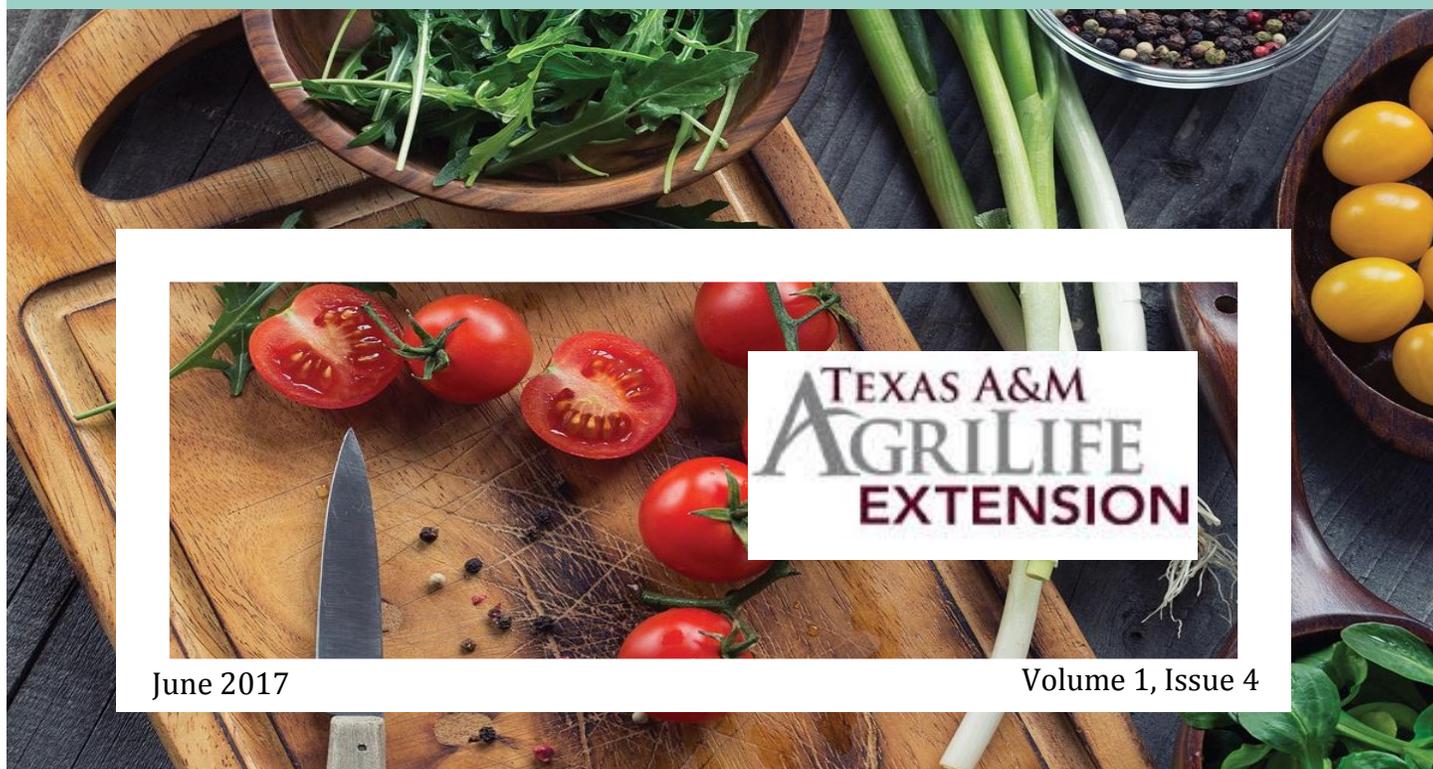


# PANHANDLE PATH TO HEALTHY LIVING



June 2017

Volume 1, Issue 4

## **Being Safe During the Month of June!**

The time has come...School is out for summer and as a family, we are spending more time outside. There are so many great things about being outside; it keeps us active, helps us stay in shape, and we feel better. But, there are some things we always need to think about when spending time outside. Whether it's picnics or swimming, sports or exercising, we need to keep a couple of things in consideration when preparing for this summer.

Throughout this month's newsletter, you will learn all about food safety, especially with those picnics and pot lucks as well as the importance of sun safety. We can never be too careful when it comes to protecting ourselves from the sun. Yes, we do need to be outside and active, but we also need to protect our skin and prevent any injuries that may come from the sun. Sunscreen can help prevent skin cancer by protecting you from the sun's harmful ultraviolet rays. Anyone can get skin cancer, regardless of age, gender or race. In fact, it is estimated that one in five Americans will develop skin cancer in their lifetime. There's no better time than now to focus on the safety of ourselves and others.



*Amy Wagner*

**FAMILY &  
CONSUMER  
SCIENCES**   
*Creating Healthy & Sustainable Families*

**Educational Programs of Texas A&M AgriLife Extension Service**

# Path to Wellness.....



## Food Safety in the Summer!

Due to a variety of factors, including warmer temperatures, foodborne illness increases in the summer. It's very important to stay healthy and safe during warmer months by following these food safety recommendations:

### When bringing food to a picnic or cookout:

- Use an insulated cooler filled with ice or frozen gel packs. Frozen food can also be used as a cold source.
- Foods that need to be kept cold include raw meat, poultry, and seafood; deli and luncheon meats or sandwiches; summer salads (tuna, chicken, egg, pasta, or seafood); cut up fruit and vegetables; and perishable dairy products.
- A full cooler will maintain its cold temperature longer than a partially filled one. When using a cooler, keep it out of the direct sun by placing it in the shade or shelter.
- Avoid opening the cooler repeatedly so that your food stays colder longer.

### When cooking on the grill:

- Use separate cutting boards and utensils for raw meat and ready-to-eat items like vegetables or bread.
- Keep perishable food cold until it is ready to cook.
- Use a food thermometer to make sure meat and poultry are cooked thoroughly to their safe minimum internal temperatures
  - Beef, Pork, Lamb, & Veal (steaks, roasts, and chops): 145 °F with a 3 minute rest time
  - Ground meats: 160 °F
  - Whole poultry, poultry breasts, & ground poultry: 165 °F
- Always use a fresh, clean plate and tongs for serving cooked food. Never reuse items that touched raw meat or poultry to serve the food once it is cooked.

### When serving food outdoors:

- Perishable food should not sit out for more than two hours. In hot weather (above 90 °F), food should NEVER sit out for more than one hour.
- Serve cold food in small portions, and keep the rest in the cooler. After cooking meat and poultry on the grill, keep it hot until served – at 140 °F or warmer.
- Keep hot food hot by setting it to the side of the grill rack, not directly over the coals where they could overcook.



# Path to Randall County

## Randall County Programs!!!

### Barn Quilt Class - Saturday, June 24th from 9 AM - 2 PM

Join us for a DIY Barn Quilting class! Everyone will walk away with their own uniquely designed quilt board! Enjoy the art, history, fellowship and lunch at this one of a kind event! There is a \$35 fee per person for supplies. We'll see you there!

### Food Handlers

Are you going to be having a booth at the Canyon Farmers' Market this summer? Do you need your **food handler's** certification and cottage food license? Join us on **June 12th** for our next class!!

### Quick & Easy Packet Cooking

Tuesday, June 20 at 12:00 Noon or 6:30 PM

When you're in a hurry, turn to Quick & Easy packet cooking. Join us for a class and see how easy it is to make packet dinners for you and your family!

### Dinner Tonight Cooking School

Watch for our Cooking School later this summer featuring celebrity chefs!!

### 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!

For more information or to RSVP to any of our programs, please call:

Office: (806)-468-5543

Randall County TEEA Members had a great time at their Annual Luncheon and Recognition Event. Marcie Grabber provided a great program on Dementia and three award winners were presented with their Volunteer of the Year awards. Congratulations ladies!!

**Sunnyhill - Lin Elbert**

**Southern Country - Ruby Tharp**

**Golden Spread Quilters - Bobbie Hatch**

I look forward to seeing everyone in August for our Community Service Project and Luncheon. Remember to bring items for Martha's Home for the Community Service Project. If you have questions, please let me know.





Path to Youth Development.....

I PLEDGE  
**MY HEAD**  
 to clearer *thinking*  
 MY HEART to greater loyalty  
 MY TO  
 HANDS LARGER SERVICE  
**MY HEALTH**  
 to better *living*  
 FOR MY CLUB & MY  
 MY COMMUNITY *WORLD.*  
 MY COUNTRY

Upcoming County/District 4-H Camps

**June 6th - 8th**

State 4-H Roundup - College Station, TX

**June 23**

District 1 4-H Horse Show

**June 30 - July 2nd**

District 1 Senior Leadership Retreat,  
Power Camp & Officer Elections  
South Plains Retreat Center, Floydada, TX

Watch for some summer county camps in July! We are looking forward to a youth quilting class in Mid-July!! Call for more information!

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!!

**Your County 4-H Dates:**

**June 1st - 5:30 PM**

Randall Parent Booster Club Meeting at the Ext. Office

**June 13th - 6:00 PM**

Randall County 4-H Council Meeting at the Ext. Office

**June 19th - 6:00 PM**

Clover Kids meeting. Location To Be Determined

Most Randall County 4-H Clubs take the summer off. Watch the 4-H Newsletter for more information!!

**For Project News, please call the Extension Office. 806-468-5543**



# Path to Protection..... Sun Safety

## Sun Safety in the Summer!

The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. Follow these recommendations to help protect yourself and your family.

### Shade

You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

### Clothing

When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor. If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

### Hat

For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection. If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using a broad spectrum sunscreen with at least SPF 15, or by staying in the shade.

### Sunglasses

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure. Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

### Sunscreen

Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage.

**How sunscreen works.** Most sunscreen products work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. All products do not have the same ingredients; if your skin reacts badly to one product, try another one or call a doctor.

**SPF.** Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with at least SPF 15.

**Reapplication.** Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off.

**Expiration date.** Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

**Cosmetics.** Some makeup and lip balms contain some of the same chemicals used in sunscreens. If they do not have at least SPF 15, don't use them by themselves.



# TEXAS A&M AGRI LIFE 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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## Path to Plate...

Prep: 10 minutes

Ready: 10 minutes

### Avocado Salad

2 avocados - peeled & diced  
1 sweet onion, chopped  
1 green bell pepper, chopped  
1 large tomato, chopped  
1/4 cup chopped fresh cilantro  
1/2 lime, juiced  
Salt and pepper to taste

- In a medium bowl, combine avocados, onion, bell pepper, tomato, cilantro and lime juice.
- Gently toss until evenly coated. Season with salt and pepper and enjoy!

