

— LIVING WELL —

Raising Kids, Eating Right Spend Smart, Live Well



Eat More Fruits and Vegetables!

National Nutrition Month is a Good Time to Start.

The U. S. Dietary Guidelines recommends that people make half their plate fruits and vegetables. That includes eating whole fruits – fresh, frozen, dried or canned in 100 percent juice and eating fresh, dozen or canned vegetables either raw steamed, sautéed or roasted. Make sure to include dark green, red and orange vegetables as well as legumes such as beans and peas and starchy and other vegetables.

People should eat more fruits and vegetables because they are major contributors of several nutrients under-consumed in the U. S. – vitamins A, C, and K, potassium, fiber and magnesium, according to the Produce for Better Health Foundation. Fruits and vegetables are also associated with reduced risk of many chronic diseases such as obesity, heart disease, high blood pressure and Type 2 diabetes.

Only one out of 10 Americans meets the recommended daily allowance of fruits and vegetables, according to a 2015 study by the Centers

for Disease Control and Prevention. Less than 9 percent of Americans eat two to three cups of vegetables daily while 13 percent were reported to eat one and a half to two cups of fruit daily, the study found.

One way to increase your fruit and vegetable intake is to be creative in how you prepare them. The Academy of Nutrition and Dietetics offers the following suggestions: Use vegetables like broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini as pizza toppings.

Make a breakfast smoothie with low-fat milk, frozen strawberries and a banana.

Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.

Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.

Add color to salads with baby carrots, grape tomatoes, spinach leaves, apples or mandarin oranges.

Keep cut vegetables handy for a midafternoon snack,

size dishes, lunch box additions or a quick nibble while waiting for dinner. Include red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or whole radishes.

Keep a bowl of fresh whole fruit in the center of your kitchen or dining table.

Get saucy with fruit. Puree apples, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry or on pancakes, French toast or waffles. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.

Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber and tomato as fillings.

Make a habit of adding fruit to your morning cereal, oatmeal, yogurt or waffle.

Top a baked potato with beans, salsa or broccoli and low-fat cheese.

Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf,

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TEXAS A&M
AGRILIFE
EXTENSION

604 North Main St
Suite 200
Weatherford TX 76086
817.598.6168

We are on the Web:
<http://parker.agrilife.org>

INSIDE THIS ISSUE:

NO PARENT IS PERFECT	2
EAT FRUITS & VEGETABLES (CONT)	2
STEPS TO SAVE MONEY	3
GET OUTSIDE & MINGLE	4
DINNER TONIGHT RECIPES	5
SPRING FLING	6
WALK ACROSS TEXAS	7
UPCOMING EVENTS	8

NO PARENT IS PERFECT, BUT GUIDELINES CAN HELP



Parenting isn't easy. But there are guidelines you can use — guidelines that more than 30 years of research says can help.

The research, from the National Institute of Child Health and Human Development, resulted in a set of recommendations called "RPM3." More of a mindset than a how-to, they can take some time to put into practice. And that's OK, because parenting itself takes practice. RPM3 stands for Responding, Preventing, Monitoring, Mentoring and Modeling. It focuses on principles you can apply in different situations:

Responding to your child in an appropriate manner. Many parents quickly react to their child instead of thinking things through. The goal is to make sure your response is neither overblown nor too casual, and that you explain the reasoning for your response to your child. If your daughter is acting out at the playground, for example,

don't threaten to never take her there again if she doesn't behave. Rather, calmly call her name, ask her to look at you so you know you have her attention. Remind her of the rules and give her an option of calming down or going home to rest — a natural consequence of her behavior. Being consistent in your expectations and your follow-through, while at the same time being flexible depending on the situation, are key elements to keep in mind.

Preventing risky behavior or problems before they arise. To spot potential problems, you need to be actively involved in your child's life. Knowing how your daughter usually thinks, feels and acts will help you notice when her behavior changes. Often, just spending enough one-on-one time with your daughter can prevent

unwanted behavior.

Monitoring, Mentoring and Modeling are the other key elements of the RPM3 guidelines. Monitoring means you are aware of your child's whereabouts and who she is with. Talk with her, even at a young age, about the things you do when you're apart. Ask her about what she does when you're apart, as well. Acting as a mentor for your daughter means you support and encourage her in behaviors that you want to see her develop, much like a coach does to develop a player's strengths. Modeling means you make sure your own behavior provides a consistent, positive example for your daughter.

To learn more about these guidelines, read *Adventures in Parenting*, available free on the institute's website at nichd.nih.gov (search for



EAT FRUITS & VEGETABLES (CONT)



mashed potatoes, pasta sauce, and rice dishes.

Make fruit your dessert. Slice a banana lengthwise and top with a scoop or low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.

Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.

Cook fruit on the grill. Make

kebabs with pineapple, peaches and banana. Grill on low heat until the fruit is hot and slightly golden.

While making healthier food choices is always a good idea, with March being National Nutrition Month, now is a good time to think about making healthy food choices an everyday event. One way to do that, is to remember to

"put your best fork forward" which is the theme of National Nutrition Month this year. Even small changes in your eating habits and food choices can help you make strides in improving your health overall.



STEPS TO "FIND" MONEY TO SAVE

Do you want to save more money for retirement or other financial goals? There are only three sustainable ways to "find" the cash: increase income, decrease expenses, or do both. Below are a dozen ideas to reduce household expenses provided by Dr. Barbara O'Neill, Extension Specialist with Rutgers Cooperative Extension. Some of these strategies also provide health, as well a financial, benefits.

Serve Smaller Food Portions: Big money-savers are meat, high-fat snack foods, and desserts. Consider preparing more nonmeat dishes or use meat with other foods such as stir fry dishes and casseroles.

Stock Up on Food Sales: Examples include periodic canned goods sales and in-season fresh fruit and vegetables from a home garden or local farm stands that can be canned or frozen for later use.

Pay Less for Nonfood Items: Less expensive sources of nonfood items (e.g., toothpaste) than supermarkets include discount drugstores, warehouse stores (in bulk), dollar stores, and other low-cost retailers.

Score a Double or Triple Play: A double play is buying something on sale and then saving even more by using a coupon. A triple play is a sale price, plus a coupon, plus

some type of cash or product rebate.

Use Store or Generic Brands: "No-name" brands are available for a wide range of food products (e.g., applesauce) and health products (e.g., cold remedies). Unless national brands are on sale or you have a valuable coupon (or doubled coupon) to lower their cost, store or generic brands are often less expensive.



Time-Shift Appliance Use: Many utility companies provide "time of day meters" and discounts for running major appliances (e.g., clothes washer, dish washer) during off-peak hours, generally nights and weekends.

Seal Up Your House: In the winter, close off unused rooms and turn down the thermostat to conserve heat. Caulk or weather strip windows and doors and install storm windows. Install sweeps at the bottom of doors and use insulated window treatments, shades, or drapes to block cold air.

Save Energy in the Summer: Dry clothing outdoors to save on energy or laundromat charges and use fans instead of air conditioners, when possible, to cool your

home. Also, have your oil tank filled during the summer to save on the cost of your first delivery.

Save Money on Gasoline: Use the lowest octane called for in your car owner's manual and keep your engine tuned and tires inflated to their proper pressure. An app such as Gas Buddy can help you find the lowest gasoline prices when you are traveling.

Get an Insurance Policy Review: Talk to your insurance agent to make sure you are receiving all of the discounts that are available to you. Consider bundling policies if it will save money and raising deductibles if the cost savings is sufficient and you have emergency savings set aside to cover the deductible.

Consider a "New Used" Car: Buying a gently-used 2- to 3-year old car can save thousands of dollars on the purchase price of a car because the original owner will absorb much of the depreciation.

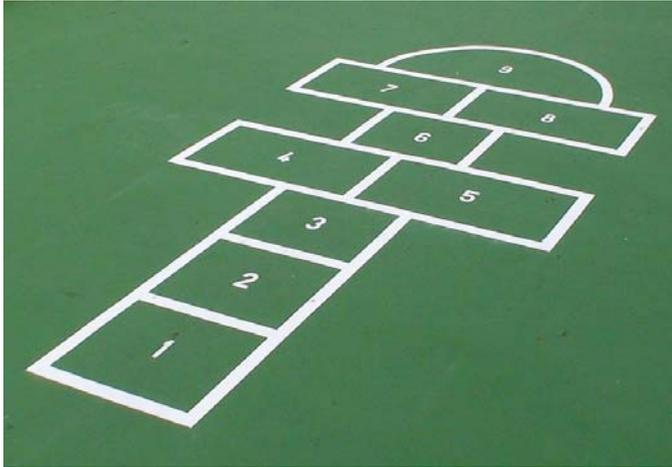
Avoid Costly Bank Fees: Compare local banks and/or a credit union to find the best match between your personal banking habits and account features (e.g., interest rates, minimum balance amounts, ATM fees, and direct deposit). Inquire if they have "relationship accounts" that provide perks such as higher interest or free safe deposit boxes if you "bundle" financial services or maintain a designated balance.



"THERE ARE ONLY THREE SUSTAINABLE WAYS TO "FIND" THE CASH: INCREASE INCOME, DECREASE EXPENSES, OR DO BOTH."



GET OUTSIDE AND MINGLE



With spring upon us, many of us are ready to get outside and take in the fresh air. We have been cooped up in our homes, with many of us behind a computer screen. Children in particular are spending less time in free and outdoor play and more time in front of screens at an alarming rate. Research has already indicated this to be one of the causes of obesity. We are also seeing lower social interaction as an effect of too much screen time.

By encouraging outside play, the benefits are plentiful. According to research, families that play outside regularly are fit, have better coordination, stronger immune systems, are more creative, have lower stress levels and increased respect for themselves and others.

This year, try bringing back old-fashioned outdoor games. Many of us have fond memories playing tag, kick the can, hide and seek, and jumping

rope, but many of our children have never participated in these games. Right now is the perfect time to encourage old-fashioned fun.

Tag/freeze tag: To play, one person is “it” and they chase others and try to touch or tag them. Once another person is tagged they become “it” and this is repeated.

Capture the flag: The more players the better for this game involving two teams. Each team having a flag or marker for the team base. Each team tries to capture the other team’s flag without getting tagged by opponents.

Hopscotch: Draw the traditional hopscotch design and toss the rock onto the first square. Hop over the rock and jump onto each part of the diagram until the end and turn around and hop back.

Jump rope: This can be played alone or in groups with many different versions.

Kickball: Just like baseball except you kick a large rubber ball. Great game for all ages to play together!

Red light, green light (also called statues): Players run when one person who has their backed turned says “green light”. Players freeze when that person turns around and says “red light”. Those caught moving must go back to the starting line. The first one to the traffic light wins!

Four square: Draw a large square on concrete with chalk and divide it into quarters. Two to four players can participate by bouncing the ball into another player’s square. If a player allows the ball to bounce twice or fails to hit it back, they’re out.

These are just a few great outdoor games that you and your family can do for a fun play time outside. Here are some additional sources on outdoor play and classic outside games:

<http://www.wired.com/geekdad/2009/08/simpleoutdoorplay/>

<http://www.nwf.org/Be-Out-There/Why-Be-Out-There/Benefits.aspx>

Source: Michigan State University Extension



DINNER TONIGHT RECIPES



Chicken and Feta Wraps - serves 4

Two 4-oz skinless, boneless chicken breast halves	1/4 cup reduced-fat feta cheese crumbles
1/4 cup sun-dried tomato salad dressing	4 cups torn fresh spinach
8 sun-dried tomatoes, dry packed	1/4 cup light mayonnaise
1 cup boiling water	4 (6-inch) whole-wheat tortillas

In a large re-sealable plastic bag, combine chicken breasts and half of the dressing. Seal and refrigerate for 1 hour. Grill chicken for 10-12 minutes, until the internal temperatures reaches 170 F and cut into strips. Combine sun-dried tomatoes and hot water in a small bowl. Set aside for 10 minutes, drain, and cut tomatoes into thin slices. Put grilled chicken strips, sliced sun-dried tomatoes, feta cheese, and spinach into a bowl and toss with remaining dressing. Divide into 4 servings. Add 1 tablespoon of mayonnaise and 1 serving of chicken mixture to each flour tortilla and wrap.

Nutrition per serving: Calories 230, Fat Calories 70, Total Fat 8g, Saturated Fat 2g, Trans Fat 0g, Cholesterol 40mg, Sodium 540mg, Total Carbohydrate 23g, Dietary Fiber 4g, Sugars 6g, Protein 17g.

Grape tomato and Cilantro Salad - serves 4

2 cups grape tomatoes	Fresh chopped cilantro to taste
1 Tablespoon olive oil	Salt and pepper to taste
1/2 green onion, chopped (optional)	

Wash your hands, clean your cooking area, and wash the grape tomatoes. Cut the tomatoes in half. Transfer tomatoes to medium servicing bowl. Drizzle olive oil over tomatoes; stir to coat. Add the green onion and fresh cilantro; stir. Season with salt and pepper before serving.

Nutrition per serving: Calories 70, Total Fat 7g, Saturated Fat 1g, Cholesterol 0mg, Sodium 60mg, Total Carbohydrate 3g, Dietary Fiber 1g, Protein 1g.

Zucchini Oat Chocolate Chip Cookies - serves 24

1 1/2 cups all-purpose flour or white whole wheat flour	1 egg
1 tsp. ground cinnamon	1 1/2 tsp. vanilla extract
1/2 tsp. baking soda	1 1/2 cups shredded zucchini
1/4 tsp. salt	1 cup rolled oats
1/2 cup unsalted butter, softened	1/2 cup chopped pecans or walnuts (optional)
1/4 cup granulated white sugar	1/2 cup semi-sweet chocolate chips
1/4 cup light brown sugar, packed	

Wash zucchini. Preheat oven to 350 degrees. In a mixing bowl whisk together flour, cinnamon, baking soda, and salt until combined; set aside. In the bowl of an electric stand mixer fitted with the paddle attachment, whip together butter, granulated sugar, and brown sugar until creamy.

Mix in egg and vanilla extract. Add zucchini and, with mixer set on low speed, slowly add in flour mixture. Stir in oats, nuts, and chocolate chips.

Shape dough into balls, 2 Tbsp. each, and then transfer to a baking sheet lined with parchment paper, spacing cookies 2 inches apart.

Bake in preheated oven 11-14 minutes, until edges are lightly golden. Cool on baking sheet 2 minutes then transfer to a wire rack to cool completely. Store in an airtight container.

Nutrition per serving: Calories 103, Fat Calories 54, Total Fat 6g, Saturated Fat 3g, Cholesterol 19mg, Sodium 55mg, Total Carbohydrate 11g, Dietary Fiber 1g, Sugars 3g, Protein 2g.

For more recipes, visit <http://dinnertonight.tamu.edu>

*Parker County Extension Education Association
Invites you to a day of education,
personal development and fun!*

TEXAS A&M
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Spring Fling

The Past Shapes the Future

Tuesday, April 4, 2017

10:00 a.m.—2:00 p.m.

Couts United Methodist Church

802 North Elm Street, Weatherford, Texas

“Aprons”

By Shirley Smelley

“Quilting”

By Ola Culwell

“Preserving the Harvest”

By Kathy smith



“Kambuchi Tea”

By Beth Murphy

“Fairy Gardens”

By Carol Welch

Fashion Show



Lunch

Served: 12:00—1:30 p.m

*Baked Potato Bar
with all the fixings
Green Salad
Bread
Strawberry Cake
Tea and Coffee*

Luncheon Tickets—\$12.00

Tickets available from
Extension Education members &
AgriLife Extension office at
604 North Main Street,
Weatherford, Texas

817-598-6168

Proceeds from the event benefits 4-H Scholarships
and Extension Education Programs



The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating



Walk Across Texas

Walk Across Texas is an 8 week walking program for teams of eight people or school classes. Teams can exercise together or on their own. Participants can log miles with an equivalency chart in a variety of ways: walking, jogging, biking, or even aerobics. Everyone's miles are recorded on a Texas map. Get Fit! Enjoy a friendly Competition!

Groups can have their own kick off, midpoint and celebration events. These are optional, but can be a fun time to walk with others.

Scheduled events (completely optional—walk whenever YOU can):

Monday Walks are each Monday at Heritage park in Weatherford (behind the police station)
11:15 a.m. or 12:15 p.m. or at 5:15 p.m.

Monday Walks each Monday at Springtown Park (meet at Tabernacle Square)
11:15 a.m. or 12:15 p.m. or at 5:15 p.m.

**Cost:
Free!**

All teams must be registered by Friday, April 7th to be entered in a drawing for a gift card. Gather your team now and email Kathy Smith at kl-smith@tamu.edu your team name and captain! If you need help getting a team together send an email and we'll help you find one.

For more information contact the Parker County Extension office at 817-598-6168 or log on to <http://walkacrosstexas.tamu.edu>



The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating



Walk Across Texas

April 2 through May 27, 2017

Sign your team up at: <http://walkacrosstexas.edu>

Spring Fling

April 4, 2017

10:00 a.m. – 2:00 p.m.

Couts United Methodist Church

Cost: \$12.00

A Fresh Start to a Healthy You

April 10, 17, and 24

1:30 p.m.

Weatherford Public Library

Cost: Free

Managing Your Money

April 17, 2017

2:00 p.m. – 4:00 p.m.

Parker County Extension Office

Cost: \$10.00

Cooking Well with Diabetes

May 4, 11, 18, 2017

6:00 p.m. – 8:00 p.m.

Parker County Extension Office

\$20.00 per person

Parenting Classes – Becoming a Love and Logic Parent

May 23 and 24, 2017

9:30 a.m. - 1:30 p.m.

Parker County Extension Office

\$10.00 per person

Visit and/or Join an Extension Education Club

Bethel Harmony EEC – 2nd Tuesday of each month – 10:00 a.m. – meets in Homes and at Harmony Baptist Church

Country Crossroads EEC – 3rd Thursday of each month – 10:00 a.m. – meets in Homes and Extension Office

Springtown EEC – 2nd Wednesday of each month – 10:00 a.m. – First Baptist Church in Springtown

Call 817-598-6168 for complete details about the meetings and location

For more information or to register for these classes call 817.598.6168

Kathy Smith,
County Extension Agent—Family & Consumer Sciences
Parker County

Jessica McGee,
Better Living for Texans Program Assistant
Parker County