

TEXAS A&M AGRI LIFE EXTENSION

VAN ZANDT COUNTY EXTENSION FAMILY AND COMMUNITY HEALTH AND WELLNESS NEWSLETTER FEBRUARY 2021



The Winter Storm of 2021

Melisa Rhodes, M.Ed.
County Extension Agent
Family and Community Health
melisa.rhodes@ag.tamu.edu
903-567-4149

When old man winter decided to visit Texas last week he arrived with a vengeance! He opened his bag of winter tricks gave us a taste of what our friends in Montana live with as a common event. He sent us subzero temperatures, howling winds, sleet, freezing rain and beautiful white snow in amounts we are definitely not accustomed to experiencing here in the south. In fact, the beaches of Galveston even experienced a blanket of snow! Families found themselves without electricity and water for days. Businesses and schools found themselves on unexpected vacation time as roads became unpassable. Ranchers and those in the agricultural industry found themselves working in the cold temperatures to ensure the safety of their livestock. We are grateful to all the men and women who bundled up and braved the cold winds to save newborn baby calves, feed and water livestock in the subzero temps. We also want to thank our first responders who continued to serve as calls were placed to them during this winter blast. For those that lost livestock and other personal losses we are here for you. #AgriLife Strong

*Thank
you!*



FOOD SAFETY AFTER POWER OUTAGES

When in doubt, Throw it out!

What should you do about your food during rolling power outages or complete loss of power for extended time periods? A full freezer will hold the temperature for approximately 48 hours or 24 hours if half full. Your refrigerator will keep food safe for up to 4 hours during a power outage. During a snowstorm, do not place perishable food out in the snow (if this was done, the food should be thrown out). Outside temperatures can vary and food can be exposed to unsanitary conditions and animals. Instead, make ice! Fill buckets, empty milk containers, or cans with water and leave them outside to freeze. Use the homemade ice in your refrigerator, freezer, or coolers.



Refrigerated Foods: Unsafe and Safe

Discard the following if your refrigerator has been without power for more than 4 hours:

- raw, uncooked, or leftover meat, poultry, fish, eggs and egg substitutes
- luncheon meat and hot dogs
- casseroles, soups, stews, and pizza
- mixed salads, (i.e. chicken, tuna, macaroni, potato)
- gravy and stuffing
- milk, cream, yogurt, sour cream and soft cheese
- cut fruits and vegetables (fresh)
- cooked vegetables
- fruit and vegetable juices (opened)
- creamy-based salad dressings
- batters and doughs (i.e., pancake batter, cookie dough)
- custard, chiffon, or cheese pies
- cream-filled pastries
- garlic stored in oil

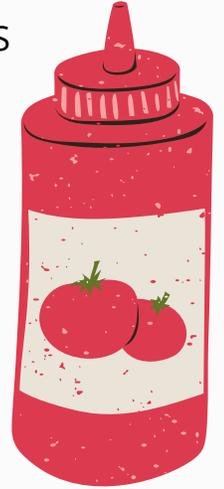
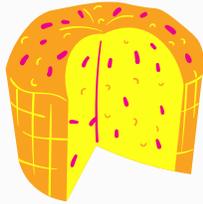
Discard opened mayonnaise, tarter sauce, and horseradish if they were held above 50 degrees Fahrenheit for over 8 hours. Discard any foods like bread or salad greens that may have become contaminated by juices dripping from raw meat , poultry, or fish. In general if any food has an unusual order, color, or texture, throw it out!



FOOD SAFETY AFTER POWER OUTAGES, CONT.

SAFE-TO-EAT FOODS

- HIGH-ACID FOODS SUCH AS MUSTARD, KETCHUP, RELISHES, PICKLES, NON-CREAMY SALAD DRESSINGS, JAMS, AND JELLIES; HOWEVER, THEY MAY SPOIL SOONER.
- FOODS THAT DON'T ACTUALLY REQUIRE REFRIGERATION. THESE FOODS MAY BE USED UNLESS THEY TURN MOLDY OR HAVE AN UNUSUAL ODOR:
- WHOLE FRUITS AND VEGETABLES (FRESH);
- FRUIT AND VEGETABLE JUICES (UNOPENED);
- DRIED FRUITS AND COCONUT;
- BAKED GOODS SUCH AS FRUIT PIES, BREAD, ROLLS, MUFFINS, AND CAKES (EXCEPT THOSE WITH CREAM CHEESE FROSTING OR CREAM FILLINGS);
- HARD AND PROCESSED CHEESES;
- BUTTER AND MARGARINE;
- FRESH HERBS AND SPICES;
- FLOUR; AND
- NUTS.



Family Time in the Kitchen

Peanut Butter Power Dip

Yield: 6 servings

Ingredients:

1/2 cup yogurt, non-fat plain

1/2 teaspoon vanilla

1/3 cup peanut butter, sunflower butter, or almond butter of your choice

Sprinkles (optional)

Directions:

1. Wash hands with soap and water.
2. Combine yogurt, vanilla and peanut butter in a small bowl. Mix well.
3. Chill dip in refrigerator until ready to serve.
4. Serve with 1 cup assorted carrot and celery sticks, sliced cucumbers, apples or pear slices.

Nutritional Info:

Serving size (1/6 of recipe): Calories 96, Total Fat 7g, Sodium 84mg, Total Carbohydrates 5g, Fiber 8 g.

Recipe Adapted from Colorado State Univ. and Univ. of California at Davis, SNAP-Ed.





Chocolate Chunk Coca Mix

Yield: 3 cups of mix



Ingredients:

- 1 1/2 cups unsweetened cocoa
- 1 cup mini semi-sweet chocolate chips or sugar free chocolate chips
- 3/4 cup sugar or equivalency of stevia

Directions:

1. Wash hands with soap and water
2. Add all the ingredients into a blender. Blend until the ingredients are well mixed and the chips are broken into small chunks.
3. Store in airtight container at room temperature for up to 4 months. Makes about 3 cups of mix.
4. For one cup of cocoa; In a small saucepan, whisk 1/4 cup of coca mix with 3/4 cup milk while bringing the milk barely to a simmer over medium-low heat.

Notes:

This recipe uses less sugar and cocoa powder than many cocoa mixes. Also it omits adding non-dairy creamer. The mini semi-sweet chocolate chips add an extra chocolaty flavor, sweetness, and a slight creaminess from the fat content of the chips. Adding the cocoa to heated milk rather than using non-fat dry milk powder makes it taste more similar to cocoa made from scratch.

Nutritional Information:

Serving Size (1/4 cup of mix made with 3/4 cup of low fat milk): Calories 210, Total Fat 6g, Saturated Fat 2.5g, Cholesterol 5mg, Sodium 80mg, Total Carbohydrates 35g, Total Sugars 30g, includes 20g added sugars, Protein 9g, Vitamin D 10%, Calcium 20%, Iron 15%, Potassium 8%.

Upcoming Events

Walk Across Texas

- County Wide Event - April 2021 watch for more details coming soon!
- 3rd Annual Bank Challenge Event coming in May 2021

Fresh Start to A Healthier You!

March 8-17 This program will be offered via zoom as a lunch hour series. **The program is free!** To register call 903-567-4149 or email melisa.rhodes@ag.tamu.edu

Be Well, Live Well!

A program on Healthy Aging- Learn how to reduce your risk for disease and engage in a healthy lifestyle- tentatively scheduled for April 2021-for more info contact me at melisa.rhodes@ag.tamu.edu or 903-5674149