

Family and Community Health “Connections” in Tom Green County

October 2020

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October is National Bullying Prevention Month

Every October, schools and organizations across the country join STOMP Out Bullying™ in observing National Bullying Prevention Month. The goal: encourage schools, communities and organizations to work together to stop bullying and cyberbullying and put an end to hatred and racism by increasing awareness of the prevalence and impact of all forms of bullying on all children of all ages.

Breast Cancer Awareness Month

What can I do to reduce my risk of breast cancer?

Many factors over the course of a lifetime can influence your breast cancer risk. You can't change some factors, such as getting older or family history. But you can help lower your risk of breast cancer by taking care of your health in the following ways—

- Keep a healthy weight.
- Exercise on a regular basis
- Don't drink alcohol, or limit alcoholic drinks.
- If you are taking, or have been told to take, hormone replacement or oral contraceptives (birth control pills), ask your doctor about the risks and find out if it is right for you.
- Breastfeed your children, if possible.
- If you have a family history of breast cancer or inherited changes in your BRACA1 and BRCA2 genes, talk to your doctor about other ways to lower your risk. (Source: cdc.gov)



Halloween Tips during COVID-19

These lower risk activities can be safe alternatives:

- Carving or decorating pumpkins with members of your household and displaying them
- Carving or decorating pumpkins outside, at a safe distance, with neighbors or friends
- Decorating your house, apartment, or living space
- Doing a Halloween scavenger hunt where children are given lists of Halloween-themed things to look for while they walk outdoors from house to house admiring Halloween decorations at a distance
- Having a virtual Halloween costume contest
- Having a Halloween movie night with people you live with
- ♦ Having a scavenger hunt-style trick-or-treat search with your household members in or around your home rather than going house to house



Avoid these higher risk activities to help prevent the spread of the virus that causes COVID-19:

- Participating in traditional trick-or-treating where treats are handed to children who go door to door
- Having trunk-or-treat where treats are handed out from trunks of cars lined up in large parking lots
- Attending crowded costume parties held indoors
- Going to an indoor haunted house where people may be crowded together and screaming
- Going on hayrides or tractor rides with people who are not in your household
- Using [alcohol or drugs](#), which can cloud judgement and increase risky behaviors
- Traveling to a [rural](#) fall festival that is not in your community if you live in an area with community spread of COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html#halloween>

Pumpkin Chili

Ingredients

- 1 tbsp olive oil
- 1 cup yellow onion chopped
- 1 cup green bell peppers chopped
- 1/2 cup jalapeno seeded and chopped
- 1 tbsp garlic minced
- 1 lb extra lean ground beef
- 1- 14.5 oz can diced tomatoes with the liquid
- 1 cup water
- 1- 15 oz can pumpkin puree
- 1 tbsp chili powder
- 1 tsp ground cumin
- 1- 15 oz can kidney beans rinsed and drained

Instructions

1. Heat oil in a large pot over medium high heat
2. Add onion, bell pepper, jalapenos, and garlic and cook, stirring frequently, until tender
3. Add lean beef and cook until browned
4. Add tomatoes, pumpkin, water, chili powder, cumin, salt and pepper, and bring to a boil
5. Reduce heat to medium low and add beans
6. Cover and simmer, stirring occasionally for 30 minutes. Ladle chili into bowls and server

Nutrition Facts

Amount per Serving

Calories 238

Calories from fat 72

	%Daily Value
Total Fat 8g	12%
Saturated Fat 2g	10%
Polyunsaturated Fat 2g	
Monosaturated Fat 3g	
Cholesterol 40 mg	13%
Sodium 438 mg	18%
Potassium 736 mg	21%
Total Carbohydrates 23g	8%
Dietary Fiber 7g	28%
Sugars 6g	
Protein 23g	46%
Vitamin A	242%
Vitamin C	90%
Calcium	7%
Iron	15%



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Tom Green EEA News

Veribest Club Meeting
October 13, 2020 @ 9:30am
At County Extension Office
(113 W. Beauregard)

Program:
“Your Kitchen, Your Food,
Your Health”
by Courtney Redman

Hostess:
June Helwig

**Family and Community Health
“Connections” is provided by the
following
Texas A&M AgriLife Extension Ser-
vice**

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Tips for Halloween Safety

- Carry glow sticks or flashlights, use reflexive tape or stickers on costumes and bags, and wear light colors to help kids see and be seen by drivers.
- Join kids under the age of 12 for trick-or-treating.
- Slow down and be alert! Kids are excited on Halloween and may dart into the street. Turn on headlights early in the day to spot kids from farther away.
- Remind kids to cross the street at corners and **CROSSwalks**.
- When selecting a costume, make sure it is the right size to prevent trips and falls. Choose face paint over masks when possible. Masks can limit children’s vision.

