

Family and Community Health “Connections” in Runnels County

October 2020

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October is National Bullying Prevention Month

Every October, schools and organizations across the country join STOMP Out Bullying™ in observing National Bullying Prevention Month. The goal: encourage schools, communities and organizations to work together to stop bullying and cyberbullying and put an end to hatred and racism by increasing awareness of the prevalence and impact of all forms of bullying on all children of all ages.

Monday, October 5th 2020

#BlueUp

Anti-bullying activities include STOMP Out Bullying™'s signature campaign **World Day of Bullying Prevention™** on the first Monday of every October – this year on Monday, October 5th. Watch for our public service announcements by featured celebrities!

This is your chance to make bullying prevention heard around the world! You can begin to change the culture by putting an end to Bullying and Cyberbullying!

Source: <https://www.stompoutbullying.org>

Breast Cancer Awareness Month

What can I do to reduce my risk of breast cancer?

Many factors over the course of a lifetime can influence your breast cancer risk. You can't change some factors, such as getting older or your family history, but you can help lower your risk of breast cancer by taking care of your health in the following ways—

- Keep a healthy weight.
- Exercise regularly.
- Don't drink alcohol, or limit alcoholic drinks.
- If you are taking, or have been told to take, hormone replacement or oral contraceptives (birth control pills), ask your doctor about the risks and find out if it is right for you.
- Breastfeed your children, if possible.
- If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, talk to your doctor about other ways to lower your risk.



Source: [cdc.gov](https://www.cdc.gov)

Halloween Tips During COVID-19

These lower risk activities can be safe alternatives:

- Carving or decorating pumpkins with members of your household and displaying them
- Carving or decorating pumpkins outside, at a safe distance, with neighbors or friends
- Decorating your house, apartment, or living space
- Doing a Halloween scavenger hunt where children are given lists of Halloween-themed things to look for while they walk outdoors from house to house admiring Halloween decorations at a distance
- Having a virtual Halloween costume contest
- Having a Halloween movie night with people you live with
- ♦ Having a scavenger hunt-style trick-or-treat search with your household members in or around your home rather than going house to house

Avoid these higher risk activities to help prevent the spread of the virus that causes COVID-19:

- Participating in traditional trick-or-treating where treats are handed to children who go door to door
- Having trunk-or-treat where treats are handed out from trunks of cars lined up in large parking lots
- Attending crowded costume parties held indoors
- Going to an indoor haunted house where people may be crowded together and screaming
- Going on hayrides or tractor rides with people who are not in your household
- Using alcohol or drugs, which can cloud judgement and increase risky behaviors
- Traveling to a rural fall festival that is not in your community if you live in an area with community spread of COVID-19



Source: <https://www.cdc.gov>

Tips for Halloween Safety

- Carry glow sticks or flashlights, use reflexive tape or stickers on costumes and bags, and wear light colors to help kids see and be seen by drivers.
- Join kids under the age of 12 for trick-or-treating.
- Slow down and be alert! Kids are excited on Halloween and may dart into the street. Turn on headlights early in the day to spot kids from farther away.
- Remind kids to cross the street at corners and crosswalks.
- When selecting a costume, make sure it is the right size to prevent trips and falls. Choose face paint over masks when possible. Masks can limit children's vision.



Source: <https://safekids.org>

Family Dinners in a Flash

Kids in families who eat together are more confident, have better vocabularies and higher test scores. It can be tricky to schedule regular meals together, but the strong bond your family will share is worth the effort. Make time to eat with your family using the following tips from registered dietitian nutritionists – the food and nutrition experts!

Quick Guide to Nutritious Meals

Planning saves time and allows the opportunity to pack a family meal with an extra nutritional punch. Before you make your shopping list and head to the grocery store, consider the following criteria for healthier options:

- Include at least one selection from each of the five food groups: grains, vegetables, fruits, dairy and protein foods.
- Limit foods that are fried or highly refined.
- Incorporate high-fiber foods such as whole-grain breads and cereals, vegetables, fruits, beans, nuts and seeds.

Make Meals a Family Affair

Even if in a rush, families still can work together for speedy meal preparation: adults can be in charge of the entrée, older kids can prepare a salad and little ones can help set the table.

Finally, to make the most of your family meals, make conversation part of the dining experience and reduce distractions by turning off the TV and phones and tuning into your loved ones.

When You Don't Have Time for Homemade

If you don't have time to whip up a homemade meal, you still can enjoy all the benefits of a nutritious family dinner. Here are four speedy meals you can prepare without breaking a sweat.

- **Frozen ravioli with store-bought sauce and a salad.** A well-stocked pantry and freezer can go a long way in cutting down on last minute trips to the supermarket. Fill your pantry with go-to ingredients such as your favorite tomato-based pasta sauce,

whole-wheat pasta and polenta, and load your freezer with different varieties of frozen ravioli, stuffed shells or manicotti. A healthful dinner will never be more than 20 minutes away.

- **Rotisserie chicken, frozen mashed potatoes and peas.** When it comes to frozen veggies, you can lose the guilt. Because they're flash frozen within hours of harvesting, frozen vegetables actually may have more nutrients than fresh which can sit at the store for days. Plus, they're ready in the microwave or on the stovetop in minutes. In addition to peas, load up on edamame, carrots, corn, chopped spinach and even mashed potatoes.
- **Veggie burgers with a cucumber salad.** A vegetarian meal doesn't have to mean hours slaving over the stove. Keep staples such as veggie burgers and whole-wheat buns on hand for a meatless meal you can throw together on the fly. Serve with sliced cucumbers drizzled with your favorite vinaigrette dressing.
- **Grilled chicken Caesar salad with French bread.** For a convenience meal that feels homemade, slice up store-bought grilled chicken breasts and toss with hearts of romaine and light Caesar dressing. If you have a few minutes to spare, bake up frozen whole-wheat dinner rolls or French bread and the house will smell like you've been baking all afternoon.



Source: www.eatright.org

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**TEXAS A&M
AGRI LIFE
EXTENSION**

Fast Food with Small Kitchen Appliances

Featuring the Instantpot, Air Fryer, and Slow Cooker

- How to's, safety precautions, and lots more!
- Featuring holiday inspired recipes and samples!
- Door prizes and a chance to win one of these appliances!

- Register at runnels.agrilife.org by October 28
- Cost: \$15 per session OR \$35 for series
- All programs will start at 6 pm at the Ballinger Community Center

FMI contact Kandice at the Runnels County Extension Office at 325-365-2219

Instantpot November 2	Air Fryer November 9	Slow Cooker November 16
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Family and Community Health
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following
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Pumpkin Chili

Ingredients

- 1 tbsp olive oil
- 1 cup yellow onion chopped
- 1 cup green bell peppers chopped
- 1/2 cup jalapeno seeded and chopped
- 1 tbsp garlic minced
- 1 lb extra lean ground beef
- 1- 14.5 oz can diced tomatoes with the liquid
- 1 cup water
- 1- 15 oz can pumpkin puree
- 1 tbsp chili powder
- 1 tsp ground cumin
- 1- 15 oz can kidney beans rinsed and drained

Directions

- Heat oil in a large pot over medium high heat.
- Add onion, bell pepper, jalapenos, and garlic and cook, stirring frequently, until tender.
- Add lean beef and cook until browned .
- Add tomatoes, pumpkin, water, chili powder, cumin, salt and pepper, and bring to a boil.
- Reduce heat to medium low and add beans. Cover and simmer, stirring occasionally for 30 minutes. Ladle chili into bowls and server.

