

Electric pressure cooker (aka: “InstaPot”) classes will be hosted at the **Extension Office** on **Wednesday, February 19**, 12:00-2:00 pm (Contact Jenni at our office to sign up) and at the **Spring Creek Greenway Nature Center** in Spring on **February 22**, 10:30-12:30 (contact Karie at the nature center to sign up). The class will cover the basics of using pressure cookers and hands-on practice with food demonstrations.

Willis ISD will be hosting a **Community Health Fair** on February 29, 9am-11 am at Willis High School. Although hosted by Willis ISD, it is open to the community. AgriLife will be there with a distracted driving simulator and other helpful information.

Hold the Date! May 19, 2020 will be an exciting day in Montgomery County. The Behavioral Health and Suicide Prevention Task Force is hosting a **“Peace of Mind” event**, 4:30pm-8:30pm to mark the first anniversary of the task force. The conference will include Mental Health First Aid training, Talk Saves Lives training, breakout sessions with a variety of important topics and panel discussions, an art exhibit, and Keynote Speaker **Kevin Hines** who survived jumping off the Golden Gate bridge. He tells a powerful story about overcoming mental illness and helping people live healthier lives. You can learn more about Kevin at: <http://www.kevinhinesstory.com/>

Amy will be out of town February 25-27 attending a **“Coming Together for Racial Understanding”** training and will be looking forward to opportunities to utilize the valuable knowledge and skills she learns in the county and throughout the state.



4-H: 2/25 County Round Up; 2/29 County Food Challenge

 **Horticulture:** MCMGA Saturday Classes 2/8 Turf Grass & Spring Vegetables
8:00-12:30



Better Living for Texans (BLT): Growing & Nourishing Healthy Communities 2/20 at 6:30 pm (936)539-7822 for more info

What's Going on in Extension Land?

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

Like us on Facebook: Healthy Living in Montgomery County

