

# LIVING WELL

IN WALLER COUNTY

Family and Consumer Science Newsletter

**July is National PICNIC MONTH!!!**

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

Please register and join us!

**WALLER COUNTY**

## *Canning Workshop*

Come learn the basics of canning, get some hands on experience and take home your very own jar!

*for adults and children*

**July 20 from 6p-8p**

**\$15.00 per person**

**Will be held at  
the Waller County  
Community Center**

Call  
*Amanda Shortt*  
at  
979-826-7651  
or come by  
846 6th Street  
in Hempstead to  
RSVP and pay.

TEXAS A&M  
AGRI LIFE  
EXTENSION

### Keeping your picnic clean!

- ◆ Find out if your picnic destination has a source of safe drinking water. If not, bring water or moist towelettes for cleaning hands and surfaces.
- ◆ Always wash your hands with warm, soapy water for 20 seconds before and after handling food. Unwashed hands are a major cause of foodborne illness. Use moist towelettes if hand-washing facilities are not available.
- ◆ Be sure raw meat and poultry are wrapped securely to prevent their juices from cross-contaminating other foods in the cooler.
- ◆ Pack enough clean utensils for both eating and serving food. Don't use the same utensil or platter for raw and cooked meat and poultry. Disposable plates and utensils help prevent cross-contamination.
- ◆ Keep foods covered to prevent insects from enjoying your lunch!

## July 16th is National Ice Cream Day!!!



### STEP 1: MEASURE INGREDIENTS

Combine the half and half, sugar and vanilla extract in the pint-size bag. Seal the bag tightly, so that none of the liquid will leak out.

### STEP 2: PREP ICE BAG

Fill the gallon-size ziplock bag halfway with ice cubes. Sprinkle Kosher salt over the ice cubes.

### STEP 3: ZIPPING BAGS

Insert the pint-size bag filled with ingredients into the bag of ice and salt. Seal the gallon-size ziplock bag. If the bag begins to leak, don't hesitate double bagging it to reduce the mess.

### STEP 4: SHAKE IT UP

Shake the bag for 5-10 minutes until the ice cream mixture begins to harden. Feel the small bag to determine the consistency of your ice cream. Once satisfied with the consistency, remove the small bag from the bag of ice.

### STEP 5: ENJOY

Open the small ziplock bag and add any desired mixins that you want. I added raspberries to mine. Feel free to eat the ice cream right out of the bag or, if you prefer, scoop it into a bowl.

## Salad in a Jar

Healthy pack-ahead meals to grab and go!

STEPS TO LAYER ALL YOUR FAVORITES



1. DRESSING
2. NON-ABSORBENT (HARD) VEGGIES
3. ABSORBENT (SOFT) FRUIT & VEGGIES
4. PROTEIN & CHEESE
5. GRAINS, SEEDS OR NUTS
6. GREENS



## GETTING ACTIVE AS A FAMILY

- Take the whole family on a walk after supper.
- Spend time flying kites or tossing Frisbees at the park.
- Use local hike and bike trails for an outdoor adventure.
- Gather hula hoops and jump ropes to make family game night an active one!



# PICNIC FOOD SAFETY

## Pack and Transport Food Safely

Keep your food safe: from the refrigerator/freezer-all the way to the pic table!

- Keep cold food cold
- Organize cooler contents
- Keep coolers closed
- Don't cross-contaminate
- Clean your produce

Source: U.S. Food and Drug Administration



## Yogurt Vegetable Dip Wrap



**Perfect recipe for  
your next picnic.  
Colorful veggies  
and homemade  
Greek yogurt dip!**

## Instructions

### Ingredients:

- 1 cup nonfat plain Greek yogurt
- 1 teaspoon dried dill
- 1 teaspoon dried parsley
- 1 teaspoon dried chives
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon ground black pepper
- 6 whole wheat tortillas
- 1 cup carrots shredded
- 2 cup baby spinach
- 1 red bell pepper seeded and sliced

1. Clean your preparation area and wash your hands.
2. Wash carrots, spinach, and bell pepper before cutting.
3. Mix non-fat plain Greek yogurt with dill, parsley, garlic powder, onion powder and black pepper in medium size bowl until well combined.
4. Cover and refrigerate 2 hours for best flavor.
5. To assemble: wrap, divide yogurt among 6 whole wheat tortillas and spread to cover one side of the tortilla.
6. Divide baby spinach among the tortillas evenly and spread out over the dip.
7. Fill tortillas evenly with remaining shredded carrots and sliced bell peppers. Roll tortillas to create wrap!

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## Mediterranean Chicken and White Bean Salad

### INGREDIENTS:

- |   |   |
|---|---|
| -1 cup skinless cooked chicken (diced into 1/2 inch pieces)                 | -1/4 red or white onion (peeled & chopped into 1/2 inch pieces) |
| -1 can 15.5 ounce low-sodium white beans (drained & rinsed with cold water) | -2 tablespoons veg. oil   |
| -1 cucumber (peeled & diced into 1/2 inch pieces)                           | -1/4 cup lemon juice  |
|   | -1 Tbs dried basil or parsley leaves                            |
|   | 1/4 teaspoon salt   |
|   | 1/4 teaspoon black pepper                                       |

### INSTRUCTIONS:

1. Put ALL ingredients in a bowl and gently toss.
2. Serve right away or cover and refrigerate for up to 2 days!

### For 1 cup Serving:

Calories: 297  
Total Fat: 11 g  
Saturated Fat: 2g  
Cholesterol: 32mg  
Sodium: 288 mg  
Total Carbs: 31g  
Protein: 20g

# Waller County BOOK DRIVE

We are accepting any new or gently used books that are age appropriate for elementary aged kiddos. Please bring any donations by the Waller County Extension Office at 846 6th Street, Hempstead, TX.

Please drop off donations by July 31st!

TEXAS A&M  
**AGRI**LIFE  
EXTENSION

BENEFITTING THE ELEMENTARY SCHOOLS THROUGHOUT THE COUNTY

