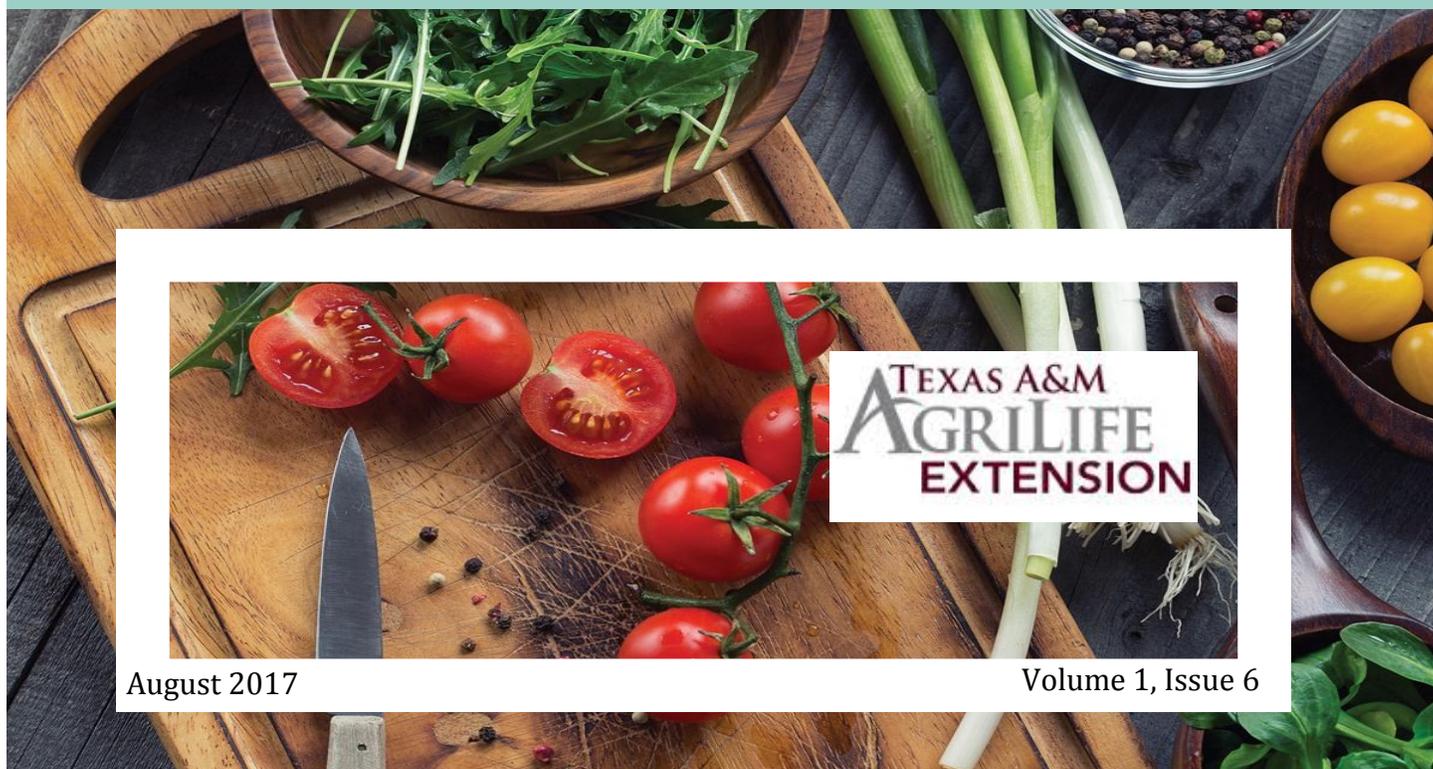


# PANHANDLE PATH TO HEALTHY LIVING



## Thinking Back to School

With the upcoming educational year fast approaching, many parents are gearing up for sending their children back to school. School supplies and clothes shopping, bus routes, adjusted time schedules, after school care and child safety are all on the minds of conscientious parents everywhere. It is time to be aware of the car safety, packing healthy and safe lunches and Tri state fair opportunities, all featured in this issue. As the school year approaches I am reminded of one of my favorite quotes, Clay P. Bedford once said, "You can teach a student a lesson for a day; but if you can teach him to learn by creating curiosity, he will continue the learning process as long as he lives." I believe this, stay curious and learn a lesson for yourself everyday.

*Amy Wagner*



# Path to Wellness.....

## Car Seats: Information for Families

One of the most important jobs you have as a parent is keeping your child safe when riding in a vehicle. Each year, thousands of young children are killed or injured in car crashes. Proper use of car seats helps keep children safe. But with so many different seats on the market, many parents find this overwhelming.

If you are expectant parents, give yourself enough time to learn how to properly install the car seat in your car before your baby is born to ensure a safe ride home from the hospital.

The type of seat your child needs depends on several things, including your child's age and size and the type of vehicle you have. Read on for more information from the American Academy of Pediatrics (AAP) about choosing the most appropriate car seat for your child.

### When shopping for a car seat, keep the following tips in mind:

- **No one seat is the "best" or "safest."** The best seat is the one that fits your child's size, is correctly installed, fits well in your vehicle, and is used properly every time you drive.
- **Don't decide by price alone.** A higher price does not mean the seat is safer or easier to use.
- **Avoid used seats if you don't know the seat's history.**

### Never use a car seat that:

- **Is too old.** Or **Has any visible cracks on it.** Look on the label for the date it was made. Check with the manufacturer to find out how long it recommends using the seat.
- **Does not have a label with the date of manufacture and model number.** Without these, you cannot check to see if the seat has been recalled.
- **Does not come with instructions.** You need them to know how to use the seat.
- **Is missing parts.** Used car seats often come without important parts. Check with the manufacturer to make sure you can get the right parts.
- **Was recalled.** You can find out by calling the manufacturer or contacting the NHTSA . [Car Safety Seats: A Guide for Families 2017](#) (Copyright © 2017 American Academy of Pediatrics)

## Types of Car Seats

Age Group	Type of Seat	General Guidelines
Infants & toddlers	<ul style="list-style-type: none"><li>• Rear-facing—only</li><li>• Rear-facing convertible</li></ul>	All infants and toddlers should ride in a <b>rear-facing seat</b> until they are at least <b>2 years of age</b> or reach the highest weight or height allowed by their car seat manufacturer.
Toddlers & preschoolers	<ul style="list-style-type: none"><li>• Convertible</li><li>• Forward-facing with harness</li></ul>	Children who have outgrown the rear-facing weight or height limit for their convertible seat should use a <b>forward-facing seat</b> with a harness for as long as possible, up to the highest weight or height allowed by their car safety seat manufacturer.
School-aged children	<ul style="list-style-type: none"><li>• Booster seats</li></ul>	All children whose weight or height exceeds the forward-facing limit for their car safety seat should use a <b>belt-positioning booster seat</b> until the vehicle seat belt fits properly, typically when they have reached 4 feet 9 inches in height and are 8 through 12 years of age. All children younger than 13 should ride in the back seat.
Older children	<ul style="list-style-type: none"><li>• Seat belts</li></ul>	When children are old enough and large enough for the vehicle seat belt to fit them correctly, they should always use <b>lap and shoulder seat belts</b> for the best protection. All children younger than 13 years should ride in the back seat.

## Path to Randall County

**August 28, 2017**

10:00 AM County Association Meeting

11:00 AM Community Service Program by Connie Garcia, Director of Martha's Home.

12:00 Noon - Pot Luck Luncheon

Please bring toiletries (i.e. paper towels, toilet paper, laundry soap, bath soap, shampoo, etc.)

**August 2017**

**Important Dates:**

**August 5th**

Farm To Table Dinner  
Canyon Farmers Market  
7:00 PM on the square!

**August 16th**

First Day of School!

**August 28th**

10:00 AM Association Meeting  
11:00 AM Community Service Program



**Watch KAMR Studio 4**

**From 4:00 to 5:00 PM**

**Studio 4 highlights events happening in our Panhandle region. You might even see someone you know!**



**District 1 Family Consumer Sciences**

**TEA FCS Quilt Fundraiser**

**Draw Date:** October 19, 2017

National NEAFCS Conference, Omaha, Nebraska

1 ticket for \$5 OR 5 tickets for \$20

Talk to you FCS County Agent if you are interested in buying tickets for the raffle.





# Path to Youth Development.....

If you are interested in 4-H, now is the time to get involved!! We have a lot of upcoming projects and activities! Look for the 4-H Newsletter or call the office @ 468-5543 for more information!!

## Randall County 4-H Dates

**Sunday, August 5th**

Randall County 4-H Awards Banquet 6:30 PM  
University Church of Christ in Canyon

**Monday, August 7th**

Join us to learn about the Role of the 4-H County Extension Agent.

**Wednesday, August 16th**

**FIRST DAY OF SCHOOL!**

**Thursday, August 31**

**5:30 - 8:00**

4H kick off on the Extension Office Lawn!




Earn A Free Pass to the Fair!!!  
With 3 Entries in One Department

# 2017 Tri State Fair



★ Textiles No Entry Fee	★ Garden No Entry Fee	★ Art No Entry Fee
Culinary Baked & Canned Goods No Entry Fee	★ Ceramics & Porcelain No Entry Fee	★ Amateur Photography Youth (18 and under) \$2.00 Entry Fee per Entry

**September 15 - 23, 2017**

Prize money Awarded for Top 3 Places in Each Category



Entries Taken Starting Tuesday, September 12

For More Information visit [www.tristatefair.com](http://www.tristatefair.com)

Or Call the Office at **806-468-5543**

Great Opportunity To Show Off Your Talent!  
Enter the Textiles, Culinary Art, Ceramics, Photography and Garden Contests!



# Path to Protection..... Food Safety

## ***Back To School Food Safety Tips for Parents and Caregivers***

Back to school, back to the books, back in the saddle, or back in the car for those of us shuttling students to and from school. The new school year means its back to packing lunches and after school snacks for students, scouts, athletes, dancers, and all the other children who carry these items to and from home. One 'back' you do not want to reacquaint children with, however, is foodborne bacteria. Bacteria that can cause foodborne illness, commonly known as food poisoning, grow rapidly at temperatures between 40 and 140 degrees Fahrenheit. In just two hours, these microorganisms can multiply to dangerous levels. To make sure lunches and snacks are safe for those you pack for, follow the USDA's four steps to food safety: Clean – Separate – Cook – and Chill.

### **Packing Tips**

- If the lunch/snack contains perishable food items like luncheon meats, eggs, cheese, or yogurt, make sure to pack it with at least two cold sources. Harmful bacteria multiply rapidly so perishable food transported without an ice source won't stay safe long.
- Frozen juice boxes or water can also be used as freezer packs. Freeze these items overnight and use with at least one other freezer pack. By lunchtime, the liquids should be thawed and ready to drink.
- Pack lunches containing perishable food in an insulated lunchbox or soft-sided lunch bag. Perishable food can be unsafe to eat by lunchtime if packed in a paper bag.
- If packing a hot lunch, like soup, chili or stew, use an insulated container to keep it hot. Fill the container with boiling water, let stand for a few minutes, empty, and then put in the piping hot food. Tell children to keep the insulated container closed until lunchtime to keep the food hot - 140 °F or above.
- If packing a child's lunch the night before, parents should leave it in the refrigerator overnight. The meal will stay cold longer because everything will be refrigerator temperature when it is placed in the lunchbox.
- If you're responsible for packing snacks for the team, troop, or group, keep perishable foods in a cooler with ice or cold packs until snack time. Pack snacks in individual bags or containers, rather than having children share food from one serving dish.

### **Storage Tips**

- If possible, a child's lunch should be stored in a refrigerator or cooler with ice upon arrival. Leave the lid of the lunchbox or bag open in the fridge so that cold air can better circulate and keep the food cold.

### **Eating and Disposal Tips**

- Pack disposable wipes for washing hands before and after eating.
- After lunch, discard all leftover food, used food packaging, and paper bags. Do not reuse packaging because it could contaminate other food and cause foodborne illness.

Consumers can learn more about key food safety practices at [Foodsafety.gov](https://www.foodsafety.gov), by

'following' [@USDAFoodSafety](https://twitter.com/USDAFoodSafety)



# TEXAS A&M AGRILIFE EXTENSION

Panhandle Path to Healthy Living is a Family and Consumer Sciences information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.

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Canyon, TX 79015

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## Path to Plate.....



### Lunch Box Idea,

Prep time: 10 minutes

### BLT Pinwheels

Ingredients:

4 Ounces Cream Cheese  
1/2 cup light mayonnaise  
1/4 cup finely chopped sundried tomatoes packed in oil  
6 slices of cooked turkey bacon  
3 spinach tortillas  
1 chopped plum tomato, seeded  
1/2 cup shredded romaine lettuce

1. In a small bowl mix cream cheese, mayo, and sun dried tomatoes.
2. Add bacon but be careful not to crumble it too much.
3. Spread mayo mixture over tortillas and top each with plum tomatoes and lettuce.
4. Roll tightly and secure in plastic wrap.
5. Refrigerated for one hour so they get firm.
6. To serve cut each roll into 1 inch thick sliced with a serrated knife. A regular knife will squish them!

Recipe from [allrecipes.com](http://allrecipes.com)