

**The Great outdoors Wildflowers,
Lakes and Wildlife**

Teea State Conference 2017

Horseshoe Bay Resort

Just outside of Marble Falls, Texas

September 12-13, 2017

All under one roof—once you arrive you do not have to leave until ready to go home. Room charge is \$129 plus taxes. There will be a free breakfast on Wednesday and Thursday mornings. Call 1-877-611-0112 to make your Reservation. Make sure to tell them you want the TEEA Block.

Registration will be Tuesday, September 12 at 8:00 a.m. or earlier if you are there, and the Early Bird workshops will start at 9:00 a.m. and 10:15 a.m. The first business session of the convention will start at 1:00 p.m.

The State Program Workshops will be on:

Who Do You Think You Are?

Finding Your Ancestry

Make a Plan to Control Your Aging Years

Benefits of a Healthy Bedtime

Hearing Loss

Causes, Affects & Options for Help

There is a great walking trail for those who walk daily. Miniature golf is \$15 per person. Tables and chairs line the patios outside for comfort and eating if you so desire.

The Lantana Grill will be available for lunch on Tuesday for those not attending the Alumnae luncheon. There is also a small deli available.

Tentative Schedule

Tuesday, September 12, 2017

Registration: 8:00—11:00 a.m.

Page Training: 10:00-11:00 a.m.

Early Bird Workshops

9:00—10:00 a.m.

10:15-11:15 a.m.

Opening Session 1:00 p.m.

District Party 6:30 p.m.

Bring \$25 to cover District Party

Wednesday, September 13, 2017

Voting: 8:00—8:45 a.m.

Business Session: 9:00 a.m.

Lunch & Learn: 12:00 Noon

Educational workshops

2:00-3:00 p.m.

3:30-4:30 p.m.

Closing Session Banquet 7:00 p.m.



Creative Ingredient Substitution

Don't dismiss a recipe because it calls for a few less than healthful ingredients—just replace them!

- Replace Whole Milk with Skim Milk
- Use egg whites or a frozen egg product in place of whole eggs.
- Nonstick cooking sprays are good substitutes for traditional fats. Now they come in several flavors—like butter, olive oil—so you can choose the one that suits your family's taste.
- Look for the lower-fat products to replace cream, cheese, sour cream, and whipped cream in your baked goods.
- Add nonfat yogurt, applesauce, pureed fruits, and fruit juice to replace the fat cut from recipes.
- Be aware that some nonfat foods are naturally higher in sodium than their lower-fat or regular-fat counterparts. <http://www.bhg.com>

Onion Slicing

July 13, 2017

10:00 a.m.

At Ezra Jones Cafeteria

Once again, Picnic time is here! Swisher County Extension Education Club members will be meeting to slice onions, July 13th at 10:00 a.m.

All EE Club members are invited and encouraged to attend! We want to cry together!

LIVE WELL!

ADVICE FOR TODAY

Enjoy Nutrient-Rich Foods as the Foundation of a Healthy Diet

Nutrient-rich foods give you the most vitamins, minerals and other nutrients for the fewest calories. To live well, build your daily eating plan on a variety of nutrient-rich foods first:

- Brightly colored fruits and 100 % fruit juices
- Vibrant-colored vegetables
- Whole, fortified and fiber-rich grain foods
- Fat-free and lowfat milk, cheese and yogurt
- Lean meats, skinless, poultry, fish, eggs, beans and nuts

Definition

Nutrient Rich—A term developed through consumer research to describe the concept of nutrient density. Research shows that consumers respond well to this term and to the positive approach to food choices it represents.

Home & Health Newsletter is produced by the Swisher County Office Of Texas A&M AgriLife Extension Service. **Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in an Extension sponsored activity are encouraged to contact the County Extension Office at (806) 995-3726 at least 2 weeks prior to the program to determine how reasonable accommodations can be made.**

Sincerely,



Calley Runnels CEA-FCS Swisher County

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