

August 2016

FCS Newsletter



BACK TO SCHOOL BLUES

Whether your summer was jam packed with summer camps or the kids were bored with nothing to do, the transition of going back to school is difficult often for families.

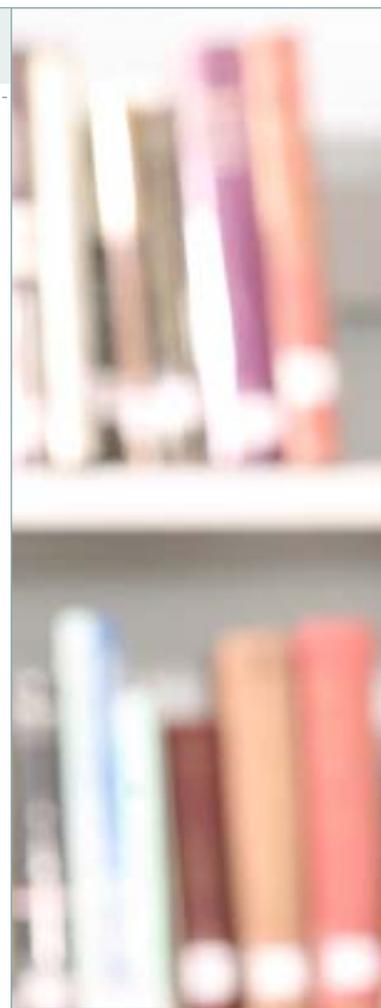
Allow them time to get back in the swing of things and to simply adjust. They may be nervous to go back to school or to start a new grade. This feeling is normal. Remind them that everyone feels this way and that it will become a routine in no time.

Emphasize the positive things about school. Whether they are playing sports, making new friends, or buying fun school supplies, this can be a new and exciting time for them.

Get enough sleep—both parents and kids. Establish a reasonable bedtime so that they feel rested and ready to learn. It may take a week or two to get into a regular sleep schedule, therefore you may want to start this a few weeks before school actually begins.

Help them to get organized. Whether it means getting a planner or simply helping them set up and actually use a binder, it will help them to stay on top of their school work and reduce stress.

Info provided by kidshealth.org



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TEXAS A&M
AGRILIFE
EXTENSION



FIGHTING HUNGER, ONE DAY AT A TIME



The House of Help, a local non-profit organization located in Hempstead, partnered with the Houston Food Bank on Thursday, July 14th with a shared goal: to bring fresh produce to Waller County residents. With a truck full of carrots, watermelon, potatoes, bread, cabbage and papaya, they were able to supply food to hundreds of hungry families amongst the county. The food distribution was open to the community, regardless of qualification or financial status. Not only did these families leave with a car full of groceries, but a heart full of appreciation. Thank you Houston Food Bank for your generous donation and thank you to all of the volunteers who helped make this possible!

THE BEST FOODS FOR FIBER

We recognize that fiber is essential, but how much fiber do we really need?

- Aim for 14 grams of fiber for every 1,000 calories you consume.
- If you have diabetes, aim for 15 to 25 grams of fiber per 1,000 calories.
- Choose whole grains over refined.
- Choose whole fruits over juices.

Fiber rich foods

Whole-wheat pasta

Avocado

Broccoli

Beans

Oatmeal



Data provided by berkeleywellness.com



WALLER COUNTY FUTURE CHEF'S

'Kids in the Kitchen' camp is a fun and exciting way to introduce kids to cooking and living a healthy lifestyle. At the camp, kids learned about food safety practices, the vari-



ous components of a healthy diet, and even participated in a 'food challenge' similar to the 4-H contest. The kids were given a few simple ingredients and had the opportunity to create whatever they wanted over a 50 minute time span. The kids came up with very creative dishes which they presented to the group.

Thank you to all of our parents and volunteers who helped out with the program. We look forward to holding the camp again next summer!

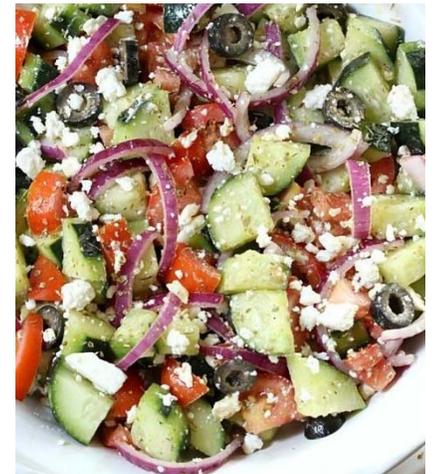
Cucumber Greek Salad

Ingredients:

- 2 Cucumbers
- 4 to 6 Tomatoes
- 1/2 Red onion
- 1/4 Cup olive oil
- Salt and pepper to taste
- 2 tsp. dried oregano
- 1/2 Cup crumbled feta cheese
- 1 Tbsp. lemon juice
- Black olives, pitted and sliced

Instructions:

1. In a large bowl, combine cucumbers, tomatoes and onions.
2. In a smaller bowl, mix the olive oil, lemon juice, and oregano. Pour over vegetables and mix well. Season with salt and pepper if desired.
3. Sprinkle feta cheese and olives over the top and mix.
4. Refrigerate and enjoy!



Recipe from belleofthekitchen.com

DIY APPLE JARS



Materials:

- Mason Jars
- Green, red and brown acrylic or spray paint
- White spray primer
- Green Card stock
- Wood Peg
- Scissors
- Glue gun

Instructions:

1. Clean the jars thoroughly and prime.
2. Use spray paint or acrylic paint to paint the jar and lid-ring (this may take several coats).
3. Cut a piece of green card stock in a leaf shape and fold in half.
4. Glue the card leaves to the wooden peg and attach the peg to the lid.

Craft from the36thavenue.com

WATER SAFETY

Drowning is one of the most common death causes among children ages 1 to 4. Believe it or not, small children can drown in as little as two inches of water.

Things to know:

- Kids can not only drown in pools, but also in bathtubs, buckets and even hot tubs.
- If you have a pool, make sure to set up gates to keep kids from wandering toward open water.
- Remind older kids not to play rough when swimming. Injuries can occur unexpectedly.
- If you are visiting a public pool or waterpark, always keep an eye on your child. There may be lifeguards on duty, but their life is ultimately in your hands.

Info from poolsafety.gov



Waller County FCS is now on Facebook!

Search 'Texas A&M AgriLife Extension Service—Waller County FCS'

Like and follow our page:

- Healthy recipes
- Safety tips
- Family bonding
- Waller County event updates
- Upcoming program announcements



<https://www.facebook.com/WallerCountyFCSExtension/>

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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.

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, AUGUST 23, 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 AUGUST 19, 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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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