



San Patricio Extension Education Association News



Sharing is caring with TEEA

March 2022

Mark Your Calendar

March 3, 2022

Extension Education Association meeting
Extension Office

March 28, 2022

Extension Education Association meeting

March 29, 2022

2022 TEEA Spring Conference
La Grange

April 5, 2022

San Patricio Diabetes Support Group Workshop

April 28, 2022

Friend to Friend "Pink" Event

Kathy Farrow
County Extension Agent
Family and Community Health
219 N. Vineyard
Sinton, TX 78387
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<https://sanpatricio.agrilife.org>



March 2022 is National Nutrition Month



During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. This year's theme, "**Celebrate a World of Flavors**," showcases how flavors from cultures around the world is a tasty way to nourish ourselves and appreciate our diversity.

- ◆ Include healthful foods from all food groups.
- ◆ Learn how to read Nutrition Facts labels
- ◆ Incorporate your favorite cultural foods and traditions.
- ◆ Ask your doctor for a referral to an Registered Dietitian Nutritionist (RDN)
- ◆ Find an RDN who specializes in your unique needs.
- ◆ Receive personalized nutrition information to meet your health goals.
- ◆ Choose healthful recipes to make during the week.
- ◆ Use a grocery list to shop for nutritious foods.
- ◆ Make healthful food and drink choices when away from home.
- ◆ Learn cooking and meal preparation skills
- ◆ Try new flavors and foods from around the world.
- ◆ Enjoy your meals with friends or family, when possible.



Step Up Scale Down

Every Monday for 12 weeks,
5:00pm
First United Methodist Church
405 West Sinton Street
Sinton, Texas 78387

For additional information or questions, please contact:

Kathy Farrow, CEA-FCH
361-587-3400
k-farrow@tam.u.edu

Megan Skrobarcek, BSN, RN,
Wesley Nurse
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MSKrobarcek@mhm.org

San Patricio County Extension Education Association meeting

Monday, March 28, 2022

10:00am

Location: TBA

FOCUS ON STRENGTH

Muscle loss is a normal part of aging that can be slowed with regular exercise and healthy foods.

Protein foods work with strength-building exercise to slow the muscle loss of aging.

Beans, lentils and split peas are fiber-rich protein foods that go well in chili or stews.

Canned tuna, salmon, shrimp and mackerel are protein foods that store well and are quick to prepare.

Calcium-rich foods, like dairy products, tofu and some leafy greens, support healthy bones and muscles.

Muscle-strengthening activities build strength by making your muscles work more than they usually do. They are also called weight training or resistance activities. Examples include:



Body weight exercises



Free weight or weight machine exercises



Resistance band exercises



Daily activities

Benefits of Muscle-strengthening Activities

- Make your everyday tasks easier with strong muscles and joints.
- Reduce your risk of falls and injury with better balance and coordination.
- Strengthen your bones and reduce your risk of osteoporosis.
- Improve your sleep, mood and confidence.
- Prevent chronic disease or ease your symptoms.

Strengthen your plate

Try this easy and flexible meal idea:

1 cup cooked meat, beans, eggs or tofu + 1 cup bite-sized cooked vegetables + 1 cup cooked whole grains

Mix together and divide between 2 bowls. Season to taste and top with salsa, shredded cheese or plain yogurt.



Talk to your healthcare provider if you have concerns about your ability to do muscle-strengthening exercises.

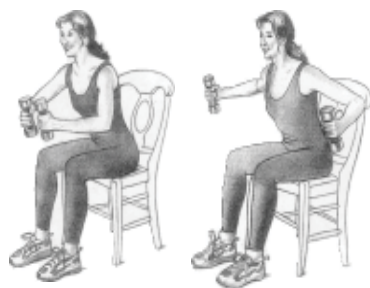
Remember to warm up before and cool down after activity.

Stay hydrated while moving your body! Have water nearby during exercise.

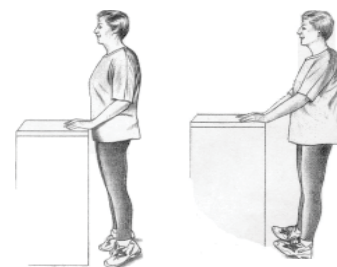
Being active with others can be fun, motivating and increase safety.

Make your own free weights with canned goods, water-filled bottles, or bags of rice or sand.

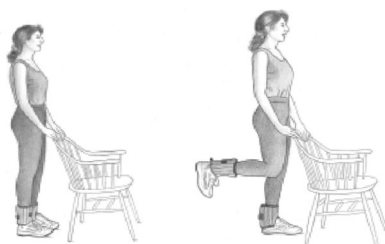
Examples of Strength Exercises



Bent Forward Fly



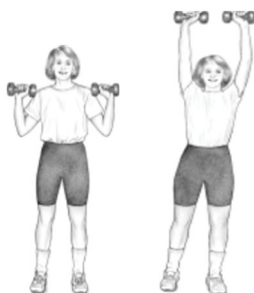
Standing Calf and Toe Raise



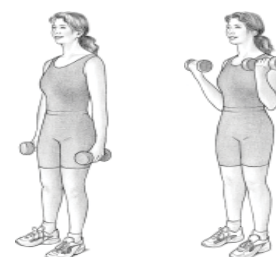
Standing Leg Curl



Wide Leg Squat



Overhead Press



Biceps Curl

TIPS

- ◆ Have a chair nearby for balance or to rest if needed. Many exercises can be done seated.
- ◆ A repetition (rep) is one completion of an exercise, such as one leg lift.
- ◆ A set is a series of reps done one after the next. For example, 6 leg lifts can be one set of leg lifts.
- ◆ Start with 2 sets of 6 reps of each exercise. Rest for 30 to 60 seconds between each set.
- ◆ As an exercise becomes easier, you can gradually add reps, sets or weight to make your muscles work more.
- ◆ Include exercises for all muscle groups: the legs, hips, back, chest, abdomen, shoulders and arms.

Physical Activity Guidelines for Adults 65+

- ◆ Sit less and move more!
- ◆ At least **150 minutes a week** of **moderate intensity** activity.
- ◆ At least **2 days a week** of activities that **strengthen muscles**.
- ◆ Include activities that **improve balance**, such as standing on one foot.



Go for the GREEN on St. Patrick's Day



See **GREEN** on St. Patrick's Day and throughout the year. Green fruits and vegetables contain many health-promoting phytochemicals including lutein and indoles. They help protect against certain cancers and help maintain vision health and strong bones and teeth.

Green fruits and vegetables include leafy greens, asparagus, green peppers, broccoli, green beans, peas, cabbage, green onion, Brussels sprouts, okra, zucchini, Chinese cabbage, green apples, green grapes, honeydew melon, kiwifruit and limes.

Some **GREEN** ideas for St. Patrick's Day (or any day) include:

- ♣ Corned beef with **CABBAGE** is a natural for St. Patrick's!
- ♣ Include some **KIWI FRUIT, GREEN GRAPES AND/OR HONEYDEW MELON** in your fruit salad.
- ♣ Add **AVOCADO** slices to salads and sandwiches. To maintain avocados' green color, eat them immediately or sprinkle them with lemon or lime juice. Though 2 tablespoons of avocado have about 5 grams of fat, it's mostly heart-healthy monounsaturated fat.
- ♣ Enjoy your favorite veggie dip in combination **BROCCOLI** florets or a favorite fruit dip with **GREEN APPLE** slices.
- ♣ Vegetable pizza with **GREEN PEPPERS**.
- ♣ Serve thinly sliced **GREEN ONIONS** over rice, pasta dishes, broiled or baked fish, soups --you're limited only by your imagination!



Start thinking **GREEN** - here are some more ideas graciously shared by Jan Patenaude, RD: Spinach noodles (topping of choice); spinach souffle; spinach, asparagus and/or green pepper omelets with parsley garnish; pesto on anything; cream of broccoli or spinach soups; finely diced spinach

Adapted from food.unl.edu

Lower Calorie Pesto

Servings: 8 (2 Tablespoons)

Ingredients:

- ♣ 2 tablespoon pine nuts
- ♣ 2 cups basil leaves
- ♣ 1/4 cup Parmesan cheese, shredded
- ♣ 1/4 cup reduced sodium chicken broth
- ♣ 2 tablespoons olive oil extra virgin
- ♣ 1/4 teaspoon salt



Directions:

1. Combine all ingredients in a food processor and process until smooth.

Recipe Notes

This pesto will last 5-8 days in the refrigerator or freeze for up to 8 months.

Homemade Kale Chips

Servings: 4 people

Ingredients:

- ♣ 1 bunch kale leaves, use curly or lacinato
- ♣ 1 Tablespoon olive oil
- ♣ 1/2 teaspoon garlic powder
- ♣ 1/4 teaspoon sea salt
- ♣ 1/4 cup Parmesan cheese



Instructions:

1. Remove stems from kale and tear into small pieces. Wash leaves and set out to dry.
2. Place dried kale leaves in a large bowl. Add olive oil, garlic powder and sea salt. Massage the kale for 1-2 minutes until completely covered. Place leaves on a baking sheet lined with parchment paper in a single layer.
3. Bake at 300 degrees F for 20 minutes turning once.



Don't forget your refrigerator and pantry.

The refrigerator and pantry are where most people store their food. But these areas may also be one of the less frequently cleaned places in your home, which could be hazardous to your health.



Cleaning and Removing Odors from Refrigerators and Freezers

- ★ Dispose of any outdated, spoiled or questionable food.
- ★ Remove shelves, crispers and ice trays. Wash them thoroughly with hot water and detergent. Then rinse with a sanitizing solution (1 tablespoon unscented, liquid chlorine bleach per gallon of water).
- ★ Wash interior of refrigerator and freezer, including the door and gasket, with hot water and baking soda. Rinse with sanitizing solution above.
- ★ Leave door open for about 15 minutes to allow free air circulation

“Sell By” Date

The last date food should be sold.

“Best if Used By” Date

Eat these foods before this date for best quality

“Use By” Date

The last date you should eat the food to get its best quality.

“Expiration” Date

The last date that a food is considered safe to eat.

Cleaning Your Pantry - Here are some tips for a clean, bug-free pantry:

- ★ Check your cans—Discard cans that are leaking, rusted, bulging or badly dented.
- ★ Throw out any food that you suspect is spoiled—Never taste food to determine its safety.
- ★ Check the dates on your foods—See information above.

How long should foods be refrigerated or frozen?

Check out the FDA Refrigerator and Freezer Storage Chart
<https://www.fda.gov/media/74435/download>

Resources:

<https://www.usda.gov/media/blog/2018/03/14/planning-some-spring-cleaning-check-list-food-safe-pantry-and-refrigerator>

<https://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets>

Texas A&M AgriLife Extension Service Family Community Health Department Handout—Understanding Dates on Food Labels

TEXAS A&M AGRI LIFE EXTENSION

San Patricio County
219 N. Vineyard
Sinton, Texas 78387-2613

Return Service Requested

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information or veteran status. sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Articles and recipes from Foodhero.org, Learning Zone University of Nebraska-Lincoln Extension, Geniuskitchen.com, fruitsandveggesmorematter.org, Produceforkids.com and Eatright.org. The content of this newsletter is not intended to provide medical advice; this should be obtained from a qualified health professional. References to commercial product or trade name are made with the understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service is implied.

Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in any of the mentioned activities, are encouraged to contact the County Extension Office five days before all programs for assistance.

San Patricio County
Family & Community
Health & Ag/Natural
Resources
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For additional information contact:

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**District 11 TEEA Spring Conference
March 29, 2022
La Grange, Texas
Randolph Recreation Center, East Pearl Street**

**Registration Form
Entry Deadline: Friday, March 11, 2022**

Registration fees:

Members - \$20.00

Non-Members - \$25.00

Please Print Clearly

TEEA MEMBERS		
Name	Club	Amount Paid
1.		
2.		

GUESTS		
Name	Club	Amount Paid
1.		
2.		

**Cultural Arts & Conference Registration: 9:30am
Meeting: 10:00am**

Each County needs to bring (3) \$10.00 door prizes.

County Duties

Austin - Credential Report
Calhoun - Closing Prayer
Fayette - Registration & Cultural Arts
Jackson - Opening Prayer
Lavaca - Lunch prayer

Matagorda - Cultural Arts Results
San Patricio - TEEA Creed & Prayer
Victoria - U.S. & Texas Pledge
Washington - Dollars & Coins Collection Report
Wharton - Check in and Draw for Door Prizes

Registration is transferable, but not refundable!

Make checks payable to the San Patricio Extension Education Association

Return form to:

San Patricio County Extension Office
Attn: Kathy Farrow, CEA-FCH Agent
219 N. Vineyard, Sinton, Texas 78387