

June 2016

FCS Newsletter



Living longer, living healthier: Tips for better aging



Americans may be living longer, but that has not stopped them from developing multiple chronic conditions. It is very important to practice healthy aging as we grow older. In 1900, the average life expectancy was 49 years. In 2013, the average life expectancy was increased to 79. Although we are expected to live 30 years longer, many older adults are still developing harmful diseases.

Practice healthy aging:

1. Be physically active.
2. Make smart food choices.
3. Get regular health screenings.
4. Participate in activities you enjoy.



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Study conducted by the National Institute on Aging.

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Can now, Eat later

Are you interested in learning how to preserve fresh fruits and vegetables? Do you want to learn to make fruit jelly or even homemade pickles? We will be having a food preservation workshop this July at the Extension Office and you are invited!

We will cover:

- Water Bath canning
- Fresh Jalapeno jelly
- Pressure canning
- Freezing and drying
- Pickling



Contact the Extension Office to RSVP or to learn more!

Fathers Day bonding



It has been proven to be much easier for a mother to bond with a baby in the early stages of life. Although this may be true, fathers play an important role in the child's life. If the father is actively involved in the child's life, they are more likely to feel emotionally secure, have better social connections with peers as they grow, and are less likely to abuse drugs and alcohol in their teenage years.

Fathers tend to spend more time in an active environment such as playing games or sports with the child. This activity helps to encourage achievement and independence.

On this fathers day, we not only celebrate the wonderful fathers we have, but we strive to honor the important role a father plays in the life of his child by spending the day together.



Frosted Lemonade



INGREDIENTS:

- 1 cup fresh squeezed lemon juice
- 1/2 cup sugar
- 2 1/2 cups water
- Vanilla ice cream

DIRECTIONS:

1. Add lemon juice and sugar to pitcher. (if using bottled lemon juice, increase amount to 1 1/2 cups)
2. Stir until sugar is dissolved.
3. Add water and stir until well mixed.
4. Refrigerate at least 1 hour to chill.
5. Add 1 cup chilled lemonade and 2 cups (about 4 scoops) ice cream and blend.

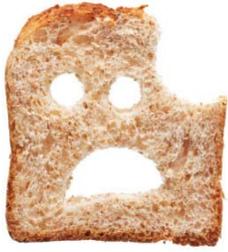


Recipe from passionforsavings.com

Kids in the Kitchen Camp



Waller County Extension will be holding the annual 'kids in the kitchen' camp on June 30th from 9 a.m. to 4:30 p.m., open to all youth going into 3rd-9th grade. We will be learning about proper nutrition, kitchen/food safety, measuring ingredients, and practicing our cooking skills. The camp will be held at Prairie View A&M University. Please call the Extension Office for more info or to RSVP for the camp!



What is gluten anyways?

You may have seen or heard stories of people going 'gluten free'. While a gluten free diet may be necessary for some, it is only optional for others. Gluten is a protein that is found in wheat, barley, rye and some types of oats. Although foods such as bread, pasta, and dessert are often delicious, some bodies may not be able to tolerate this ingredient.

When a person with celiac disease eats gluten, their immune system attacks the inside of the small intestine, keeping them from absorbing important nutrients. Symptoms of celiac disease include heaving bloating, fatigue, gas, and abdominal pain. If celiac disease is left untreated, it may lead to depression, anemia, and weakened bones.



To find out if you may have celiac disease, visit your doctor to conduct blood or genetic testing.

Info from NIH.gov



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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: THURSDAY, JUNE 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 JUNE 21, 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.

Kids in the Kitchen Workshop Series



Date: June 30, 2016

Time: 9 a.m. to 4:30 p.m.

Location: May Hall (Home Economics building), PVAMU, Prairie View, TX 77446

Cost: FREE!

What to bring: An apron, an interest to learn and your appetite.

What will we learn?

- MyPlate info
- Kitchen and food safety
- How to measure ingredients
 - New cooking terms
 - Bread in a bag baking
- 4-H Food Challenge contest activities

Group unit volunteers...we need you!



This camp is limited to the first 20 youth going into 3rd-9th grade!

Make sure to RSVP

- Before June 24, 2016 at noon.

Texas A&M AgriLife Extension Office
(979)826-7651; 846 6th Street
Hempstead, TX 77445

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

Cooperative Extension Program

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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

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4 Days of Fashion

TEXAS A&M
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FAIRIE VIEW
A&M UNIVERSITY
TEXAS A&M SYSTEM
UNIVERSITY Extension Program

Ages 11-16

Youth Fashion Week

Registration

Deadline: June 30

Fee: \$95

Session Dates

July 19–22, 2016

8:00 – 3:30 Tuesday–Friday

Attend Youth Fashion Week this Summer! The only summer camp designed to take you on a 4 day exploration through the Fashion Industry. The event will be held at the Ft. Bend County Extension Office, located at 1402 Band Rd. Suite 100, Rosenberg, TX. Pre-Registration is required.

WHO WE ARE

Youth Fashion Week is a summer fashion camp developed by the Texas A&M AgriLife Extension Service in partnership with the Cooperative Extension program. This camp is designed to teach students about fashion design and illustration, sewing, modeling, buying, and careers in the fashion industry.

WHAT'S INCLUDED

All supplies, trip transportation & fees are included. Early drop off is (7:30 am–7:55 am) and Late Pickup is (3:30 pm–4:10pm) the price is \$15.00 per day.

4 DAYS OF FASHION

DESIGNERS CHALLENGE

Campers face challenges every day and each day there will be a new challenge for teams to accomplish! Teams will be challenged to bring out the creativity within, while racing against the clock. From designing outfits, recreating outfits out of pillow cases. The campers will never know what the challenge will be!

TRENDY TREASURES

Visit Trendy Treasures in the Wholesales District. Harwin's Trendy Treasures has been offering today's hottest styles at reasonable prices for nearly twenty five years. Participants may bring \$10 or more to purchase an accessory.

SEWING

In our sewing class students will learn to use the sewing machine to create a stylish garment. Participants will learn how to sew properly and machine safety. Participants do not have to know how to sew. Participants are encouraged to bring a sewing machine if available, but it's not required.

Please direct questions to:

Joy Davis
Joydela.davis@ag.tamu.edu
Phone: 281-342-3034



Refreshments will be provided, but students should bring a sack lunch each day.



SEW



SEE



CREATE



MODEL

Educational programs conducted by Texas A&M AgriLife Extension Service serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin. Persons with disabilities who plan to attend this meeting and who may need auxiliary aids or services are required to contact Texas AgriLife Extension Service at 281.342.3034 five working days prior to the meeting so appropriate arrangements can be made.