

PANHANDLE PATH TO HEALTHY LIVING



Let's Welcome 2019 With Excitement!

Welcome to 2019!! It's hard to believe that another year has come and gone! Did you know that the first week in January is national diet resolution week? I can believe that! This is the time of year when everyone is making their yearly goals and resolutions and trying their hardest to prepare for them! I know I have some goals of my own this year that I am going to try my hardest to achieve! What are some goals that you have for 2019?

One of the best ways to reach your goals is to write them down somewhere, where you can look at them often. I have mine written down in my calendar that I look at daily. Some people like to post them on their walls in their office or home. Where do you think you will post your goals for the year? Another key to success with goals is to celebrate when you accomplish your goals. Don't forget to celebrate your goals this year and make sure to write those accomplishments down!

After looking at your goals, and reading through this newsletter, I hope that some of the programs here at the Extension Office can help you to achieve them! We look forward to working with you this year and seeing what 2019 has in store for all of us!!

Happy New Year from all of us with Texas A&M AgriLife Extension

Amy Wagner

"A goal properly set, is half way reached," Zig Ziglar

Educational Programs of Texas A&M AgriLife Extension Service

Path to Wellness.....

January is National Slow Cooking Month



Americans' busy lifestyles often show up in their cooking and eating habits. Over 30 percent of calories are consumed away from home, with more than 40 percent of food dollars spent on food away from home, which is typically higher in calories and fat and lower in calcium, fiber, and iron. Planning meals ahead can improve health while saving time and money. When families eat together, meals are likely to be more nutritious. Family meals also provide a great time for children and parents to reconnect. January is National Slow Cooking Month and one way to increase meals at home is to use a slow cooker. Check out the following information on slow cooker benefits, food safety, and recipe ideas.

Slow cooker benefits. They use less electricity than an oven and can be used year-round. Because of the long, low-temperature cooking, slow cookers help tenderize less-expensive cuts of meat. They usually allow for one-step preparation; putting all the ingredients in the slow cooker saves time and reduces cleanup. A variety of foods can be cooked in a slow cooker, including soups, stews, side dishes, main dishes, meats, poultry, and desserts. Know your slow cooker. Most slow cookers have two or three settings. Food typically cooks in six to 10 hours on the low setting and four to six hours on the high setting. If possible, turn the slow cooker on the high setting for the first hour of cooking time and then use the setting that fits your needs. Read your slow cooker instruction manual and follow manufacturers' directions. Slow cookers are available in different sizes, so instructions will vary.

Slow cookers and food safety. Begin with a clean cooker, utensils and work area. Keep perishable foods refrigerated until preparation time. Store cut-up meat and vegetables separately in the fridge. Always thaw meat or poultry before putting it into a slow cooker. Vegetables cook slower than meat and poultry, so if using them, put vegetables in first. Then add meat and liquid suggested in the recipe, such as broth, water or sauce. Keep the lid in place, removing only to stir the food or check for doneness.

Safely handle leftovers. Do not store leftovers in a deep container, such as the slow cooker. Store leftovers in shallow covered containers and refrigerate within two hours after cooking is completed. Reheating leftovers in a slow cooker is not recommended. Cooked food should be reheated on the stove, in a microwave, or in a conventional oven until it reaches 165 degrees Fahrenheit (F). Then the hot food can be placed in a preheated slow cooker to keep it hot for serving, at least 140 degrees F as measured with a food thermometer.

Recipe conversions. Most recipes can be converted. Because liquids do not boil away in a slow cooker, you can usually reduce liquids by one-third to one-half. This reduction in liquid does not apply to soups. Pasta may become mushy if added too early, so it could be added at the end of the cooking process or cooked separately and added just before serving. Milk, cheese and cream may be added one hour before serving.

Article retrieved from University of Nebraska Extension and written by: Lisa Franzen-Castle, RD, PhD, Nutrition Specialist University of Nebraska-Lincoln Extension Author E-mail: lfranzen2@unl.edu
https://food.unl.edu/documents/January_Webletter_SlowCooking_01_06_15.pdf

January

Important Dates:

Southern Country EEA Program
@ the Extension Office -
Thursday, January 3rd @ 2:00

Randall County Junior Livestock
Show - **January 14-19**

RCJLA Sale **Monday, January 21**

Master Wellness Volunteer
Training at the Potter County
Extension Office -
Tuesday, January 22

Randall County TEEA Meeting @
the Extension Office -
January 28

Step Up and Scale Down
Kick Off Class -
Monday, January 28

4-H Clothing and Textiles Leader
Training @ the Extension Office
Tuesday, January 29

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!

IF YOU ARE INTERESTED IN
ANY OF THESE PROGRAMS OR
WOULD LIKE MORE
INFORMATION, PLEASE CALL
AMY @ 806-468-5543

Path to Randall County

Join Us for Step Up and Scale Down

In just 12 weeks, find the path to better
health through this in class and online course
based on the USDA Dietary Guidelines and
scientific research.

Form habits to help you maintain a healthier
weight, stay active, and reduce your risk for
chronic diseases!

Kick-Off Event Monday, January 28, 2019

Randall County Extension Office

200 North Brown Road

Canyon, TX 79015

RSVP to Amy @ 806-468-5543

Cost: \$40



TEXAS A&M
AGRI LIFE
EXTENSION

Master Wellness Volunteer Training

2019 Series Dates:

January 22 - First Session
January 29 - Online Study
February 5 - Online Study
February 12 - Online Study
February 19 - Last Session

Session Times:
9:00 am - 4:00 pm

Cost:
Regular \$75
College Student \$25

Registration Opens:
November 15, 2018
<http://agrilife.org/mwv>

Registration Deadline:
January 14, 2019



**MASTER
WELLNESS**
VOLUNTEER PROGRAM
TEXAS A&M AGRILIFE EXTENSION

The Master Wellness Volunteer program allows those who have a passion about health and wellness to share that passion with others via worksite wellness programs, community events and more!

Obtain knowledge and skills to live a healthier lifestyle and encourage others to do the same.

Receive 40 hours of training and give back 40 hours of service!

For More Information and Session Location
Contact Your Local County Extension Agent
Classes will be located at the Potter County Extension
Office - 3301 E. 10th, Amarillo, TX 79104
Potter Contact-Lizabeth Gresham-806-373-0713
Randall Contact-Amy Wagner-806-468-5543

Master Wellness Volunteer Program
<http://agrilife.org/mwv>
mwv@ag.tamu.edu

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Reasonable accommodations are provided upon request and in accordance
with the Americans with Disabilities Act.
For assistance or to request a reasonable accommodation, please call at least 48 hours in advance.

Path to Safety.....End the Streak

Texas Roads Have Not Had a Fatality Free Day Since November 7, 2000

What if ... We Could End the Streak!

It has been 18 years since Texas could claim a day where there were no fatalities on our roads. The fatalities add up to more than 66,000 people killed on Texas roadways over the past 18 years. According to the Texas Department of Transportation (TxDOT) the leading causes of these deadly crashes continue to be failure to stay in one lane, alcohol and speed. TxDOT is promoting the “End the Streak” campaign to help end motor vehicle fatalities in Texas.



What if we all drove like the driver we would want in front of us, beside us and in back of us. Ending this streak of needless tragedy on Texas roadways is a shared responsibility.

What if for one day everyone took responsibility for themselves and their friends and there were no drunk drivers on our roads. And there was not one person driving somewhere to drink without a plan for a sober ride home — and no underage drunk drivers were to be found anywhere.

What if there were no distracted drivers on the road. No teens were riding with other teens, which is the main source of their distractions and against the law according to the Graduated Driver License Law. What if no youth or adult was driving while using a cell phone and totally concentrating on their driving.

What if there was no driver speeding down the road and all were driving within the speed limit, including slowing down for construction and emergency vehicles, and driving more slowly and cautiously when weather conditions are bad.

What if we all took time to put on our seatbelts and make sure that all of our passengers were also buckled up. And, that all children were riding in the correct car seat for their age, weight and developmental stage. What if the car seat had been inspected by a certified child passenger safety technician to make sure it was being used correctly and installed correctly.

What if there were no drowsy drivers on the road and every driver, including commercial drivers, made sure they were well rested and prepared for the trip.

What if every driver made sure their vehicle and tires were in good condition and everyone drove defensively and civilly so that every car was treated as if the lives of the people inside were important. What if all drivers were looking out for each other.

What if all of these things could be done on the same day and Texas could once again enjoy a day where there was not one fatality on our roads? Then, we could put an end to this terrible streak of roadway deaths in Texas — and it would bear repeating!

For information on the End the Streak campaign visit: <http://www.txdot.gov/inside-txdot/media-center/psas/end-streak.html>

Article written by Bev Kellner with Texas A&M AgriLife Extension Service



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.

Editors include: Carolyn Prill-Bennett, Chelsey Eicke, Tanya Holloway, Jill Pronger Killian, Amalia Mata, Kay Heron-Rogers, Miquela Garcia-Smith, Joan Gray-Soria & Amy Wagner.

Layout & Design: Amy Wagner,
D1 County Extension Agents- Family & Community Health

TEXAS A&M AGRILIFE EXTENSION SERVICE

Randall County

200 North Brown Road

Canyon, TX 79015

NONPROFIT ORGANIZATION

U. S. POSTAGE PAID

Canyon, TX

PERMIT NO 99

Return Service Requested

Path to Plate.....

Slow Cooker Chipotle Burritos

- 1 lb. boneless, skinless chicken breasts, trimmed
 - 1 10 oz. jar of salsa
 - 1 teaspoon chili powder
 - 1 teaspoon cumin
 - 1 teaspoon dried oregano
 - 1/2 teaspoon salt
 - 1 canned chipotle pepper in adobo sauce, chopped
 - 1 can black beans, drained and rinsed
 - 1 can whole kernel corn
 - Flour or corn tortillas
- 
- Place all ingredients into a slow cooker and cook on low for 8 hours.
 - After 8 hours, remove chicken and shred using two forks.
 - Return chicken to slow cooker and stir to mix.
 - Serve on tortillas with sour cream, avocado, shredded cheese, etc.

Serves 4-6