

Living Healthy in Erath County

Fall 2021

A publication by Texas A&M AgriLife Extension Service



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Save the Date!

**August 13, 20, 27
September 3, 10, & 17**

Master of Memory
6 Week Virtual Program Series

**August 19 & 26
8:30-4:30pm**

Certified Food Managers Course and Exam
District Research and Extension Center
1229 U.S. Hwy 281, Stephenville, TX 76401

August 31

Dinner Tonight Healthy Cooking School
Cowboy Church of Erath County

**September 3, 20, 17, 24
& October 1; 10-11:30am**

Be Well Live Well
Healthy Aging Program
Stephenville Senior Citizen's Center

**September 16, 23, 30
October 7 & 14**

Do Well Be Well With Diabetes
More information coming soon!

**October 4, 11, 18, 25
November 1, 8, 15, 22, 29
10:15-12:15am**

A Matter of Balance Fall Prevention
Stephenville Senior Citizen's Center

**October 22, 29
November 5, 12, 19;
12:00-12:45pm**

Mindful Living Moments
5 Week Virtual Program Series

**October 28 & November 4, 11
& 18**

Cooking Well With Diabetes
More information coming soon!

Making Time for Family Mealtime

Every September marks the start of National Family Meals Month, and we at Erath County AgriLife Extension like to take the time to focus on the benefits and blessings that come from spending time together, sharing our meals.

In the busy times we live in, it can be a challenge to make time for family meals- between work schedules, school schedules, sports and extracurriculars, it can seem like everyone is always going in a different direction! So how do we make it work?

Benefits of Family Meals

There are so many reasons to have meals together as a family, and the benefits can be tremendous! Studies have shown that children who eat most meals at home with family members :

- Are more confident
- Have better vocabularies
- Receive higher test scores
- Display better social skills
- Consume more fruits and vegetables
- Are happier and more well-adjusted!

Family mealtimes can also be a protective factor against outcomes we would like to avoid. For example, children and adolescents who don't eat meals together as a family:

- Are more likely to be obese
- Are more likely to experience depression and have suicidal thoughts
- Are more prone to violent behaviors



- Are 3x more likely to abuse marijuana
- Are 3.5x more likely to have abused prescription drugs or to have used illegal drugs (aside from marijuana)
- Are more than 2.5x more likely to have used tobacco
- Are more than 1.5x more likely to have experimented with alcohol (Data collected from FMI.org and Eatright.org)

It's clear that family mealtime matters! And the benefits aren't just for our children. Adults also see benefits including lower obesity rates, greater consumption of nutrient dense meals

(especially whole grains, fruits, and vegetables), and greater connection with their family members.

One of the biggest benefits of family mealtime is simply getting the chance to gather as a family and share your meal, the highlights and struggles of your day, and your time together.

Getting Started

As mentioned before, one of the biggest challenges of starting a family mealtime routine is time. Here are some tips for making it work anyway!

- **Make a Plan**

-Decide as a family that mealtime is important and something you will make time for. Discuss how you can do this and what obstacles might come up.

- **Prepare in Advance**

-Start by creating a meal plan for the week. This helps because it allows you to know what you will have for each meal, make sure you have all the things you need for the meal, and save time by not having to make last minute decisions.

-Take it a step further: after planning your meals and shopping for them, see if there is prep work you can do ahead of time. Pre-chopping all of your veggies, mixing sauces, or preparing quick items in advance can give you a head start for the week, and save time later!

- **Use Gadgets to Lend a Helping Hand**

-Some nights are too busy to bake or make anything on your stove. For us, this is where gadgets save the day! Using an Instant Pot (or other electric multi-cooker) can greatly shorten your prep and cook time. Starting the slow cooker in the morning (or at lunch!) can also help you simplify.

- **Be Flexible**

-Maybe you tried all the ideas from our list, and you still just aren't all in the same place at the same time for meals. Think about alternatives! Could you wake up a bit earlier and have breakfast together if dinner doesn't work? Or maybe week days are too crazy, but weekends are a little easier? That is all perfectly okay! Even just a couple family meals at home during the week add up to awesome benefits! Make it work for YOU and YOUR family!

If you want more tips or extra motivation for National Family Meals Month, you can :

- Visit fmi.org/family-meals-movement
- Visit eatright.org and search family meals
- Follow our Facebook page-Living Healthy in Erath!

We will post family mealtime tips, fun recipes and challenges, conversation starters, and more throughout the month of September, and would love for you to join us and share how you do family mealtime!

Busy but Balanced:

On the Go Lunches for School & Work

Does your lunch need a refresh? Whether you have a child getting ready for back to school, or you just want to jazz up your sack lunch for work, we have some great ideas to make healthy lunch packing quick, easy, and tasty!



Following this equation ensures that you have all five food groups present in your lunch, leaving little room for nutritional gaps.

Customizing

While it is important to eat from all five food groups to make sure we aren't missing out on key nutrients they provide, some of us may not be able to follow the equation without some customization. If you are lactose intolerant or otherwise can't or choose not to consume dairy, seek out high quality dairy substitutes (much is available on the market now, but do some digging to make sure the nutrients provided are similar to true dairy!).

The Magic Equation

Wish there was a magic equation you could follow to know that your packed lunch is healthy and balanced?

Great news: there is!
 $\text{Protein} + \text{Dairy} + \text{Grain} + \text{Fruit} + \text{Vegetables} = \text{BALANCED!}$

Likewise, if you are following a vegetarian, vegan, or plant-based diet, you still have lots of protein options! Be sure to include items like beans, lentils, nuts and nut butters, etc. There are also plenty of meat substitutes available, but make sure you are choosing less processed ones and are aware of the ingredients they contain.

Choose Quality

Building on the equation and tips above, be sure that you are selecting foods for quality as well. Aim to eat more whole over processed grains (with a goal of half of your grains being whole each day!). 100% fruit juice is great, but also aim to choose more whole fruits and vegetables for more fiber and other nutrients. Eating a variety of colors also means more micronutrients!

Build Your Lunch!

Use this list to kickstart your lunch planning! Add in your own favorites and keep building to create your own balanced lunch template.

Proteins

- Deli Meats/Cold Cuts
- Ground Turkey
- Rotisserie Chicken
- Black Beans
- Lentils
- Hummus
- Tuna
- Peanut Butter
- Hard-Boiled Eggs

Dairy

- Milk
- Chocolate Milk
- Cheese Sticks or Cubes
- Sliced Cheese
- Yogurt
- Cottage Cheese
- Smoothies

Grains

- Whole Grain or Wheat Bread
- Pasta
- Rice
- Tortillas
- Flatbreads/Naan
- Wraps/Pita
- Crackers
- Bagel
- English Muffins
- Granola or Cereal Bar



*Don't forget to hydrate with water!

Fruits

- Apples
- Bananas
- Peaches
- Plums
- Oranges or Cuties
- Kiwis
- Pineapple chunks or slices
- Melon (cubes or slices)
- 100% Fruit Juice
- Raisins/Craisins
- Fruit Leather/Dried Fruits

Vegetables

- Cucumber Slices
- Sugar Snap Peas
- Carrot Sticks
- Broccoli or Cauliflower
- Celery
- Corn or Peas
- Bell Pepper Strips
- Salad/Lettuce
- Tomato (Slices or Cherry)



Don't Sleep on Sleep Hygiene!

We all know how important nutrition and physical activity are to our health and well-being. We likely keep track of what we use to fuel our bodies, maybe how many steps we get each day, and other similar acts. But how much sleep do you get each night?

For many of us, the answer is not enough! According to statistics from the Center for Disease Control, 1 in 3 American adults don't regularly get enough sleep and 70 million Americans report sleep problems (CDC, 2016 & 2017). Sleep related concerns are so high, that the CDC has declared insufficient sleep a public health problem!

What's the Big Deal?

Think the biggest consequence of lack of sleep is feeling groggy the rest of the day? Think again!

Lack of sleep can contribute to a variety of chronic illnesses and health concerns. Studies have shown that short sleepers (those who routinely get fewer than 7 hours per night) are at an increased risk of developing these ten conditions:

1. Heart Attack
2. Coronary Heart Disease
3. Stroke
4. Asthma
5. COPD



6. Cancer
- 7.. Arthritis
8. Depression
9. Chronic Kidney Disease
10. Diabetes

In addition to these conditions, inadequate sleep can also put us at a higher risk for obesity and make weight maintenance more difficult.

How Much Sleep Do I Need?

So now that we know we may not be getting enough sleep, and how important it is...how much sleep exactly do we need?

The answer to this question depends on a lot of variables, including your age, activity level, and individual level of functioning (some of us just do better with more sleep, while some can get by with a little less!).

Luckily, there are some guidelines that the CDC and other associations concerned with sleep provide for us to start with. The chart below shows average sleep needs per age group:

Age Group		Hours of Sleep (Recommended)
Newborn	0-3 months	14-17 Hours (National Sleep Foundation)
Infants	4-12 months	12-16 Hours (Naps Included)
Toddler	1-2 years	11-14 Hours (Naps Included)
Preschool	3-5 years	10-13 Hours (Naps Included)
School Age	6-12 years	9-12 Hours
Teen	13-18 years	8-10 Hours
Adult	18-60 years	7 or more Hours per Night
	61-64 years	7-9 Hours per Night
	65 years+	7-8 Hours per Night

How Can I Improve My Sleep?

Sleep hygiene is the term used to describe the habits you can use to set your self up for success in achieving a good night's sleep. The good news-you may already be doing some of these things, and if not, they are easy to add to your routine and can also impact your health in other beneficial ways!

Moving more and getting exercise and sunlight (especially early in the day) can help your circadian rhythm balance itself and know when it is time to power down. Creating an evening routine to help you relax is also key.. Avoiding blue light sources close to bedtime (phones, tvs, etc.) and creating a peaceful environment (cool temperature, clutter and distraction free sleeping space, etc.) can all help you achieve sleep success. Check out the graphic below (from Mental Health First Aid) and visit [cdc.gov](https://www.cdc.gov) for even more ideas!





TEXAS A&M AGRILIFE EXTENSION

DINNER TONIGHT!

HEALTHY COOKING SCHOOL

Trip to the Mediterranean

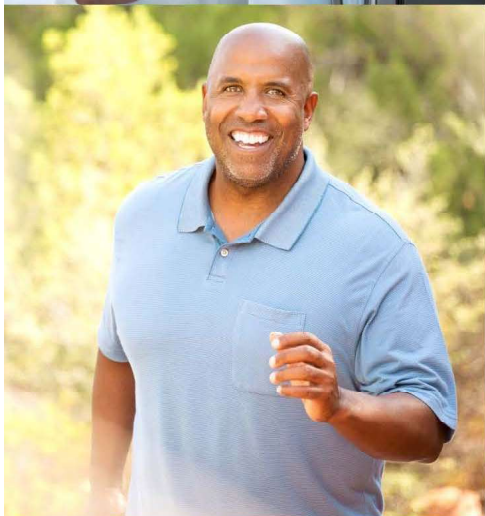
AUGUST 31, 2021

5:30 P.M. - 8:00 P.M.

COWBOY CHURCH OF ERATH COUNTY
4945 U.S. HIGHWAY 67, STEPHENVILLE, TX

Register Online:
tx.ag/D8DinnerTonight





Be Well, Live Well: A Program on Healthy Aging

Learn How To:

- Reduce your risk for disease
- Engage in a healthy lifestyle

Be Independent, Eat Well

Learn which nutrients you need more of as you age, how to support cognition through food, and more!

Be Able, Read the Label

Find out how to use the nutrition facts label as tool to help you maintain a healthy eating pattern.

Be Safe, Eat Safe

Learn how to keep food safe while shopping, how to interpret dates on food packages, safe food storage practices, and more!

Be Creative, Plan Meals

Find solutions to eating alone and learn how to plan meals for small households.

Be Fit, Move More

Learn the benefits of physical activity as you age, and ideas to include physical activity in your daily life.

Sessions Start:

September 3, 17, 24, Oct. 1

10:00 am-11:30am

Stephenville Senior Center

For more information contact:

Andrea Brooks

CEA-FCH Erath County

254-965-1460

TEXAS A&M
AGRILIFE
EXTENSION

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, veteran status, sexual orientation, gender identity, or gender expression.

DO YOU HAVE **concerns** **about falling?**

JOIN OUR FALL PREVENTION CLASS.

Many older adults experience concerns about falling and restrict their activities.

**A MATTER OF BALANCE is an award-winning program
designed to manage falls and increase activity levels.**

**This program emphasizes
practical strategies to
manage falls.**

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

A Matter of Balance is a FREE fall-prevention program that consists of eight workshops



October 4 – November 22, 2021

Each Monday

10:15 a.m. to 12:15 p.m.

Stephenville Senior Center

164 E. College St.

Stephenville, TX 76401

**For more information or to register
please contact:**

**Sandy Morgan: (254) 918-1288 or
SMorgan@stephenvilletx.gov**

A Matter of Balance Lay Leader Model

*Recognized for Innovation and Quality in Healthcare and
Aging, 2006, American Society on Aging.*

*A Matter of Balance Lay Leader Model was developed by a
grant from the Administration on Aging (#90AM2780).*



*Funded in part by Texas Health and Human Services
Commission. A program of the North Central Texas Council of
Governments.*



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS



MINDFUL LIVING MOMENTS

Fridays

10/22-11/19

12:00-12:45pm

Virtual via Microsoft TEAMS

Sessions:

Session 1: Mindful Eating

Session 2: Mindful Exercise

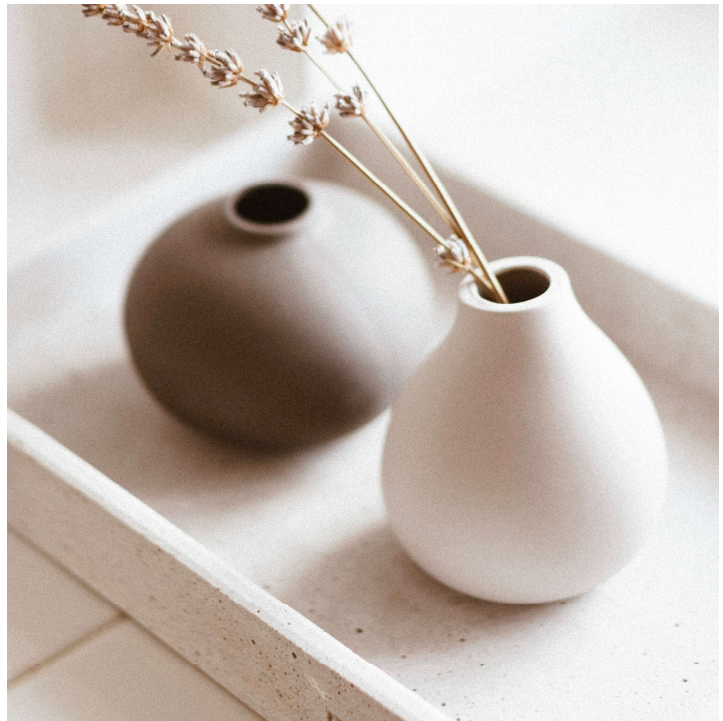
Session 3: Mindful Parenting

Session 4: Digital Awareness

Session 5: Coping with Stress

Register for free at:

<https://tinyurl.com/3jv9w9t6>



Questions?

Andrea Brooks

andrea.brooks@ag.tamu.edu

254-965-1460

Texas A&M AgriLife Extension is an equal opportunity employer and program provider.



Meet Your FCH Agent!

Hello! My name is Andrea Brooks, and it is my great pleasure to serve as your Family and Community Health Extension Agent for Erath County!

For those I haven't had the pleasure of meeting, I'd like to share a little about myself (so you know something about the person who sends you this newsletter, and possibly some other emails!).

I have been lucky enough to serve in this position since June of 2018, and was previously the agent in Eastland County. While I have only been the FCH agent in Erath for a little over three years now, I have

been an Erath County resident for 12 years, having moved to Stephenville for college in 2009! I am a proud graduate of Tarleton State University, where I earned my B.S. in Family and Consumer Sciences, Emphasis in Child and Family Studies. Currently, I am working towards my M.S. in Nutrition online at Lamar University in Beaumont. In my spare time, I enjoy reading, gardening, crafting, and spending time with my husband and 7 year old son.

I have a great passion for serving my community, and am blessed to be able to do this in my role as county extension agent. My areas of emphasis in the county extension office include nutrition, active living, family living, budgeting, parenting, food safety, food preservation, healthy aging, and much more! I also get the opportunity to work with our Agriculture agent and 4-H agent, who do amazing work in their respective fields.

Our offices are currently located on the second floor of the Erath County courthouse (we moved in December 2020!). We are open Monday-Friday, 8am-12pm and 1pm-5pm, and would love for you to stop by sometime and visit with us!

If you are interested in any of the above areas, or know someone who is, I encourage you to also follow our Facebook page, Living Healthy in Erath. It's another great way to stay in touch with all things Family and Community Health, including articles, recipes, and upcoming program offerings.

Thank you for subscribing to our quarterly Living Healthy in Erath County newsletter, and if I haven't already, I hope to meet you soon!



Instructions:

1. Cut off the tops of the peppers and scrape out the ribs and seeds. Dice the onion and measure a $\frac{1}{4}$ cup.
2. In a bowl, combine the quinoa, beans, tomato sauce, spices, onion, and $\frac{1}{2}$ cup of the cheese. Fill each pepper with the mixture.
3. Pour $\frac{1}{4}$ cup water into the bottom of a slow cooker. Place the peppers in the water. Cover and cook on low for about 5 hours or on high for about 2 hours or until quinoa is tender.
4. Remove the lid, distribute the remaining cheese ($\frac{1}{4}$ cup) on top of the peppers, and cover again until the cheese is melted.
5. Add cilantro or other toppings if desired, then serve.

Serves 2 People

Ingredients:

- 2 large bell peppers (any color)
- $\frac{1}{3}$ cup uncooked quinoa, rinsed
- 1 15-oz can black beans, no salt added
- 1 8-oz. can tomato sauce, unsalted
- 1 tsp. cumin
- 1 tsp. chili powder
- 1 tsp. garlic powder
- $\frac{1}{4}$ cup onion, diced
- $\frac{3}{4}$ cup cheese, Mexican blend
- $\frac{1}{4}$ cup water

Nutrition Facts

Serving Size 1 stuffed pepper
Servings Per Container 2

Amount Per Serving

Calories 450 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 300mg **13%**

Total Carbohydrate 66g **22%**

Dietary Fiber 17g **68%**

Sugars 11g

Protein 26g

Vitamin A 60% • Vitamin C 220%


Calcium 50% • Iron 35%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:			
		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



"Hug Harder
Laugh Louder
Smile Bigger
Love Harder"

Questions or Additional Information:

**Andrea Brooks
County Extension Agent
Family and Community Health**

Email: andrea.brooks@ag.tamu.edu

Phone: 254-965-1460

Facebook: www.facebook.com/livinghealthyinerath

Website: <https://erath.agrilife.org>