

PANHANDLE PATH TO HEALTHY LIVING



Volume 1, Issue 5

Stay on Track with Your Hydration in July

During the summer months, it is especially important to be sure to keep hydrated, especially with young children and older adults. Water is critical to our overall health. It is widely accepted that humans can survive for more than a month without food, but only a few days without water. Water transports glucose, oxygen, and fat to working muscles. It also transports waste products away from working muscles and out of the body. Water helps us digest our food and lubricates our joints, organs, and tissues.

A little known fact about water is that we get it from more than just fluids, it is a major component of many foods. In fact, meal consumption is very important in ensuring full hydration on a day-to-day basis. Eating foods with high water content adds volume but minimal calories to the diet. Foods with high water content promote a feeling of fullness. Fruits and vegetables are two food groups that have generally high water content. Among the fruits that are high in water content are: watermelon, citrus fruits, grapes, apples, papaya, and strawberries. Vegetables high in water content are: carrots, bell peppers, lettuce, tomato, cucumber, squash, and broccoli.

There are ways to flavor your water, without adding sugar. Mixing and matching fruits like watermelon, peaches, oranges, and strawberries in a pitcher of water can make for a flavorful and colorful drink. Mint leaves and cucumber are also popular additions to a glass of water. Kids can be allowed to choose fruits and vegetables to flavor water or a smoothie to increase their hydration.

Source: Iowa State University Extension and Outreach

Joan Gray-Soria



Path to Wellness.....

Cleaning Your Home

Your home is your castle and you can make it sparkle! Start with the **Cleaning Basics** and solve your cleaning problem for clean surfaces, dishes, laundry and hands. Family life runs more smoothly when there is a shared responsibility for the housework. These guidelines help everyone in the family find a way to pitch in and make doing the housework easier and less of a one-person chore.

Practice Prevention

- Keep clutter to a minimum. Having lots of stuff around makes cleaning harder and gives places for dust and allergens to collect.
- Leave shower doors and curtains open after use so shower walls can air-dry.

Give Priority to the Important Jobs

- Clean and disinfect cutting boards and kitchen countertops before and after preparing food to help reduce the threat of foodborne illness.
- Launder sheets weekly in warm or hot water to remove dust mite allergens and keep linens fresh.
- Wash towels and bathmats once a week.
- Dust hard furniture regularly using a dusting product.
- Vacuum carpets and mop wood floors once a week.

Follow Tips from the Experts

- To fight mildew in the shower, clean stalls and bathtubs using a non-abrasive, all-purpose or disinfectant (antibacterial) cleaner. Check the label to find out if the product kills germs and/or mildew, and follow directions for best results.

Did You Know?

Regular cleaning and proper disinfection are two simple ways to reduce the spread of disease. Cleaning products remove dirt and food particularity where microorganisms can grow; and, disinfectants are their key allies because they are formulated to actually kill germs.



- In the kitchen, use a disinfectant (antibacterial) cleaner to clean countertops and kill bacteria that may be found in raw meat, poultry or fish.
- Clean refrigerator walls and shelves using a nonabrasive, all-purpose cleaner or a solution of baking soda and water.
- To dust wood furniture, spray a dusting product on a clean, soft cloth. Don't use a dry cloth - it will just spread the dust and could scratch the finish.
- Spray glass cleaner on a cloth instead of directly on a mirror or picture glass. This will keep the cleaner away from the frame and prevent it from seeping onto a picture.

Always Keep in Mind

- Read the cleaning product label. Different products work in different ways and can have different instructions for using them. Follow the directions to get the best results. Call the toll-free (1-800) number on the label if you have questions.
- Store cleaning products out of the reach of young children and pets and away from food.
- Never mix different cleaning products together. They can make dangerous fumes.
- Keep products in their original containers with their labels on. It's important to know what the product is if a child accidentally swallows it. **Never** reuse an empty bottle or box for a different product.

Path to Wheeler County

COMING August 2017

A FRESH START to a **Healthier You!**



Join us and receive

- ♦ Support of friends
- ♦ Confidence to cook healthy meals for your children and family
- ♦ Practical cooking and shopping tips
- ♦ Handy kitchen tools
- ♦ Recipes for success in the kitchen

This program is presented by Texas A&M AgriLife Extension Service • Better Living for Texans

For more information, contact:

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Wheeler County

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**TEXAS A&M
AGRI LIFE
EXTENSION**

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Path to Youth Development.....

TEXAS A&M
AGRILIFE
EXTENSION



Summer Chef Camp

When: July 25 – 27th
10:00 am - 1:00 pm

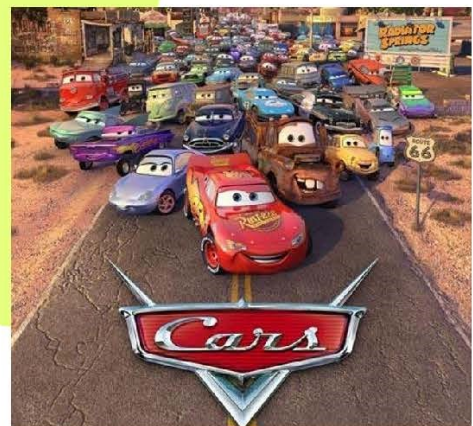
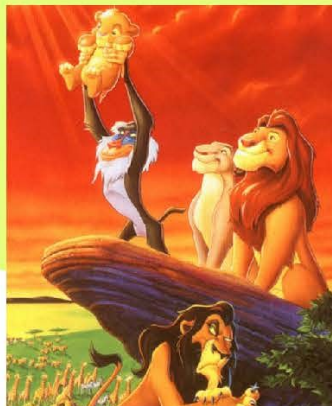
Where: Wheeler County Ag and
Family Life Center

Cost: \$30 for all three days

Sign-Up Deadline: July 21, 2017



Youth will learn to cook a movie
themed menu. Come have some mov-
ie themed fun in the kitchen.



**For More Information
Contact:**

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Path to Protection..... Food Safety

Sprouts: Why are they so dangerous?

“Like any fresh produce that is consumed raw or lightly cooked, sprouts that are served on salads, wraps, sandwiches, and in some Asian food may contain bacteria that can cause foodborne illness. But unlike other fresh produce, sprouts are grown from seeds and beans under warm and humid conditions. These conditions are also ideal for the growth of bacteria, including Salmonella, Listeria, and E. coli. If just a few harmful bacteria are present in or on the seed, the bacteria can grow to high levels during sprouting, even if you are growing your own sprouts under sanitary conditions at home.



Children, older adults, pregnant women, and people with weakened immune systems (such as transplant patients and individuals with HIV/AIDS, cancer, and diabetes) should avoid eating raw or lightly cooked sprouts of any kind (including onion, alfalfa, clover, radish, and mung bean sprouts). When eating out, you can ask that raw sprouts not be added to your food. If you purchase a sandwich or salad at a restaurant or deli, check to make sure that raw sprouts have not been added.” (USDA—Buy, Store, & Serve Safe Food—Sprouts: What You Should Know, 2017)

What can you do to help reduce the risk of illness when serving sprouts?

- Purchase from approved suppliers.
- Wash sprouts thoroughly under cool running water before eating or cooking. Washing may reduce bacteria that may be present, but it will not eliminate it.
- Cook sprouts thoroughly to a minimum of 135°F. Cooking helps kill harmful bacteria and reduces the risk of illness.

Cited: <https://www.fda.gov/Food/FoodborneIllnessContaminants/BuyStoreServeSafeFood/ucm114299.htm#prep>

Article by: Rebecca Dittmar



Ensuring Safe Canned Foods

With summer gardens, many people want to preserve their produce to enjoy later in the year. Growth of the bacterium *Clostridium botulinum* in canned food may cause botulism—a deadly form of food poisoning. These bacteria exist either as spores or as vegetative cells. The spores, which are comparable to plant seeds, can survive harmlessly in soil and water for many years. When ideal conditions exist for growth, the spores produce vegetative cells which multiply rapidly and may produce a deadly toxin within 3 to 4 days

of growth in an environment consisting of:

- a moist, low-acid food
- a temperature between 40° and 120°F
- less than 2 percent oxygen.

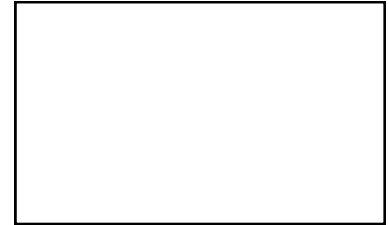
Botulinum spores are on most fresh food surfaces. Because they grow only in the absence of air, they are harmless on fresh foods. Most bacteria, yeasts, and molds are difficult to remove from food surfaces. Washing fresh food reduces their numbers only slightly. Peeling root crops, underground stem crops, and tomatoes reduces their numbers greatly. Blanching also helps, but **the vital controls are the method of canning and making sure the recommended research-based process times are used.** The processing times recommended by USDA publications ensure destruction of the largest expected number of heat resistant microorganisms in home-canned foods. Properly sterilized canned food will be free of spoilage if lids seal and jars are stored below 95°F. Storing jars at 50° to 70°F enhances retention of quality. For more information, check out the USDA Home Canning Guide at: http://nchfp.uga.edu/publications/usda/GUIDE01_HomeCan_rev0715.pdf

TEXAS A&M AGRI LIFE EXTENSION

Panhandle Path to Healthy Living is a Family and Consumer Sciences information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.

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Return Service Requested

Path to Plate...

Total Time: 10 minutes

Prep Time: 10 minutes

Fire and Ice Watermelon Salsa

Watermelon is the way to go in celebrating July 4th with your family. Try this refreshing *Fire and Ice Watermelon Salsa* to bring some kick to your cookout!

Ingredients:

- 3 cups watermelon, finely diced (approx. 1/4")
- 1/2 cup green bell pepper, finely diced
- 2 tablespoons lime juice
- 2 tablespoons fresh cilantro, chopped
- 3 tablespoons green onions, chopped
- 2 tablespoons jalapeno pepper, seeded and finely diced
- 1/2 teaspoon garlic salt



Directions:

In a large bowl, gently mix together the chopped watermelon, green bell pepper, lime juice, cilantro, green onions, jalapeno with a spoon. Pour into a colander or mesh strainer and gently stir to strain out any extra juices. Then add in garlic salt, transfer to a serving bowl (or hollowed-out watermelon half) and serve immediately.

*allrecipesees.com

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