

MARCH 2016

FCS NEWSLETTER

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March is 'National Nutrition Month'!

The key to good health is not found in a quick pill or a 'healthy' drink. The key to a healthy lifestyle is found by committing to healthy behaviors that are maintainable and enjoyable. The Academy of Nutrition and Dietetics declared March as 'National Nutrition Month'. This campaign is geared toward the importance of making mindful food choices and incorporating physical fitness habits. The theme for this year is "Savor the Flavor of Eating right" which simply encourages us to continue to enjoy food traditions and also to appreciate the pleasures of they bring.

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Savor the flavor of eating right!

Join the Academy of Nutrition and Dietetics by incorporating healthy habits in your families daily life using these tips:

1. **Be cautious of serving sizes.** Just because the box claims “100 calories” does not mean that is all you will intake. The box itself probably contains multiple servings. You may be taking in many more calories than you think.
2. **Don't confuse hunger for thirst.** If you are truly hungry, then eat. It is normal to be hungry. If you're just bored, reach for a glass of water to fill your crave.
3. **Cook a meal with your family.** This can help teach your kids about nutrition, as well as other skills such as teamwork and responsibility, all while having fun.
4. **Skip the scale.** Your health is more than just a number. Pay attention to how you feel. Every body is built differently, therefore we cannot let a number decide our identify or our health.



If you have questions about “National Nutrition Month”, please visit nationalnutritionmonth.org.



Whether \$500 or \$5,000, a tax refund is always exciting. Some of us might want a new car, a new dress, or a new computer. Before you spend this money though, make sure you evaluate your personal and financial status.

1. **Plan ahead**– Don't spend your money out of impulse without prioritizing.
2. **Set aside a portion** - It is important to build your long-term finances. You will thank yourself later.



Smart uses include:

1. **Paying off bills**– If you have fallen behind, this is a good time to catch up. Make sure all bills are paid up to date.
2. **Paying off debts**– If you have other forms of debt with high interest rates, be sure to pay those first to avoid higher charges.
3. **Put money into savings**– This will help you to meet your long-term goals.

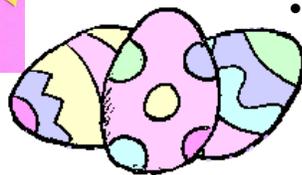
EASTER FAMILY TRADITIONS

Traditions give families a time to connect and grow closer to each other. In the busy seasons of life, we often neglect to spend with the ones we love most. It's important to set aside time to spend with your family. Starting a new tradition will teach children what their family values are. It also gives kids something to expect and look forward to each year. A few fun family traditions include:

- Decorate eggs with your kids. You may use food coloring, paint, markers, ribbon, or glitter.
- Enjoy a family day out. Take a picnic and a camera to catch memorable moments. Create a scrapbook for lasting memory.
- Make an Easter meal with your family. Let the kids help cook and prepare the meal so that they feel included.



POPSICLE STICK CHICKS



Materials:

- 5 Mini popsicle sticks
- Orange and yellow paper
 - Cardboard piece
 - Scissors/ glue
 - Googly eyes
 - Yellow paint

How to:

- Glue 5 sticks onto the cardboard.
- After it dries, paint the sticks yellow.
- Cut out feet, beaks, and wings from the colored paper.
- When the paint is dry, glue on all pieces.



“One Pan Wonder”

Prep Time: 20 minutes

Cook Time: 1 hour



Ingredients:

- 2 cups of Green Beans (canned, fresh or frozen)
- 4 medium potatoes, cut into pieces
- 1 lb. chicken breasts
- 1 package Italian dressing mix
- Olive oil or melted butter

Directions:

1. In a 9x13 pan, cut chicken breasts.
2. Place chicken in the center of the pan.
3. Line one side with potatoes and the other with green beans.
4. Sprinkle olive oil over the dish, or pour melted butter.
5. Cover with foil and bake at 350 for 1 hour.

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WALK ACROSS TEXAS!

Walk Across Texas is a fun and flexible way to exercise. Get together with seven other people—friends, neighbors, coworkers, or family members—and start walking, or jogging, or even biking.



Keep track of your miles, to see if you can walk the 830 miles “across Texas” in 8 weeks. Report your totals to see how your team “measures up”!

- FREE, 8-week program taking place March 7th - May 2nd
- 8 people per team (contact us if you are looking to join a team)
- We will have a kickoff event, closing celebration, and more!

Pick up your registration packet at the Waller County Extension Office between February 12th and March 4th.

For more details visit: WalkAcrossTexas.tamu.edu
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Cooperative Extension Program

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.

FOOD HANDLERS CERTIFICATION COURSE



Starting September 1, 2016, all food service employees will be required to successfully complete an accredited food handler training course within 60 days of employment. The course will be available face to face as well as online (English, Spanish, and Chinese/Mandarin). To access the new rules & documentation, visit the Texas Department of State Health Services Food Establishment website.



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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