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<https://sanpatricio.agrilife.org>

Sharing is caring with TEEA

Kathy Farrow, Family and Community Health Agent

May 2018

Association Luncheon
Monday, June 4

Association Meeting
10:30 - 11:30 am

Luncheon
11:30 - 1:00 p.m.

Back Street Café
106 E. Borden, Sinton

Each club is to bring (3) door prizes - value \$10

Theme: Roaring 20's

2018 Extension Education Association Scholarship Winners

Kinsley Cable is a Taft 4-H Club member and plans to attend University of Texas in Austin and major in Nursing.

Taylor Lynae Clark is a Odem FFA member and plans to attend Texas State University in San Marcos and major in Occupational Therapy.

Darrion Montemayor is a San Pat Horse 4-H Club member and plans to attend Texas State University in San Marcos and major in Animal Science.



SAVE THE DATE

91st TEEA State Conference
September 11-12, 2018
Abilene



The San Patricio County Extension Office will be closed
Monday, May 28, 2018
in observance of



San Patricio County
Family & Community
Health & Ag/Natural
Resources



10 tips

Nutrition
Education Series



make better food choices



10 tips for women's health

Make yourself a priority and take time to care for yourself. ChooseMyPlate.gov helps you choose the types and amounts of food and beverages you need. And, make time to be physically active, so you can do the things you want to do.

1 find out what you need

Get personalized nutrition information based on your age, gender, height, weight, and physical activity level. SuperTracker provides your calorie level, shows foods and beverages you need, and tracks progress toward your goals. Learn more at www.SuperTracker.usda.gov.

SuperTracker

2 enjoy your food but eat less

Use a smaller plate at meals to help control the amount of food and calories you eat. Take time to enjoy smaller amounts of food.

3 strengthen your bones

Choose foods like fat-free and low-fat milk, cheese, yogurt, and fortified soy milk to help strengthen bones. Be sure your morning coffee includes fat-free or low-fat milk.



4 make half your plate fruits and vegetables

Add fruit to meals as part of main or side dishes. Choose red, orange, or dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for meals.



5 drink water

Sip water or other drinks with few or no calories to help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

6 eat whole grains more often

Choose whole grains like brown rice and whole-grain pastas and breads more often. Foods with a high-fiber content can help give you a feeling of fullness and also provide key nutrients.



7 learn what is in foods

Use both ingredient and Nutrition Facts labels to discover what various foods contain. SuperTracker's Food-A-Pedia makes it easy to compare nutrition information for more than 8,000 foods.

8 cut back on some foods

Cut calories by cutting out foods high in solid fats and added sugar. Limit fatty meats like ribs, bacon, and hot dogs. Choose cakes, cookies, candies, and ice cream as just occasional treats.

9 be a better cook

Try out healthier recipes that use less solid fat, salt, and sugar. Eat at home more often so you can control what you are eating. If you eat out, check and compare nutrition information. Choose healthier options such as baked chicken instead of fried chicken.

10 be active whenever you can

Set a goal to fit in at least 2½ hours of moderate physical activity in your week. Being active 10 minutes at a time also adds to your weekly total. Ask your friends or family to keep you company as you bike, jog, walk, or dance. Don't forget to do some muscle strengthening activities twice a week.



Fire Up Your Grill Menu with Vegetables and Fruit!

Simple grilling steps for most vegetables and fruit:

1. Cut to make large flat pieces of even thickness that won't fall through the grill.
2. Season or add a marinade like lite Italian Salad Dressing.
3. Cook directly on the grill or try wrapping in heavy foil or two layers of regular foil.
4. Grill 3 to 5 minutes per side over medium-high heat or until done to your liking.

- ★ Choose colorful veggies and fruits
- ★ Wash the produce
- ★ Cut produce, with help
- ★ Measure and mix marinades
- ★ Carry serving plates
- ★ Time the cooking
- ★ Put away the leftovers

Give these a try to bring taste and color to your plate!

- Asparagus
 - Corn
 - Cabbage
 - Eggplant
 - Onions
 - Peaches
 - Pineapple
 - Zucchini
- ◆ Use leftover grilled vegetables in salads, sandwiches and wraps, or as a pizza topping.
 - ◆ Try warm grilled peach halves or pineapple slices topped with vanilla yogurt.



Keep foods safe.

Wash plates and utensils between using for raw meats and any cooked food.

Here are some ways to add fruit and vegetables to your grilled meals

- Add grilled vegetables to your favorite dishes
- Try a grilled fruit
- Use leftover grilled vegetables or fruits in other dishes

**District 11 EEA
Spring Conference
Brenham
April 18, 2018**



3rd Annual Dinner Tonight Path to the Plate Healthy Cooking School

Thursday, July 26, 2018
6:00 - 8:00pm
San Patricio County
Civic Center
219 West Sinton Street
Sinton, Texas

Doors open at 6:00pm

Early registration - \$15.00 per person
After July 20 - \$20.00 per person

To register, please mail your registration form
and payment to:

Dinner Tonight Healthy Cooking School
c/o Texas A&M AgriLife Extension Service
219 N. Vineyard, Sinton, Texas 78387

Please make all checks payable to:
San Patricio Extension Education Association

Tickets are non-refundable, but are transferable.

TEXAS A&M
AGRILIFE
EXTENSION



Featuring:

- ◆ Cooking demos by Chef Jeremy Lee (Harrison's Landing) and food blogger Vianney Rodriguez (sweetlifebake.com)!
- ◆ Local agricultural commodities will be featured throughout the evening, as we connect agricultural production to health and nutrition.
- ◆ Food tastings!
- ◆ Gift bags for each attendee!
- ◆ Great door prizes!
- ◆ Vendors!
- ◆ Healthy handouts!

To register or for more information
contact:

San Patricio County Extension office
at 361-587-3400 or
Aransas County Extension Office
at 361-790-0103.

Individuals with disabilities who require an
auxiliary aid, service, or accommodation in order to
participate in any Extension event should
contact us at 361-587-3400 or
361-790-0103 at least one week in advance of the
program in order for proper arrangements to be made.



HEALTHY SOUTH TEXAS



TEXAS A&M AGRI LIFE EXTENSION

San Patricio County
219 N. Vineyard
Sinton, Texas 78387-2613

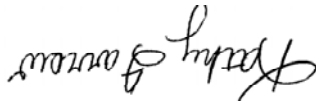
Return Service Requested

References to commercial products or trade names are made with the understanding that no discrimination is intended and no endorsement by the Texas A&M AgriLife Extension Service is implied. Articles and recipes adapted from University of Nebraska-Lincoln Extension, Heart.org, Allrecipes.com, Food and Health Communications, University of New Jersey, and Foodhero.org.

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

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: