

## Fall Fun Newsletter

### Activity Matters

Technology has really changed our day-to-day lives. Think about just a few of the things we can do now while barely having to move. For example, we can change the channel on our televisions with the push of a button, turn the lights off in a room without walking to the light switch, buy a meal without leaving our cars, and buy groceries, clothing, furniture, and even cars without leaving the comfort of our homes.

The benefits of technological advances are great, but there are disadvantages too. One of those disadvantages is that we are becoming less and less active as a society.

#### Why We Need to Move

The USDA reports that most people do not do enough physical activity. That's a problem because being physically active can improve your present health and positively impact your health as you age.

Anyone, no matter your size, shape, or age, can benefit from being physically active. In fact, the more physically active a person is, the better that person will feel.

#### How Much Activity Do You Need?

Adults, aged 18-64, should do at least two hours and 30 minutes per week of aerobic physical activity at a moderate level or work for one hour and 15 minutes at a vigorous level. Spreading

aerobic activity out over at least three days a week will maximize the effect of exercising on your body.

Children and adolescents, aged 6-17, need 60 minutes or more of physical activity each day. Activities like climbing and jumping should be done at least three days per week to build bone and muscle strength. Activities should always be fun and age and developmentally appropriate.

Young children, aged 2-5, should play actively several times a day. As with older children, young children should be exposed to age and developmentally appropriate activities that are fun and contain variety.

#### Conclusion

Technology is great but activity matters!



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**Fall Fun Newsletter**

**Local Events**



**Pumpkin  
Pancakes**

A yummy breakfast treat!



- |                           |                              |
|---------------------------|------------------------------|
| 1 cup flour               | 1 cup milk                   |
| 1 tablespoon sugar        | 1 egg                        |
| 2 teaspoons baking powder | ¾ cup canned pumpkin         |
| ½ teaspoon cinnamon       | ½ cup low fat vanilla yogurt |

1. Combine the milk, egg, pumpkin and yogurt together in a large bowl.
2. Add the flour, sugar, baking powder and cinnamon to the bowl. Stir the batter until it is just moist. Add a little more milk if you want a thinner batter.
3. Heat a non stick skillet over medium heat. Spoon batter onto hot skillet to form pancakes. Cook pancakes until brown on both sides.



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**BENEFITS OF PUMPKIN SEED** Organic Facts



**Panqueques  
de calabaza**

Un desayuno delicioso!



- |                                    |   |
|------------------------------------|---|
| 1 taza de harina                   | 1 taza de leche                             |
| 1 cucharada de azúcar              | 1 huevo                                     |
| 2 cucharaditas de polvo de hornear | ¾ tazas de calabaza enlatada                |
| ½ cucharadita de canela            | ½ taza de yogurt de vainilla bajas calorías |

1. Mezcle la leche, el huevo, la calabaza y el yogurt en un bol grande.
2. Agregue la harina, el azúcar, el polvo para hornear y la canela. Revuelva la mezcla hasta que esté bien húmeda. Agregue un poco más de leche si la desea más liviana.
3. Caliente una sartén antiadherente a calor mediano. Con una cuchara vierta la mezcla en la sartén caliente para formar panqueques. Cocine los panqueques hasta que estén dorados de ambos lados.



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**Texas A&M AgriLife  
Extension Service**

**Monthly Educational Programs  
Car Seat Class**

October 24, 2018 at 2:00 p.m.

Safe Riders

Car Seat Distribution Program Extension

Office 310 W. Broadway Tulia

Call 806-995-3726

Fall Fun Food Facts Newsletter is produced by the Swisher County Office of Texas A&M AgriLife Extension Service. If you need any type of accommodation to participate in this program or have questions about the physical access provided, please contact Swisher County Extension office at 806-995-3726 at least 2 weeks prior to the program or event. Sincerely,

*Calley Runnels*

Calley Runnels, CEA-FCH Swisher County

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### ROASTED PUMPKIN SEEDS

<https://www.theprairiehomestead.com/2015/10/how-to-roast-pumpkin-seeds.htmlw>

**Author:** The Prairie Homestead

**Recipe type:** Snack

**Cook time:** 15 mins

**Total time:** 15 mins

#### Ingredients

- 1 pumpkin (or any other winter squash will work as well)
- 1-2 tablespoons olive oil
- 1-2 teaspoons sea salt
- 1-2 teaspoons seasonings of your choice (garlic powder, cinnamon/sugar, etc) -- optional

#### Instructions

1. Remove the seeds from the pumpkin
2. Wash and dry them thoroughly, removing the pumpkin strings and "innards"
3. Toss the seeds with olive oil and seasoning of your choice.
4. Bake at 325 degrees 5-15 minutes, stirring and checking frequently to avoid burning.



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### Recipe of the Month

Adapted from <https://whatscooking.fns.usda.gov/>

#### Pear Salad (4 servings)

Get your servings of fruits and veggies in one dish! This salad is sweet and tangy with a yogurt and orange juice dressing. Serve it as a side salad to complement another entree or have it alone for a healthy snack option!



#### Ingredients for the Salad

- 2 cups salad greens
- ¼ cup sliced tomato
- ¼ cup sliced carrots
- ¼ cup sliced cucumbers
- ¼ cup green beans
- 1 cup canned pears, drained and chopped
- 2 tablespoons walnuts
- 2 tablespoons raisins

#### Ingredients for the Dressing

- 1½ teaspoons white vinegar
- ¼ cup non-fat plain yogurt
- 1 tablespoon orange juice

#### Directions

1. Put salad greens, chopped vegetables, pears, nuts and raisins in a large salad bowl.
2. In a small bowl, whisk together vinegar, yogurt, and orange juice to prepare dressing.
3. Stir dressing into salad mix. Serve.

Nutrients Per serving: 95 calories, 2 g total fat, 0 g saturated fat, 2 g protein, 18 g carbohydrates, 3 g dietary fiber, 14 g total sugars, and 29 mg sodium

Total Cost: \$\$\$\$

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