



**SPECIAL
 POINTS OF
 INTEREST:**

- **Walk Across Texas** program updates
- **Spring appetizer** recipe
- **Financial planning for grandparents**
- **Volunteer groups**
- **Protecting our youth**
- **Food Handlers Certification**
- **Child Passenger Safety**

April is National Child Abuse Prevention Month



Starting in 1983, National Child Abuse Prevention Month was declared to raise awareness of child abuse and neglect and to promote social and emotional well-being of family members. Approximately 646,261 children were victims of child abuse and neglect throughout the year of 2014. Through supportive community programs and preventative actions, these numbers are being reduced. Factors such as social connections, expanded knowledge, competence and support help to reduce child abuse.

What can you do to help?

Parents:

- Block out 15 minutes each day to play with your child.
- Let your child know how much you care about them.

Friends and neighbors:

- Offer your time to babysit a child or friend.
- Arrange a potluck dinner in your neighborhood to get to know other parents.

Community:

- Volunteer to work with a youth organization.
- Create a 'child safe zone' in your neighborhood.



WALK ACROSS TEXAS



Walk Across Texas is a fun and flexible way to exercise. Teams of up to 8 people track their miles to see if they can walk the 830 miles “across Texas” over the 8-weeks. We started walking on Monday, March 7, 2016 and will continue walking until Monday, May 2, 2016. We have over 90 participants signed up to take on the challenge. I am so proud of how the teams are doing so far and can’t wait to see which team will finish first.

Upcoming ‘Walk Across Texas’ events:

Monday, April 4th at 6:30 p.m.—MIDWAY EVENT

Monday, May 2nd at 6:30 p.m.—CLOSING EVENT

Fruit salsa with cinnamon crisps

Ingredients:

- 10 flour tortillas
- 2 apples
- Cooking spray
- 1 lemon
- 1/3 cup sugar
- 1 lb. strawberries
- 1 tsp. cinnamon
- 4 Tbsp. preserves

Cinnamon Crisps

1. Preheat oven to 350 degrees.
2. Combine cinnamon and sugar, then set aside.
3. Spray both sides of the tortillas and sprinkle lightly with cinnamon sugar.
4. Stack 3 tortillas and cut the tortillas into 12 wedges.
5. Place them on a baking sheet and bake 8-11 minutes or until crisp.

Fruit Salsa

1. Zest the lemon and set aside.
2. Peel and finely chop the apples. Squeeze 2 tsp. lemon juice over the apples and mix well to combine.
3. Finely chop the strawberries then combine all remaining ingredients.
4. Allow to sit at room temperature for 15 minutes and enjoy!



Grandparents as parents: Your financial future



You may have plans to travel, see new things, or to move into a retirement community as you age. What happens when you find yourself taking on an even greater responsibility—raising your grandchild? In today's society, many grandparents act as the prime caregiver to their grandchildren and may even take on the parenting role. This can often save a child's life, but can also deplete your savings. Follow these finance tips to help save money:

1. **Rethink your spending plan** - While you may be used to purchasing for one or two people, you now have another person to provide for.
2. **Keep track of important papers** - For tax purposes, make sure to keep receipts and records of support. This may be grocery receipts, clothes, or other expenses that you could show to claim dependence for your taxes.
3. **While raising your grandchild, teach them money management practices.** You could assign them chores each week that help them to earn their allowance. Examples include taking out the trash, mowing the lawn, or cleaning the house.
4. **Help them to apply for financial aid for college.** Most schools have guidance counselors who have info and resources to receive these benefits.

Are you looking to join a new volunteer group and to get involved in your community?

At the Waller County Extension office, we have programs and committees for everyone. Whether you like working with kids, have a passion for sewing, or want to learn more about gardening...we've got it all! Contact the Extension Office to find a committee or group to join!





PROTECTING OUR YOUTH

It may be a touchy subject, but human trafficking is something that need to be addressed. Human trafficking is a form of modern slavery that includes sex trafficking and forced labor. This act is not only found in prostitution, but also includes forced labor such as begging or selling illegal drugs. Human trafficking is on the rise and has been reported in all 50 states. Whether young or old, your child is at risk.

What can you do?

- Be aware of recruiting tactics.
- Understand that youth are victims, not criminals.
- Report suspected trafficking.



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FOOD HANDLERS CERTIFICATION COURSE

Beginning on September 1, 2016, all food service employees in the state of Texas will be required to successfully complete an accredited food handler training course within 60 days of employment. The course covers an overview of food safety practices necessary to ensure you serve safe food at your establishment.



COST: \$20 CHECK OR MONEY ORDER ONLY (NO CASH ACCEPTED)

DATE/TIME: TUESDAY, APRIL 5, 2016 FROM 9:00-11:00 A.M.

LOCATION: WALLER COUNTY EXTENSION OFFICE

846 6TH STREET; HEMPSTEAD, TEXAS 77445

CALL (979) 826-7651 TO RESERVE YOUR SPOT BY APRIL 1, 2016!



Did you know?

- 48 million cases of foodborne illness occur each year in the US.
- Approximately 3,000 deaths/year occur due to foodborne illness.
- Over half of disease outbreaks are associated with restaurants.

For more details visit: foodsafety.tamu.edu/
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Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information, or veteran status. 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 this meeting are encouraged to contact the County Extension Office at (979) 826-7651 prior to the meeting to determine how reasonable accommodations can be made.

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PRAIRIE VIEW
A&M UNIVERSITY
COLLEGE OF AGRICULTURE
AND HUMAN SCIENCES

Cooperative Extension Program



CAR SEAT CHECKUP

Are your children
Buckled up
Correctly?

More than 8 out of 10 are installed incorrectly!

WHEN: Various Dates throughout the
year (by appointment only)

WHERE: Waller County Extension Office

- Bring your child and know child's weight and height Contact
- Te'Anna Reed, Extension Agent, Family & Consumer Sciences (FCS) Cooperative Extension Program, Prairie View A&M, 979-826-7651 or Hallie Decker CEA-FCS, AgriLife Extension, Waller County office 979-826-7651.

You may qualify to receive a new car seat!

Sponsored by:

**AgriLife Extension, Waller
County FCS Program**

**Cooperative Extension
Program, Prairie View**

Passenger Safety
In cooperation with
Save a Life
Texas Department of Transportation