

LIVING HEALTHY IN ERATH COUNTY

Fall 2019

A publication by Texas A&M AgriLife
Extension Service



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Save the Date!

September 14: Childcare Conference,
Tarleton State University

September 16, 4-6pm: 4-H Food Challenge Workshop

September 18, 4:30-5:30pm: 4-H DIY Night

October 7:

- 12pm: FCH Committee Meeting

-4-6pm: Adult Food Challenge Workshop

October 23, 4:30-5:30pm: 4-H DIY Night

October 28, 4-6pm: 4-H Food Challenge

October 29, November 5, 12, 19

2pm-3:30pm: Cooking Well With Diabetes,
(Stephenville Crossing)

November 13 & 14: Food Protection Management Class
(Hood County Library)

November 16: County Food Show/Food Challenge

November 20, 4:30-5:30: 4-H DIY Night



Precious Cargo: Transporting Children Safely and Legally

How long does my child need to stay in a car seat? Are they ready for a booster? When can they sit in the front seat next to me?

It can be difficult to keep up with the laws and recommendations for riding safely with your children in tow. To make it easier, the American Academy of Pediatrics lists the following recommendations:

1. All infants and toddlers should ride in a rear-facing car safety seat (CSS) as long as possible, until they reach the highest weight or height allowed by their CSS's manufacturer. Most convertible seats have limits that will permit children to ride rear-facing for 2 years or more.
2. All children who have outgrown the rear-facing weight or height limit for their CSS should use a forward-facing CSS with a harness for as long as possible, up to the highest weight or height allowed by their CSS's manufacturer.
3. All children whose weight or height is above the forward-facing limit for their CSS should use a belt-positioning booster seat until the vehicle lap and shoulder seat belt fits properly, typically when they have reached 4 ft 9 inches in height and are between 8 and 12 years of age.



4. When children are old enough and large enough to use the vehicle seat belt alone, they should always use lap and shoulder seat belts for optimal protection.

****All children younger than 13 years should be restrained in the rear seats of vehicles for optimal protection.****

For more information on Texas Laws and Guidelines, visit:
https://www.dps.texas.gov/director_staff/public_information/occSafetyPrgmFAQs.htm

Back to School: Tips for Parents

Back to school is an exciting time of the year, but all of the changes and new routines and expectations can mean new stressors for your children.

Here are some tips to ease the transition:

1. Meet the Teacher and Tour the School

A lot of children worry if they will like their teacher, or wonder what their school will look and be like. This eases these worries and helps them feel prepared and confident!

2. Ease Into Routines

Summer often means sleeping, eating when you're hungry, and other lapses in routine. Begin small steps (setting the alarm a little earlier each day, beginning a morning routine, etc.) in order to lessen the shock of the school year!

3. Reconnect

If your child will be attending school with some of their old friends, call them and arrange a play date or other get together before school starts! If they are starting a new school, hearing from an old friend may still help with feelings of worry or loneliness.

4. Involve Them in Preparations

Take your child shopping for school supplies, and ask them to pick out some things they love. If they will be packing their lunch, have them help plan the menu. Having things they like with them and food they enjoy helps them find joy in their day!

5. Talk it Out!

Ask your child what their feelings are about the school year, even after it starts. Do they like their teacher? What are their favorite parts? What parts do they not like as much? Just talking things through can help with many problems, and their answers may surprise you!



Fall Into...Mindfulness

What is mindfulness? You have likely heard that it's a practice worthy of adopting, but how does one go about doing so? And should you look into it?

Simply put, mindfulness is becoming more aware of and focused on what you are experiencing in the present moment. And doing so has many benefits, including a reduction of symptoms such as stress/anxiety, pain, depression, insomnia, and high blood pressure, as well as an increase in productive behaviors such as improved attention span, better quality of sleep, a decrease in job burnout, and even better management of chronic disease symptoms, including diabetes and fibromyalgia.

Getting started with mindfulness is easy; just beginning to notice and pay attention more to your breath, your surroundings, the way you feel, while slowing down to savor these moments is a great place to start. Some other exercises to help as you begin a mindfulness practice include:

- **Body scan meditation.** Lie on your back with your legs extended and arms at your sides, palms facing up. Focus your attention slowly and deliberately on each part of your body, in order, from toe to head or head to toe. Be aware of any sensations, emotions or thoughts associated with each part of your body.
- **Sitting meditation.** Sit comfortably with your back straight, feet flat on the floor and hands in your lap. Breathing through your nose, focus on your breath moving in and out of your body. If physical sensations or thoughts interrupt your meditation, note the experience and then return your focus to your breath.
- **Walking meditation.** Find a quiet place 10 to 20 feet in length, and begin to walk slowly. Focus on the experience of walking, being aware of the sensations of standing and the subtle movements that keep your balance. When you reach the end of your path, turn and continue walking, maintaining awareness of your sensations.



Cooking Well with Diabetes

A cooking school designed to help people with diabetes and anyone that prepares food for them

Sessions Include...

Carbohydrate Foods

Recognizing carbohydrate in recipes and using sweeteners effectively

Make Recipes with Fat Better for You

Healthy fats & fat substitutions

Double Pleasure Side Dishes

Reducing sodium and increasing fiber

Celebrating Sensibly

Special event recipes that are healthy and delicious

Cooking Well with Diabetes is a series of four, fun, interactive classes packed with research based information and delicious diabetes friendly recipes.

For more information about upcoming classes, contact your county extension agent or partnering organization.

<http://agrillifeextension.tamu.edu>



**DO WELL
BE WELL**

TEXAS A&M AGRILIFE EXTENSION

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating



FOOD SAFETY
EDUCATION

TEXAS A&M AGRILIFE EXTENSION

Food Protection Management Training Course

Who?

Restaurant owners, managers, or employees seeking to increase their knowledge of safe food handling practices and gain certification as a Certified Food Manager.

Why?

To increase general knowledge of food protection management and safe food handling practices, while fulfilling certification requirements for food managers.

Where?

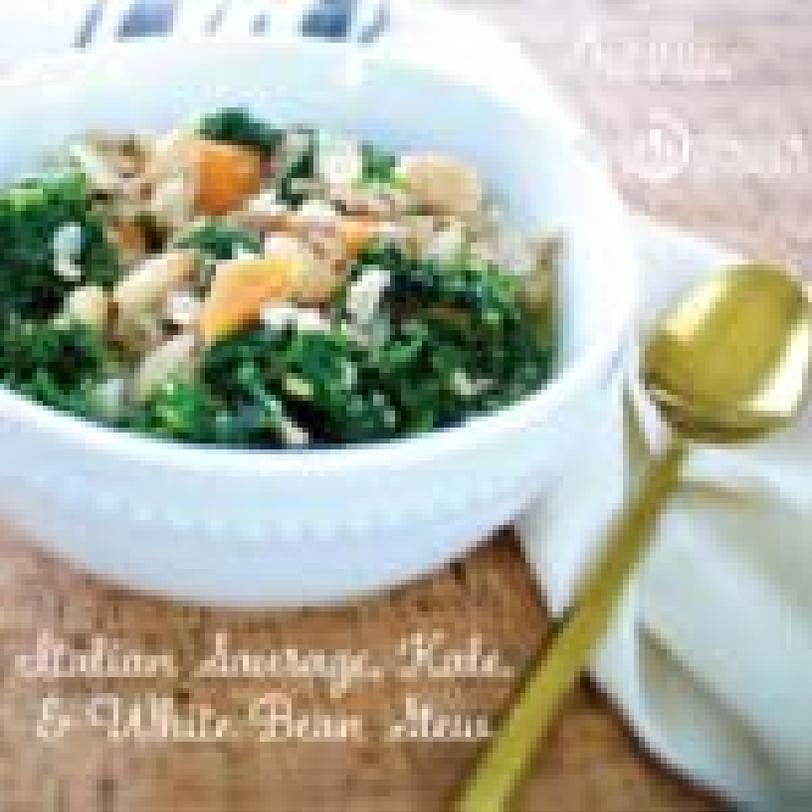
Hood County Library
222 N. Travis St.
Granbury, TX 76048

When?

November 13-14, 2019
8:30-5pm

Cost: \$125

For more information or to register,
contact andrea.degelia@ag.tamu.edu or call 254-965-1460



Italian Sausage, Kale & White Bean Soup

Ingredients

- 12 ounces lean turkey Italian sausage
- Nonstick cooking spray
- 1 cup onion chopped
- 1 cup sweet potato peeled & cubed
- 1 1/2 cups low-fat low-sodium chicken broth
- 15 ounce unsalted white beans rinsed and drained
- 2 garlic cloves minced
- 4 cups kale chopped
- 1 teaspoon rosemary chopped
- 2 tablespoons Parmesan cheese shredded

Instructions

1. Remove casings from sausage.
2. Coat a large nonstick skillet with cooking spray and heat.
3. Add Italian sausage and onion to pan, and cook until sausage browns, stirring to crumble. Drain sausage and return to pan.
4. Stir in potatoes, beans, garlic, and chicken stock; bring to a simmer.
5. Cover and cook 7 minutes.
6. Stir in chopped kale and rosemary, and cook for 4 minutes until kale wilts, stirring occasionally. Serve soup in 4–6 bowls, serving with parmesan cheese.

Nutrition Facts

6 servings per container	
Serving size	1 cup (248g)
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 420mg	18%
Total Carbohydrate 25g	9%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 72mg	6%
Iron 2mg	10%
Potassium 907mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**“Every leaf speaks bliss to me,
fluttering from the autumn tree”**

by Emily Bronte



Questions or Additional Information:

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