

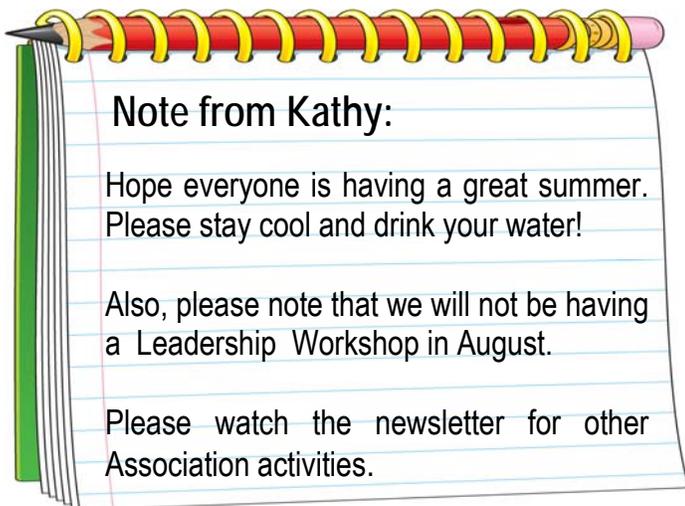


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Sharing is caring with TEEA

Kathy Farrow, CEA-FCS

July 2014



Note from Kathy:

Hope everyone is having a great summer.
Please stay cool and drink your water!

Also, please note that we will not be having
a Leadership Workshop in August.

Please watch the newsletter for other
Association activities.



Yearbook Committee Meeting
Friday, August 15, 2014
10:00 a.m.

Final plans will be made for the 2014-2015 Yearbook.
Please bring poems, roll call ideas, quotes, etc.

All Extension Education Club Vice-Presidents should
attend this meeting!

Watermelon

Watermelon is a treat during the summertime.
But, is watermelon a nutritious food? Yes!



Watermelon is a great source of water. It is 92% water!
That's probably why it is so refreshing to eat watermelon
on hot summer days.

Watermelon is also a good source of vitamins A and C,
folic acid and potassium. And it is very low in calories.
One cup of watermelon has only 50 calories.

Select watermelon that is heavy for its size and smells
good. Avoid melons with bruises.

Enjoy a slice of watermelon for a snack or at meals.
It's easy - just cut and eat!

Watermelon Salsa

Enjoy this delicious salsa with a sandwich, grilled chicken or fish.

2 cups diced watermelon
2 cups diced mango, cantaloupe or honeydew
½ cup diced red onion
2 tablespoons chopped fresh cilantro
¼ cup lime or lemon juice

Combine the fruit, onion, cilantro and lime or lemon juice
in a large bowl. Toss gently. Cover and refrigerate. Serve
cold.



San Patricio Diabetic Support Group Meeting

Tuesday, August 5, 2014
10:00 to 11:30 a.m.

San Patricio County Fair Grounds Civic Center
Meeting Room A&B
219 West 5th Street in Sinton

Refreshments will be served &
door prizes will be given.



Start Date: Monday, September 1, 2014

- ★ Get your team together now - 8 total members
Each team will consist of 1 Team Captain and
7 members
- ★ Registration packets will be available Friday,
August 15, 2014 at the San Patricio County
Extension office.

Super Sandwiches



Want a healthy lunch? Start with a whole wheat bread or tortilla. Add lean meats and plenty of veggies. And you have an delicious lunch.

Try a variety of sandwiches!

- ✗ Sliced smoked turkey, provolone cheese and sliced cucumbers on whole wheat bread.
- ✗ Thinly sliced ham and Swiss cheese piled on a French roll with lettuce, tomato, onion and green pepper.
- ✗ Sliced ham and coleslaw on rye bread.
- ✗ Try a veggie sandwich—chopped romaine lettuce, tomato, onion, green pepper, cucumbers, and hummus stuffed into pita bread. Sprinkle with a little low fat Italian salad dressing.
- ✗ Tuna salad made with low fat or fat free mayonnaise. Add chopped cucumbers, zucchini, celery or onions for more crunch.
- ✗ Mix low fat cream cheese with dill weed and garlic powder. Spread inside a pita. Stuff with chopped zucchini, tomatoes and green pepper.
- ✗ Spread mustard on multigrain bread. Layer with sliced turkey, tomato slices and fresh spinach.
- ✗ Roast beef, lettuce and thinly sliced onions on a crusty bun.
- ✗ Spread hummus on bread. Top with slices of fresh tomato. Sprinkle with salt and pepper.

Make a “Fresh” Sandwich

Sandwiches from a restaurant often taste better because they are made “fresh”.

Pack sandwich ingredients separately in a small cooler.

- ✗ Pack bread in a plastic bag.
- ✗ Put meat and cheese slices in a container.
- ✗ Put sliced tomatoes, lettuce and other vegetables in another container.
- ✗ Bring along mustard or low fat mayonnaise.
- ✗ Build your “fresh” sandwich at lunchtime!

Bring your own lunch from home.

Save time and relax at lunch.

You may even have time for a short walk.

Pack your Lunch

Many of us go out to eat lunch because a brown bag lunch sounds boring. But lunch doesn't need to be boring!

You can pack a great tasting lunch that saves time and money!

Lunch times can be short!

You can waste a lot of time eating at a restaurant. It takes time to drive to the restaurant, wait in a line to order food, and then wait for your lunch to be cooked. Food from a fast food restaurant is often not fast.

Pack your own lunch!

Make a Sandwich

Pack a sandwich for lunch. Try something new. Try a variety of sandwiches. Use different flavored breads, meats, cheeses and vegetables.

Bring a Salad

Salads can make an easy lunch. Choose a salad with plenty of fruits or vegetables. Make a pasta salad or lettuce salad. Bring along skim milk, juice or water.

Pack Leftovers

Plan to have leftovers. Cook an extra serving at dinner. Pack it for tomorrow's lunch.

Bring leftover soups, chili, stews, pasta or rice dishes for lunch. Heat in a microwave and eat!



It's a great way to save money and not waste food.

More Sandwiches....

- ✗ Ham, chopped pickles and lettuce rolled in a tortilla shell. Spread lightly with low fat mayonnaise or mustard.
- ✗ Smoked turkey breast, chopped lettuce and tomatoes sprinkled with low fat Ranch salad dressing. Roll in flat bread.
- ✗ Top a herb flavored bagel with turkey, cheese, sliced cucumbers and tomatoes.

Create a disaster supplies kit

A disaster supplies kit is a collection of basic necessities that members of a household will need during and immediately after a disaster. Every family should assemble a disaster supplies kit and keep it up to date. Individual disaster kits can be packaged in backpacks. A family-size disaster supply kit can be stored in a portable trunk or sealable plastic trash can.

Why is a disaster supplies kit important? If you are forced to evacuate from your home or shelter-in-place, you will not have time to gather the necessary supplies. Assembling a disaster supplies kit will help your family stay safe and be more comfortable after a disaster.

What does a disaster supplies kit contain? Every disaster kit should contain enough supplies to enable you and your family to take care of yourselves without outside help for at least 3 days.

Store your kits in a portable, airtight plastic container or rubber trash can and make sure they are easy to reach. One place to keep an individual supply kit is in your vehicle.

Not all family kits are the same. The size of your family kit will be determined by the number of people in your family and any special needs they might have. A basic disaster supplies kit will contain:

- ◆ **Water:** Pack enough bottled water to last for 3 days. Each person requires 1 gallon of water each day.
- ◆ **Food:** Choose foods that you know your family will eat and that require no refrigeration, preparation or cooking. Examples include protein or fruit bars, dried fruit, nuts, peanut butter, crackers and canned juices. Also pack a hand-operated can opener and disposable eating utensils.
- ◆ **Clean air items:** If there is an explosion, you may need to create a barrier between yourself and the airborne contamination. Pack nose and mouth protection masks (N-95 rating), plastic sheeting and duct tape.
- ◆ **Extra clothing:** Gather one complete change of clothes, a pair of shoes and a blanket per person.
- ◆ **First aid kit:** Include two pairs of sterile gloves, sterile gauze, soap, antibiotic towelettes, antibiotic ointment, burn ointment, adhesive bandages, thermometer, prescription medications and prescribed medical supplies.
- ◆ **Emergency items:** Pack a battery-powered radio, flashlights, extra batteries, a whistle, shovel, basic tools, baby wipes, garbage bags, toilet paper and a state map.
- ◆ **Special needs items:** If there is a baby in the family, you will need to pack formula, diapers, bottles, powdered milk, medications, baby wipes and diaper rash ointment.
 - For adults with special needs, consult with the doctor about storing prescription medications such as heart and high blood pressure meds, insulin and other prescription drugs.
 - Also include supplies for dentures and contact lenses.
- ◆ **Maintain your kit!** Replace flashlight and radio batteries every 6 months and replace foods according to expiration dates.

Help in Texas

Emergency 9-1-1

Dial 9-1-1 to request emergency assistance. Do not call 9-1-1 unless the situation is life threatening.
www.911.state.tx.us.

2-1-1 Texas First Call For Help

Dial 2-1-1 for nonemergency information and referral. Information on evacuation routes and locations of food and shelter during a disaster will be available
www.211.org.

Texas Poison Control Center

Call (800) 222-1222 if you suspect that someone has ingested or inhaled a toxic substance.
www.poisoncontrol.org.

Texas Extension Disaster Education Network (EDEN)

Texas Extension Disaster Education Network (EDEN) provides access to resources on disaster preparedness, response and recovery.
texashelp.tamu.edu

Texas Department of State Health Services (DSHS)

Texas Department of State Health Services (DSHS) offers current information on emergency preparedness.
www.dshs.state.tx.us/compreg

For more information on family disaster plans, see the *Get Prepared* section at www.ready.gov/index.html.

TEXAS A&M AGRI LIFE EXTENSION

San Patricio County
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Return Service Requested

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Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in any of the mentioned activities, are encouraged to contact the County Extension Office five days before all programs for assistance.

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For additional information contact:



2014
EEA
Luncheon



2014 EEA
Scholarship winners

Jan Whitehead, Scholarship Committee Chair,
Kristen Ulch, Allision Surginer, Allison Vanecek and
Evelyn Sinast, EEA Chair