

TEXAS A&M AGRI LIFE EXTENSION

FAMILY & COMMUNITY HEALTH

Montgomery County E-Newsletter



Recipe of The Month

BUTTERNUT SQUASH STEW

INSTRUCTIONS

- 1) Make sure your area is clean and ready for preparation
- 2) Spray slow cooker with non-stick spray
- 3) Place all ingredients in slow cooker and stir
- 4) Cook in slow cooker on high for 4 hours
- 5) Serve stew with garnish of fresh thyme and enjoy!
- 6) Add more vegetable broth and/or water to your stew until it is the consistency you desire.
- 7) Enjoy!

INGREDIENTS

3 cups butternut squash *cubed*
3 cups fresh kale chopped
1 yellow onion chopped
1 15 oz. can black beans low sodium
1/2 cup uncooked quinoa
3 cloves garlic minced
1 tsp Italian seasoning
1 tsp fresh or dried thyme
2 cups vegetable broth low sodium

Calories 160; Fat 1g; Carbs 32g; Protein 8g;

Calcium 77 mg; Potassium 556 mg

Recipe Source: [Butternut Squash Soup](#)

THANKSGIVING DURING COVID-19

How to safely enjoy the holiday

VIRUS SPREAD RISK AT HOLIDAY CELEBRATIONS

As many people in the United States begin to plan for fall and winter holiday celebrations, [CDC](#) shares tips and guidelines for safe fall festivities such as how to minimize virus spread risk and general considerations before, during, and after a celebration.

Click [here](#) for more information.



FOOD SAFETY TIPS FOR YOUR HOLIDAY TURKEY

Handling poultry (chickens and turkey) incorrectly and undercooking it are the most common problems that lead to foodborne disease outbreaks linked to poultry.*

Follow these four tips to help you safely prepare your next holiday turkey meal.

1. Thaw your turkey safely
2. Handle your turkey safely (clean, separate, cook, and chill)
3. Cook stuffing thoroughly
4. Cook your turkey thoroughly

Click [here](#) for the full article!

WHAT IS FCH UP TO?

November is a month we often focus on gratitude and thinking about all the things for which we are thankful. Certainly, 2020 has been a difficult year and sometimes it can be hard to find the silver lining. But there is much we are thankful for here in the Family and Community Health department of Texas A&M AgriLife Extension Service of Montgomery County. We are thankful for our new co-worker, Rose. Virtual learning inspired us to move forward with getting the **Families Reading Every Day (FRED)** program online so that families everywhere can participate any time (check it out if you get a chance: <https://fch.tamu.edu/fred>). We've learned to use Zoom and Microsoft Teams to conduct meetings and trainings. And, we have been able to spend time re-evaluating our program efforts.

We continue to be involved in the Montgomery County Behavioral Health and Suicide Prevention Task Force, particularly with the *Building Stronger Communities* workgroup and the *Resources and Implementation* workgroup. Of course, we don't want you to miss out on our big event coming up: the **Community Help Expo** will be held on **November 12, 2020** streamed online and in-person following all required safety protocols. You must register to attend at www.CommunityHelp.org At that site there is a button that will take you to the AgriLife registration site to complete registration. But take note of the community help website as it will be the place to go for all of the BHSP related information in the future.



Amy will be presenting at an upcoming virtual conference for a professional association of Extension employees. One discussion will be a TED Talk style presentation on Transformational Leadership, and another will be a longer discussion with a team on Removing Barriers for Better Workplace Connections. Later in the month she will be doing presentations for staff at several Magnolia ISD locations on Managing Conflict.



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Mike is preparing a class on using the electric pressure cooker (a.k.a. **“Instant Pot”**®) for holiday cooking to be presented virtually. Let us know if you’d like to schedule one for your group.

4-H pecans will be here in November! Let us know if you’d like to buy some. They are \$12 per pound. Proceeds go to support the local 4-H program in Montgomery County. Click [here](#) to follow them on Facebook!



Our friends in Harris County are hosting virtual **“Healthy Holidays Harvest”** presentation on Thursday, November 12, 10:00-12:30.

Register for FREE here:

<https://healthyholidaysharvest2020.eventbrite.com>

They will have lots of fun and information on holiday meal planning, mindful eating, physical activity ideas, and coping with holiday blues... plus a prize drawing!

Don’t forget to like us on Facebook [@Mocohealthyliving](#) to get more information about upcoming events in Montgomery county and throughout the state. Sometimes the timing just isn’t right for us to add information about events in our newsletter, but we try to let you know by sharing on Facebook. We also provide a lot of links to reliable and useful information.

HOW TO CONTACT FCH:



936.539.7825



9020 Airport Road
Conroe, TX 77303



montgomery.agrilife.org/contact



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