



Sharing is caring with TEEA

Kathy Farrow, CEA-FCS

July 2015

Note from Kathy

Hope everyone is having an awesome summer! Remember before heading outdoors to grab your sunscreen, sunglasses, hat and cool bottle water. Once you are outside, locate the largest shade tree and sit down to enjoy the sounds of summer. Remember to stay cool and hydrated! Summer is also a great time to recruit new club members. There are potential members out there that are just waiting for you to ask them to join your club. So go ahead and invite them to your September meeting. They will not come, if you don't invite them.

Also, new this summer, we now have a Facebook Page so be sure to like us at: San Patricio County Family and Consumer Sciences and Ag/Natural Resources.



San Patricio Diabetic Support Group Meeting

Tuesday, August 4, 2015
10:00 to 11:30 a.m.

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

Topic: Weight Management
Presented by: Jacquelyn Siller, Director
Catholic Charities of Corpus Christi, Inc.

Refreshments will be served &
door prizes will be given.



Start Date: Monday, September 7, 2015

- ★ 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 21, 2015 at the San Patricio County Extension office.



Yearbook Committee Meeting
Monday, August 17, 2015
10:00 a.m.

Final plans will be made for the 2015-2016 Yearbook.

We will need the following items.

- ✓ Poems
- ✓ roll call ideas
- ✓ quotes

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



Two Cups of Fruit

The typical adult (2000 calorie diet) needs 2 cups of fruit each day.

Most Americans eat no fruit at all on most days.

A diet high in fruits and vegetables will help prevent obesity, heart disease and cancer.

Can you eat 2 cups of fruit every day?

Eat fruit at breakfast.

Eat fruit for snacks.

Serve fruit at lunch and dinner.

And you will reach your goal of good health!

How much is one cup of fruit?

In general,

1 cup of fruit or 8 ounces of 100% fruit juice,
or ½ cup of dried fruit count as
1 cup from the fruit group.



Berry Picking Days

Enjoy fresh blueberries, strawberries, raspberries and blackberries.

Berries are rich in fiber and vitamin C. Strawberries, raspberries and blackberries also have folic acid and potassium. Blueberries are great sources of antioxidants.

Enjoy these little berries packed with nutrition!

Berries are also low in calories. 1 cup of berries has 40 to 80 calories. Whereas, a candy bar has 250 calories.

Snack on a bowl of berries.

Snack on Fruit



- ☼ **Carry fruit in your purse or bag for a later snack.** Bananas, apples, grapes, oranges and plums travel well.
- ☼ **Snack on berries when they are in season.** Fresh strawberries, blueberries, raspberries and blackberries are wonderful summer snacks.
- ☼ **Try kiwi.** It's fun to eat and full of vitamin C. A kiwi has as much vitamin C as an orange. Slice a kiwi in half and eat with a spoon.
- ☼ **Carry a small bag of dried fruits for snacking.** Try raisins, dried apricots, bananas, apples, figs and prunes.
- ☼ **Spread peanut butter on apple slices.**
- ☼ **Open a can of fruit.** Enjoy mandarin oranges, peaches, pears or fruit mixtures packed in their own juice.



Save your money and health:

- ♥ Buy fruit in season! It will be a good price and it will taste great!
- ♥ Canned fruit can be a bargain. A serving of fruit can cost 30¢ to 40¢. Choose fruit canned in juice.
- ♥ Freeze fruit when it is in season. Frozen fruit can be blended with juice or milk to make great slushes.



Here are some more examples of what counts as 1 cup of fruit:

- ½ large apple
- 1 small apple
- 1 large banana (8 to 9 inches long)
- 1 cup diced cantaloupe or watermelon
- 1 cup grapes
- 32 seedless grapes
- 1 large orange
- 1 large peach
- 1 medium pear
- 1 cup canned fruit, drained
- 3 medium plums
- 2 large plums
- 8 large strawberries
- ½ cup raisins

Visit www.MyPyramid.gov for your own personal food guide, and more tips on how to eat a healthy diet and be active every day!



Enjoy fruits at lunch and dinner

- ☼ **Pack a fruit with your lunch when going to work or school.** Bring along a banana, apple, orange or kiwi.
- ☼ **Eating a salad?** Top your salad with fruit – pineapple chunks, strawberries, mandarin oranges, grapes and more.
- ☼ **Decorate dinner plates with fruit.** Add a slice of pineapple, strawberry slices, blueberries, kiwi slices or grapes on dinner plates. Family meals will look special and taste great. It's fun to eat great looking food.
- ☼ **Serve a Melon Salad.** Mix together chunks of watermelon, cantaloupe, honeydew and other melons.
- ☼ **Top Angel Food cake with berries.** Try sliced strawberries, blueberries, raspberries or blackberries.

What You Need to Know About Skin Cancer (but were afraid to ask!)

Skin cancer is the most common cancer, but is easily preventable and treatable if discovered early.



Am I at risk for skin cancer?

- * If you live in Texas, the answer is almost certainly Yes! Texans have a one in three chance of developing skin cancer!

Why should I worry about skin cancer? My parents and grandparents had never heard of it.

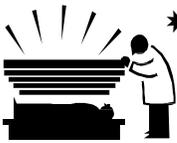
- * Skin cancer rates are rising every decade. Scientists think one reason for this is a change in the earth's atmosphere that allows more Ultraviolet (UV) radiation through. Also, we don't wear clothes that cover most of our bodies like our parents and grandparents did.

What causes skin cancer?

- * Sunlight contains Ultraviolet-A (UV-A) and Ultraviolet-B (UV-light bands. UV-B light is strongest at midday and causes sunburn. UV-A is present more consistently all day. It causes tanning, thickening and wrinkling of the skin, cataracts of the eyes, and can depress the immune system. Both UV-A and UV-B can cause skin cancer.



What about indoor tanning?



- * Many tanning parlors advertise that their beds are "safe." However, scientists now believe that the UV-A light used in tanning beds actually penetrates the skin to cause damage at a deeper level than UV-B light. The bottom line is that anything that causes the skin to tan or burn is actually damaging the skin and placing you at increased risk of skin cancer someday.

What can I do about skin cancer?

- * We're glad you asked! There are six simple steps you can take that will dramatically reduce your risk of getting skin cancer. Use sunscreen with a SPF (Sun Protection Factor) of at least 15.
- * Reapply sunscreen regularly about every two hours and after swimming or strenuous activity.
- * Cover up in the sun. A lightweight, long sleeved shirt, long pants, and hat with at least a 3" brim will help protect your skin.
- * Wear sunglasses. They can provide UV protection for your eyes. (Choose ones with UV protective lenses.)
- * Avoid direct sun between the hours of 10AM and 4PM and stay away from tanning beds.
- * Check your skin regularly. Look for new moles or changes in existing moles, dark patches, or long lasting pearly-looking bumps. Tell your doctor about any changes!



That's it! A little knowledge goes a long way in preventing skin cancer, and you can lower your risk by making a few simple changes. Protect yourself and those you love by developing sensible habits for being in the sun!

References: <http://coolshade.tamu.edu> (Texas A&M AgriLife Extension Service)
<http://www.cancer.org> (American Cancer Society) <http://www.ada.org> (American Academy of Dermatology)

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2015 EEA Luncheon



TEXAS A&M AGRI LIFE EXTENSION

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