

LIVING WELL

IN WALLER COUNTY

FALL 2017

Football, cooler weather, pumpkin spice scents and lots of family time are what we look forward to during the fall season!

Check out the newsletter to find fun and safe ways to celebrate!

In honor of National Pasta Month being in October, check out this healthy recipe for skillet mac and cheese!

Ingredients:

Non-stick cooking spray
1/2 cup chopped onion
2 cups frozen broccoli, defrosted
1 cup low fat or fat free milk
1/4 teaspoon black pepper
1 1/4 cups reduced fat cheddar cheese, shredded
4 cups cooked 100% whole wheat pasta

Instructions

1. Wash your hands and clean your cooking area.
2. Spray a large non-stick skillet evenly with non-stick cooking spray.
3. Add onions and broccoli. Cook on medium heat for 2 minutes.
4. Add milk, pepper and cheese to the skillet. Cook on medium to low heat until cheese melts. Stir frequently.
5. Add pasta and stir to combine all ingredients. Cook until pasta is warm, 2-3 minutes.
6. Serve immediately.

Prep Time: 5 minutes
Cook Time: 10-15 minutes
Cost per serving: \$0.92



**SKILLET
MAC & CHEESE**

Makes 4 servings
Serving size: 1 1/2 cups
Calories: 290
Cholesterol: 10mg
Protein: 21g
Carbs: 48g

With fall brings tailgates and football parties!! Make sure you follow these easy steps to keep your party food safe!



To enjoy a tailgate party or picnic without later distress:

- Plan your menu to fit the situation.
- Keep hot foods hot and cold foods cold.
- Don't let perishable foods stay in the "danger zone" (40 to 140 degrees F) for more than two hours.
- Keep everything clean to avoid contamination.
- Take proper care of leftovers, or throw them away.



FALL CRAFT TIPS:
FOR LITTLE ONES, OLDER ONES OR JUST TO HAVE A DIFFERENT
KIND OF FUN TRY PAINTING PUMPKINS INSTEAD
OF CARVING THEM. ALSO, MAKE THIS SUPER CUTE LEAF AND
BRANCH MOBILE OUT OF A BRANCH AND LEAVES FROM THE
FROM YARD AND SOME FISHING LINE!

November is



**American
Diabetes
Association®**

NATIONAL DIABETES MONTH

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

One in 11 Americans have diabetes — that's more than 29 million people. And another 86 million adults in the United States are at high risk of developing type 2 diabetes.

The good news? People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, increasing physical activity, and losing weight.

HOW CAN YOU HELP?

01

Encourage people to make small changes, like taking the stairs instead of the elevator.

02

Talk to people in your community about getting regular checkups. They can get their blood pressure and cholesterol checked, and ask the doctor about their diabetes risk.

03

Ask doctors and nurses to be leaders in their communities by speaking about the importance of healthy eating and physical activity.



