

PANHANDLE PATH TO HEALTHY LIVING



America is Cooking Again Thanks to COVID-19

AT A SCALE NOT SEEN IN OVER 50 YEARS, AMERICA IS COOKING, A HEALTHY MOVE IN THE MIDDLE OF A PANDEMIC.

People are finally cooking more and that presents a tremendous public health opportunity.

In one recent survey, 54 percent of respondents said they cook more than before the pandemic, 75 percent said they have become more confident in the kitchen and 51 percent said they will continue to cook more after the crisis ends. Interest in online cooking tutorials, recipe websites and food blogs has surged. Cooking and baking are known to have comforting, anti-stress effects. Bread, especially sourdough, demands patience, knowledge and a fair amount of skill.

It offers a glimpse into the workings of "cognitive behavior therapy" that strengthens your problem-solving skills in a somewhat manageable way. Call it whatever you want: stress baking, anxiety baking, procrastibaking. When people feel anxious, they look for something to do, a distraction

of sorts, and baking provides just that for many people.

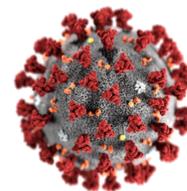
There are a whole host of reasons for this: Dr. Mary McNaughton-Cassill, a clinical psychologist with a disaster stress management background and a professor of psychology at the University of Texas, San Antonio, says some of it's just allowing yourself to be creative—adding flavor, changing color, forming shapes.

Dan Lepard |

"The lockdown is improving our skills for life"

Then you've got the sensory triggers. "The smell of spices and vanilla are comforting, and [they] often remind us of happy times. Olfactory scents are particularly linked to areas of the brain that involve emotions and memory," she suggests. There's also the magic of it all: "Mixing inert substances together, and watching them rise can bring out the mystic, or the chemist, in all of us."

Path to Wellness.....



Humans naturally crave routine, though, and that's what's at the root of baking. "There is a rhythm or pattern to baking," says Dr. Mary McNaughton-Cassill. "It feels familiar and can even lead to a mindful state."

Mindfulness, for the uninitiated, is the quality of being aware and engaged, leading to reflection rather than reaction. Many psychologists believe it's one of the best ways to combat anxiety and depression.

The pandemic put everything on pause, and almost every "nonessential" worker, employed or unemployed, is now enrolled in a de facto home economics course. Cooking is at the top of the curriculum. The course will be months or years long. **And as "stay-at-home" orders are lifted, cooking will be the most cost-effective way to eat during a deep recession.**

An increase in the frequency of cooking does not necessarily mean we are getting healthier during the pandemic. Tragedy and fear are making us stress-eat, as we drown ourselves in tubs of ice cream or binge bake. Moreover, with gyms closed and movement restricted, many of us are now more sedentary than ever. But we are acquiring an ancient skill that has been shown to help people live better and longer. If we apply that skill with greater frequency over the long run, it could reduce our risk of chronic diseases such as diabetes, heart disease and stroke.

A poor diet is the biggest underlying cause of mortality in America, and that poor diet is largely delivered by large fast food companies. Just 10 dietary factors (such as high intake of processed meat and refined grains) are estimated to cause more than 1,000 deaths per day from heart disease, stroke and diabetes alone. More than 100 million Americans have diabetes or pre-diabetes

and 122 million have cardiovascular disease.

Frequent cooking could make a difference in outcomes — on average, people who frequently cook at home eat less fat and sugar than other people. Most restaurants and many large food companies, after all, use levels of salt, sugar and fat that would be inconceivable for home cooks.

Cooking as an element of good health is starting to catch on. A number of medical schools, such as George Washington University and Tulane University, now have culinary schools or culinary programs.

That need has never been higher, since the coronavirus has been most threatening to people with food-related chronic diseases. About 90 percent of those who become seriously ill due to the virus have an underlying condition — hypertension and diabetes being the most common.

Once life rebounds, we may go back to our previous ways, but our palates will have experienced a reset and our hands would have acquired an artful skill. Family ties would have strengthened for many, as cooking is a group activity and is deeply fulfilling and nurturing. There will be many lessons from the coronavirus pandemic, but we would be wise not to forget this one. This newfound proficiency could be lifesaving.



COVID-19

Texas A&M AgriLife Extension agency
COVID-19 web hub [https://
agrilifeextension.tamu.edu/](https://agrilifeextension.tamu.edu/)

Article adapted from the following links:

<https://www.nytimes.com/2020/04/18/opinion/covid-cooking-health.html>

<https://www.euronews.com/2020/04/18/why-are-so-many-of-you-baking-bread-during-the-coronavirus-lockdown>

Path to Better Living

TEXAS A&M
AGRILIFE
EXTENSION

Master of Memory 6-lesson series

to help older adults understand how memory works, identify ways to improve memory and pinpoint things in everyday life that may affect memory.

Location:

Virtual/Distance Learning using
ZOOM

Register for free by 12 p.m.
Friday, June 5th

2:00 - 3:00 p.m.
Tuesdays
June 9, 16, 23, 30
July 7 & 14, 2020

Use the link below to register:

https://agrilife.az1.qualtrics.com/jfe/form/SV_9MOSLuLt1RSTr6Z

For more information contact:

Harris County Extension Office at amanda.krippel@ag.tamu.edu
Calhoun County Extension Office at karen.lyssy@ag.tamu.edu.



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Click link below to register online:

https://agrilife.az1.qualtrics.com/jfe/form/SV_9MOSLuLt1RSTr6Z

"MALE"



**ELONGATED
= WATERY**

"FEMALE"



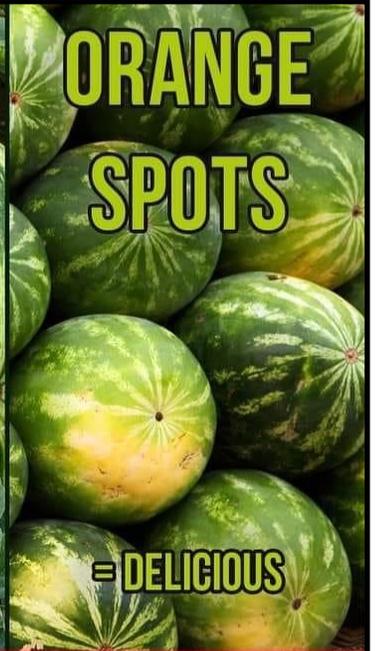
**ROUND + LARGER
= SWEET**

**WHITE
SPOTS**



= TASTELESS

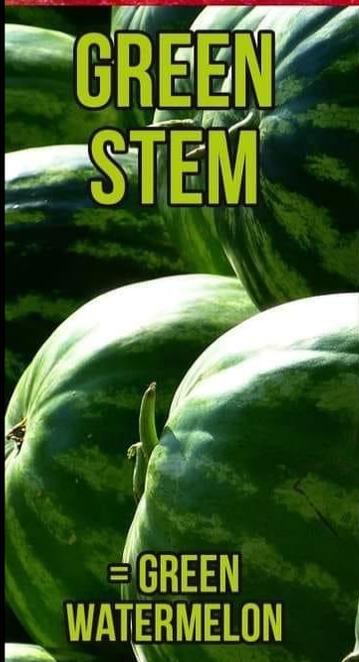
**ORANGE
SPOTS**



= DELICIOUS

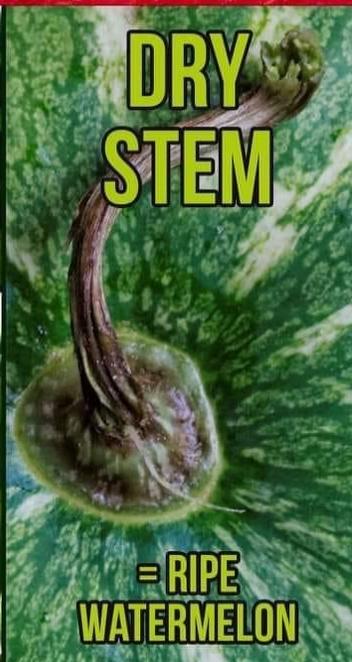
HOW TO PICK THE PERFECT Watermelon

**GREEN
STEM**



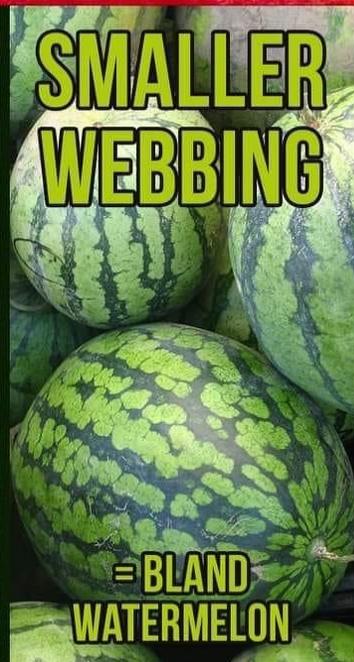
**= GREEN
WATERMELON**

**DRY
STEM**



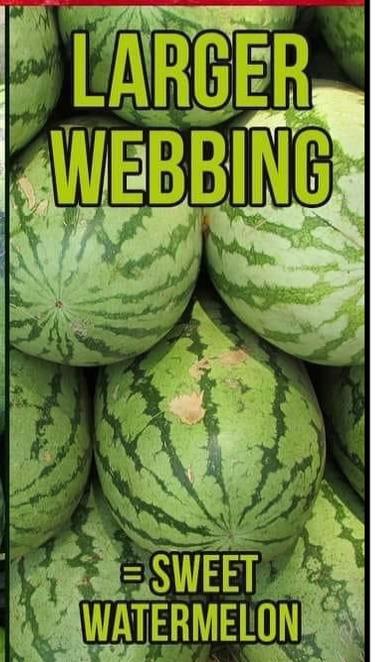
**= RIPE
WATERMELON**

**SMALLER
WEBBING**



**= BLAND
WATERMELON**

**LARGER
WEBBING**



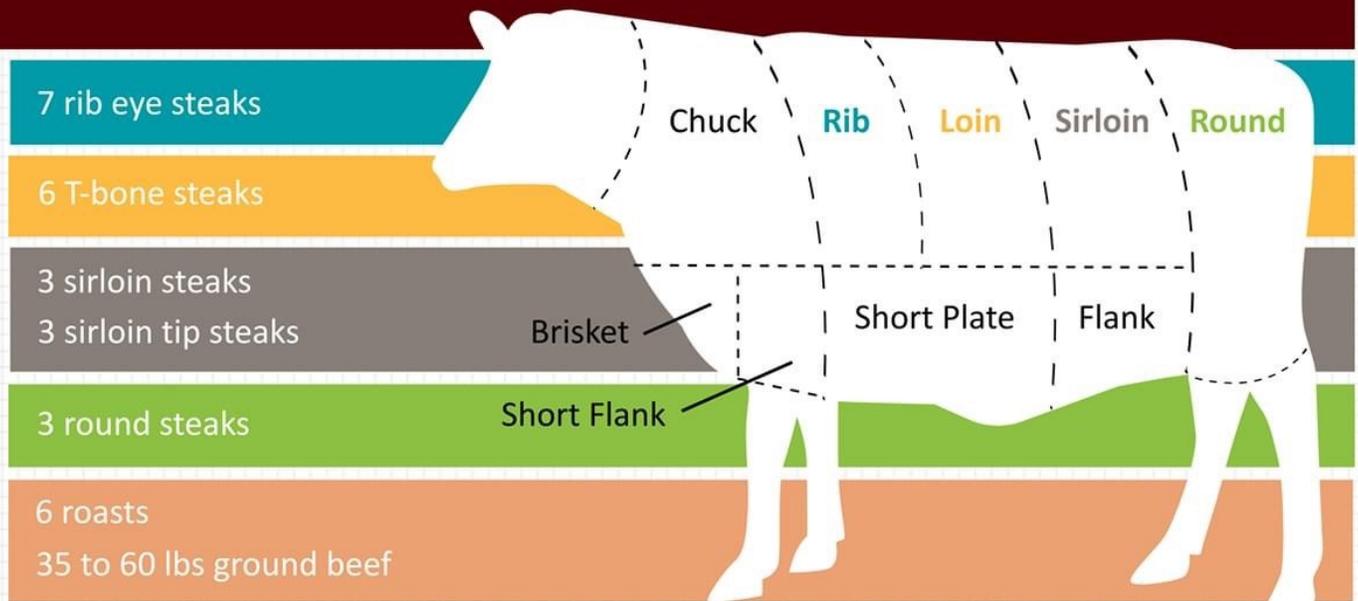
**= SWEET
WATERMELON**

Path to the Plate

Preparing to Buy a Quarter of Beef

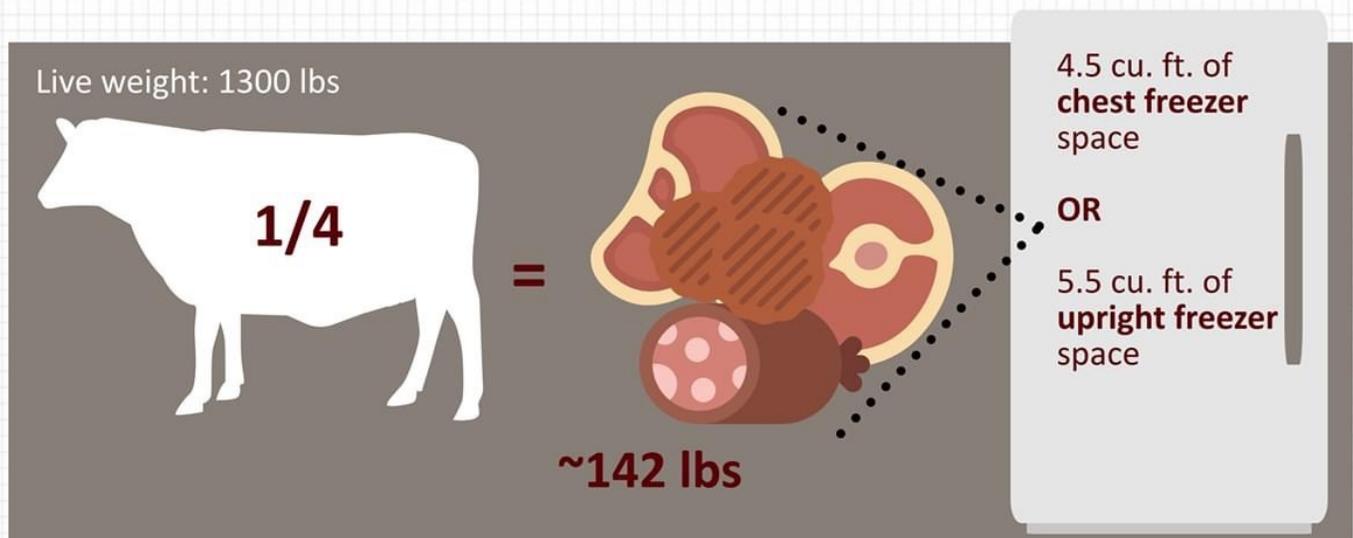
How much meat is a quarter of a beef?

Meat from a typical quarter of a beef with a live weight of **1300 lbs**:



Cuts and quantities of meat will depend on the animal and processor.

How much cooler/freezer space do you need?



Path to Better Living...*Knowledge*

4 feet, 8.5 inches.

The US standard railroad gauge (distance between the rails) is 4 feet, 8.5 inches. That's an exceedingly odd number.

Why was that gauge used?

Well, because that's the way they built them in England, and English engineers designed the first US railroads.

Why did the English build them like that?

Because the first rail lines were built by the same people who built the wagon tramways, and that's the gauge they used.

So, why did 'they' use that gauge then?

Because the people who built the tramways used the same jigs and tools that they had used for building wagons, which used that same wheel spacing.

Why did the wagons have that particular odd wheel spacing?

Well, if they tried to use any other spacing, the wagon wheels would break more often on some of the old, long distance roads in England. You see, that's the spacing of the wheel ruts.

So who built those old rutted roads?

Imperial Rome built the first long distance roads in Europe (including England) for their legions. Those roads have been used ever since.

And what about the ruts in the roads?

Roman war chariots formed the initial ruts, which everyone else had to match or run the risk of destroying their wagon wheels. Since the chariots were made for Imperial Rome, they were all alike in the matter of wheel spacing. Therefore the United States standard railroad gauge of 4 feet, 8.5 inches is derived from the original specifications for an Imperial Roman war chariot.

So the next time you are handed a specification/procedure/process and wonder 'who came up with this?' You will know...

Now, the twist to the story:

When you see a Space Shuttle sitting on its launch pad, there are two big booster rockets attached to the sides of the main fuel tank. These are solid rocket boosters, or SRBs. The SRBs are made by Thiokol at their factory in Utah. The engineers who designed the SRBs would have preferred to make them a bit fatter, but the SRBs had to be shipped by train from the factory to the launch site. The railroad line from the factory happens to run through a tunnel in the mountains, and the SRBs had to fit through that tunnel. The tunnel is slightly wider than the railroad track, and the railroad track, as you now know, is about as wide as two horses' behinds.

So, a major Space Shuttle design feature, of what is arguably the world's most advanced transportation system, was determined over two thousand years ago by the width of a horse's behind.



A decade in the making, NASA and SpaceX launch the first crewed space mission into orbit from U.S. soil since the retirement of the space shuttle in 2011.

Volunteer

If you are interested in serving on the **Family and Community Health Program Area Committee** or becoming a trained Master Wellness Volunteer contact Kelli Lehman @ 806.468.5543 or klehman@ag.tamu.edu



Like us on

“Texas A&M AgriLife Extension Service - Randall County FCH”

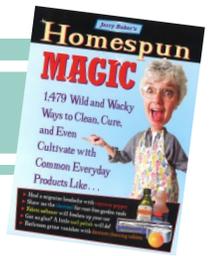
Page offers program information and daily educational resources



Find us on the web at

<https://randall.agrilife.org/>

Path to County



This Can Can

Save that tuna can! Wash it really, really well and remove the bottom too. Then you can use it as a cookie or biscuit cutter or to shape perfectly round fried eggs.



Easy Baking Substitutions



Original

Substitutions



1 tsp.
Baking Powder
(double-acting)



1/2 tsp.
Cream of Tartar



1/4 tsp.
Baking Soda



1/4 tsp.
Baking Soda



1 tsp.
Baking Powder



1 Cup
Buttermilk



1 Cup
Yogurt (not Greek)
or milk



1 tbsp.
Vinegar or
Lemon Juice



1 Cup
Self-Rising
Flour



1 Cup
All-Purpose
Flour



1 1/2 tsp.
Baking
Powder



1/4 tsp.
Salt



If you'd like to reserve tickets, contact Sue Walker at sewalker@ag.tamu.edu

TEXAS A&M AGRI LIFE EXTENSION

Panhandle Path to Healthy Living is a Family and Community Health 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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TEXAS A&M AGRILIFE EXTENSION SERVICE
Randall County
Herbert F. & Jeanine Kuhlmann Extension Center
200 N. Brown Road
Canyon, Texas 79015

Return Service Requested

Path to Plate.....

Aguas Frescas Watermelon and Lime

Ingredients

5 Cups Seedless Watermelon Cubed

3 Cups Water Divided

5-6 Mint Leaves

1 Cup Ice

Instructions

Combine watermelon, 1 cup of water, and mint leaves into a blender until liquefied. Pour the watermelon mixture into a 2 quart pitcher, add 2 cups of water and ice, stir together. Garnish the drink with thinly sliced lime rings and enjoy. Serve or store in refrigerator up to 2 days.

Tip: Use a strainer when pouring the liquefied watermelon into the 2 quart pitcher for a thinner consistency.

Makes 8 Servings Did you know that watermelon is made of 96% water and a great way to hydrate these hot summer days? The Watermelon and Lime Aguas Frescas recipe is full of natural sweetness and will be a great way to keep hydrated.



Nutrition Facts	
8 servings per container	
Serving size	1 cup (96g)
Amount per serving	
Calories	30
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 0mg	0%
Potassium 94mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.