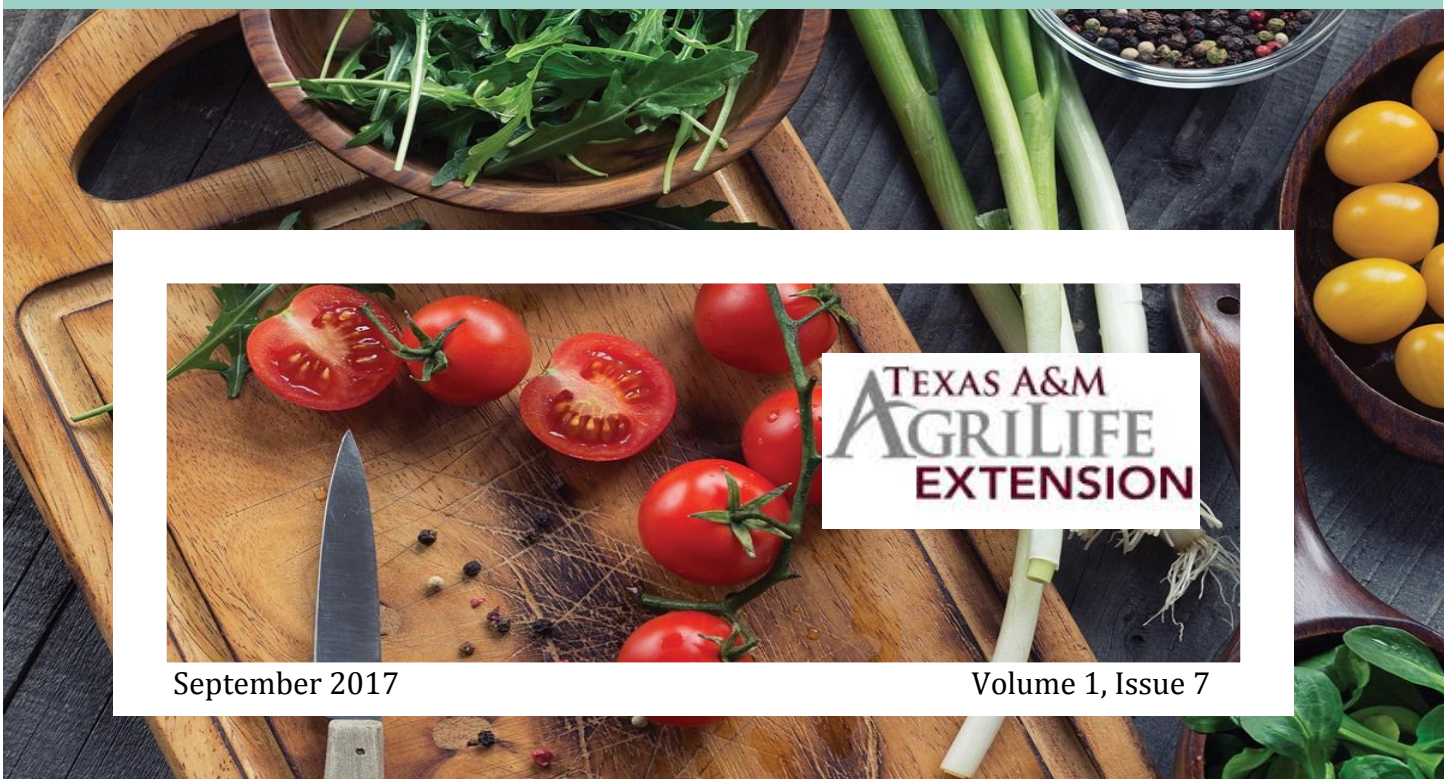
PANHANDLE PATH TO HEALTHY LIVING



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Time for September

As September begins, we start to gear ourselves up for the Tri-State Fair, last minute vacations and, of course, high school and college football. This is a favorite time of year for many as we settle into routines and feel the weather begin to change. During September, we also begin preparation for all the upcoming fall holidays. With all these events and activities, time gets tight. That's why freezer meal preparation is a great tool to have this time of year. Spend a Saturday preparing meals for the week, or even for the month. For more information on how to do that, contact me at the office and I'd be glad to get you some information from our Cooking with Friends program.

Also, get your calendars ready as I have included some important upcoming dates to help us plan for the Fall and Winter Holidays! The Dinner Tonight Healthy Cooking School is returning this fall as well as a Fall and Christmas program!! Enjoy the September Newsletter!!

Amy Wagner

FAMILY & CONSUMER SCIENCES
Creating Healthy & Sustainable Families

Path to Wellness…….

Managing Daily Stress

In today's busy world, we're pulled in many directions at once. We have responsibilities at home and at work, and sometimes it all just becomes too much. Our bodies start to let us know that we're feeling the stress of our daily lives. Feelings of stress are caused by your body's instinct to defend itself. This instinct is good in emergencies, such as when you to get out of the way of a speeding car. But stress can cause unhealthy physical symptoms if it isn't managed properly.

Your body is working overtime as it deals with daily challenges. You're just not equipped to deal with all the extra energy. You may start to feel anxious, afraid, worried, and uptight. If your stress isn't kept under control, it can lead to serious health issues such as high blood pressure, heart disease, and diabetes. You may also be dealing with major life events that can cause stress. These can include:

*Losing a job (or starting a new one).
*Your child leaving or returning home.
*The death of your spouse.
*Divorce or marriage.
*Illness or injury for you or a close family member.
*Money problems.
*Moving.
*Having or adopting a baby.

Path to improved well being

Stress can cause health problems or make existing problems worse. Talk to your family doctor if you think your symptoms could be caused by stress. It's important to make sure that they aren't caused by other health problems. Learn to recognize when you're feeling stressed. Early warning signs of stress include tension in your shoulders and neck, or clenching your hands into fists. Try to avoid the event or situation that leads to your stress. If that's impossible, change how you react to stress.

- Exercise. It's a healthy way to relieve your pent-up energy and tension. Exercising releases feel-good brain chemicals called endorphins. It also helps you get in shape physically, which makes you feel better overall.
- Eat right. Stress can affect your appetite. Make sure you're eating regular, well-balanced meals.
- Get some sleep. It's important to get enough sleep so your body has time to repair itself.
- Meditate. Meditation is a form of guided thought. It can take many forms. You can do it with exercise that uses the same motions over and over, like walking or swimming. You can meditate by practicing relaxation training, by stretching, or by breathing deeply.
- Relaxation training is simple. Start with one muscle. Hold it tight for a few seconds and then relax. Do this with each of your muscles, beginning with the toes and feet and working your way up through the rest of your body.
- Stretching can also help relieve tension. Roll your head in a gentle circle. Reach toward the ceiling and bend side to side slowly. Roll your shoulders.
- Deep, relaxed breathing by itself may help relieve stress. This helps you get plenty of oxygen and activates your body's relaxation response.
- Let go. Don't worry about things you can't control, such as the weather.
- Don't sweat the small stuff. Solve the little problems. This can help you gain a feeling of control.
- Be ready. Prepare to the best of your ability for events you know may be stressful, such as a job interview.
- Chin up. Try to look at change as a positive challenge, not as a threat.
- Work it out. Resolve conflicts with other people.
- Talk it out. Discuss what's bothering you with a trusted friend, family member, or counselor.
- Keep it real. Set realistic goals at home and at work. Avoid overscheduling.
- Have some fun. Participate in something you don't find stressful, such as sports, social events, or hobbies.
- Just say no. Stay away from drugs and alcohol. They can actually increase your stress levels.

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This information provides a general overview and may not apply to everyone. Talk to your family doctor to find out if this information applies to you and to get more information on this subject.

September 2017

Important Dates:

TEEA State Conference

September 12th - 13th

Horseshoe Bay - Marble Falls

September TEEA Association Meeting

Monday, September 25th

Association Meeting 10:00 AM

Tri-State Fair and Rodeo

September 15th - 23rd

Enter your Cultural Arts, Canned Goods and Baked Goods!

Entries Begin on September 12 and 13th. Check the Fair Catalog for more detailed information, or give me a call at the office!!

Check out the Special Culinary Contests as well!!!

Weight Management Tip

When eating out, ask for a take out container and divide your plate in 1/2 to reduce your portion size. This reduces the calories you would have eaten if eating the entire plate of food.

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!

Path to Randall County…….

Randall County EEA Community Service Project

The Randall County Extension Education Association worked hard this summer to collect donations for Martha's Home in Amarillo. I wanted to say, "Thank You All for helping these families and individuals in our communities."

I also wanted to say congratulations to all clubs on a year's worth of hard work!! Your time and volunteer hours brought in over $80,000 in contribution time!!! Way to go!! What a great group of people I get to work with! Thank you also to Carolyn Hamontree for her great leadership these last two years!

We are excited about our Fall and Winter Craft Event. You will take home a booklet with instructions for all crafts exhibited as well as recipes for the Holiday Season. We'll have door prizes and vendors, as well as tastings and more! Mark you calendars for October 20th or October 21st!

Family and Consumer Sciences Programs are swinging back in action! Mark your calendars for the following dates!

Randall County Fall and Winter Craft Program

October 20th & October 21st

Randall County Ext. Office.

See the newest crafts and meals for entertaining this Holiday Season.

Dinner Tonight Healthy Cooking School!

We're back with the Dinner Tonight Healthy Cooking School! More information to follow! Reserve your seat now!

Path to Protection……. Food Safety

Tailgating Food Safety Q & A

Keeping food safe at a tailgate gathering requires the same safe food handling practices as picnicking outdoors because a refrigerator and running water are probably not available. Include lots of clean utensils for preparing and serving the safely cooked food. In addition to a grill and fuel for cooking food, pack a food thermometer to be sure the meat and poultry reach a high enough temperature to destroy any harmful bacteria that may be present.

Q. ***What are the safe temperatures for cooking meat and poultry?***

A. Cook food to a safe minimum internal temperature to destroy harmful bacteria. Meat and poultry cooked on a grill often browns very fast on the outside. Use a food thermometer to be sure the food has reached the temperatures recommended below. Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145°F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures. Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160°F as measured with a food thermometer. Cook all poultry to an internal temperature of 165°F as measured with a food thermometer.

Q. ***Are leftovers from a tailgate party safe to eat later?***

A. Some people have so much fun at tailgate gatherings, they never actually watch the sporting event. But that doesn't mean it's safe for the food to stay unrefrigerated before, during, and after the event. Holding food at an unsafe temperature is a prime cause of foodborne illness. Store perishable food in the cooler except for brief times when serving. Cook only the amount of food that will be eaten to avoid the challenge of keeping leftovers at a safe temperature. Discard any leftovers that are not ice cold (40 °F or below) after the game. Food should not be left out of the cooler or off the grill more than 2 hours (1 hour when the outside temperature is above 90 °F).

Q. How do you avoid cross-contamination?

A. When taking food off the grill, use a clean platter. Don't put cooked food on the same platter that held raw meat or poultry. Any harmful bacteria present in the raw meat juices could contaminate safely cooked food. In hot weather (above 90 °F), food should never sit out for more than 1 hour.

Q. Can you partially cook food at home so it grills faster at the tailgate gathering?

A. No. Partially cooking meat or poultry ahead of time should only be done if the food goes immediately from the microwave or stove to the hot grill. Partial cooking of food without cooking it to a safe temperature allows harmful bacteria to survive and multiply. Once meat or poultry starts cooking, continue cooking until it reaches a safe temperature.

National Tailgating Day is the First Saturday in September!

Consumers can learn more about key food safety practices at Foodsafety.gov, by 'following' @USDAFoodSafety

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…….

Tailgate Meatball Sandwiches

2 pounds ground beef
1 pound ground pork
1 egg
1/2 small onion, chopped
1 teaspoon dried parsley
1 teaspoon granulated garlic
1 teaspoon dried oregano
1 teaspoon salt
1/2 teaspoon freshly ground black pepper
Prepared Spaghetti Sauce
Provolone Cheese

Parmesan Parsley Biscuits, Recipe
3 cups all-purpose flour
1 cup grated Parmesan
1/4 cup sugar
2 tablespoons baking powder
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 stick chilled unsalted butter, cut into cubes
1/4 cup chopped fresh parsley or chives
1 cup whole milk, chilled

Filling Directions

Preheat oven to 375 degrees F.

In a large bowl, combine the beef, pork, veal, egg, onion, parsley, garlic, oregano, salt, and pepper and mix until well combined. Scoop the mixture into mini muffin tins. Bake until browned, about 15 to 20 minutes. Serve on split biscuits with sauce and cheese.

Parmesan Parsley Biscuits:
Preheat oven to 400 degrees F.
In a large bowl, combine flour, 1/2 cup Parmesan, sugar, baking powder, salt, and pepper. Whisk until well blended. Add butter and combine with fingertips until a coarse meal forms. Mix in parsley. Gradually add milk, tossing with a fork until moist clumps form. Add extra milk if mixture is dry. Put dough on a floured work surface, folding 8 to 10 times until it becomes firm. Let rest for 10 minutes under a damp towel. Roll out on lightly floured work surface. Using a 2-inch-diameter biscuit ring, cut out biscuits and put on a parchment lined baking sheet. Sprinkle with remaining 1/2 cup cheese and bake until biscuits are puffed and golden, about 15 minutes.

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