

**SPECIAL  
POINTS OF  
INTEREST:**

- **DIY Spring Crafts**
- **Mothers Day insights**
- **Walk Across Texas up-dates**
- **Mediterranean salsa**
- **Flood precautions to take**

## *Spring into good Health*

Spring is here, and so is allergy season. Protect your families health with these Spring tips:

1. **Choose in-season, local produce:** After all, there is nothing better than fresh watermelon on a hot day.
2. **Venture outside:** Enjoying the sunshine will give you proper amounts of Vitamin D, improve your mood, and helps you to get exercise.
3. **Allergy proof your house:** Wash all linens and replace furnace filters to rid your house of dust mites.
4. **Take time to de-stress:** Incorporate yoga into your day or simply take a few minutes to relax. Take a step away from the business of your day to rejuvenate yourself.



## Spring fun: DIY Flower pen

### What you need

Scissors, pens, fake flowers, and green floral tape.

### How to:

1. Hold your fake flower up next to your pen and snip the stem off about halfway down the pen's length.
2. Now, using your floral tape, wrap the pen body and stem very tightly from the writing tip of the pen to the flower underside.
3. Then wrap it with a second layer from the flower to the writing tip.
4. Snip the tape.



*“The fact that you worry about being a good mom means that you already are one”*

*-Jodi Picoult*

## What moms really want for Mothers Day

**Chocolate, flowers and jewelry...**

**They might be great gifts, but they don't last as long as memories do. Mothers often take the role as the maid, the chef, the caregiver, the doctor, and practically superwoman. It is easy for us to get busy with life and to forget all that our moms**

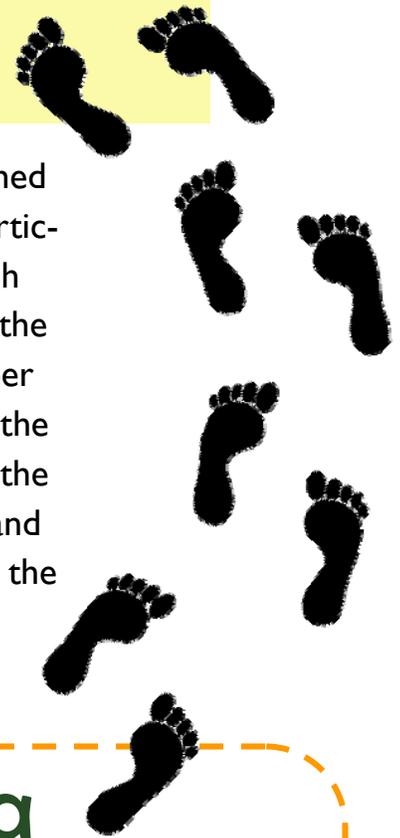


**have done for us. Mothers Day is a day to recognize and remember our mothers. A poll was taken from mothers and the results showed what moms really want for Mothers day:**

- 1. Free time: Forget the to-do list, endless chores and give mom a break.**
- 2. Sleep: There's nothing like a good nap.**
- 3. Dinner: Prepare a meal for your mom.**
- 4. Homemade gifts: Handprint cards or pictures will show her how much she means to you.**

# Walk Across Texas

With over 100 participants in Waller County, we have finally reached the end of the Walk Across Texas walking challenge. Each week, participants reported their weekly mileage to their team captains. Each team competed against the others to walk the most miles within the 8 weeks. We had some team members walking almost 80 miles per week, averaging out to over 10 miles per day. I am blown away by the miles each team walked and how each participant improved over the 8 weeks I look forward to hosting the program again next year and would love to receive any feedback or suggestions you have about the program. . Congrats walkers...Job well done!



## Mediterranean Salsa



### Ingredients:

- 1 (10.5 ounce can) chickpeas, drained
  - 1 clove garlic, minced
  - ½ cup cucumber, diced
  - 1 cup tomato, diced
  - ½ cup olives, diced
  - ¼ cup red onion, diced
  - 1 tablespoon parsley, chopped
  - ¼ teaspoon dried oregano
  - 1 tablespoon basil, chopped
  - 1 tablespoon lemon juice
  - 1 tablespoons extra virgin olive oil
- Salt and pepper to taste



### Directions:

1. Add all of the ingredients to a medium bowl. Toss to combine.
  2. Season with salt and pepper to taste.
- Serve immediately or refrigerate until ready to serve.

*Recipe from chefsavvy.com*



**FLOODING**

# FLOOD PRECAUTIONS



- Use bottled water if possible.
- Throw out all perishable food such as meat, poultry, seafood, milk, and eggs if power was lost.
- Discard all ice in all ice machines, then clean and sanitize the machine.
- Be cautious of infectious diseases and wound infections.

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## 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/](http://foodsafety.tamu.edu/)  
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