



# LIVING HEALTHY IN ERATH COUNTY

*Winter 2019*

A publication by Texas A&M AgriLife  
Extension Service

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## Save the Date!

**December 16, 4:30-5:30pm: 4-H DIY Night**

**December 19, 8-5pm: Youth Mental Health First Aid (Temple)**

**January 7-10, 2020: Youth Fair**

**January 14: From the Ground Up Conference**

**January 16, 23, 30 and February 6: Cooking Well for Healthy Blood Pressure (Stephenville Senior Citizen's Center)**

**January 21: Master Wellness Volunteer Training Kickoff**

**January 27, 10-11:30: Eldercare Conference Planning Meeting**

**February 3, 12-1pm: Family and Community Health Committee Meeting**

**February 4, 4-6pm: 4-H Duds to Dazzle Workshop**

# Build Your Self-Care Snowman

Have a happy, healthy holiday season with these quick self-care tips.

## Don't freeze people out

Spend time with people who love and support you.

## Break out the ice skates.

Take time to exercise, even if it's just taking a spin around the rink!

## Chill out.

Avoid overbooking yourself and don't feel guilty about making time for self-care.

## Get cozy.

Sleep is important -- make sure you're getting enough of it. (But don't hibernate!)

## Moderate the merriment.

At all those holiday parties, eat and drink in moderation. Don't drink alcohol if you are feeling down.

BE THE **1** TO MAKE A **DIFFERENCE** 

[WWW.MENTALHEALTHFIRSTAID.ORG](http://WWW.MENTALHEALTHFIRSTAID.ORG)

# Winter's Bounty

The winter season brings us a slew of fruits and vegetables that are teeming with health benefits. Here are a few you should be sure to try this season!

## 1. Kale

1 cup of kale supplies you with 33 calories, 3g of protein, and 2.5g of fiber. Kale also contains Vitamin C (good for immunity and wound healing), potassium (regulates body functions like blood pressure), Vitamin A, and Folate (helps with brain development).

## 2. Pomegranate

1/2 cup serving of pomegranate seeds supplies 72 calories, 3.5g of fiber, as well as some Vitamin C and potassium. Pomegranates are also full of antioxidants and anti-inflammatory agents that can aid in symptoms of high cholesterol and high blood pressure.

## 3. Sweet Potatoes

These may already be a fixture at your holiday table, but did you know that a serving of sweet potatoes contains 112 calories, 2g of protein, and 3.9g of fiber? They are also a low-glycemic index food, with just 26g of carbohydrates, and provide you with 400% of your recommended daily intake of Vitamin A!

## 4. Brussel Sprouts

1 cup of brussel sprouts provides you with 38 calories, 3g of protein, and 3.3g of fiber. It also contains more than 100% of your recommended daily intake of potassium, along with a healthy dose of Vitamin C, Vitamin A, and folate.

## 5. Cranberries

1/2 cup of cranberries contains only 25 calories, 6g of carbs, and 2g of fiber. They are also a rich source of Vitamin C, Vitamin E, and manganese, which support a variety of healthy bodily functions.



# Safe Handling of Wild Game This Hunting Season

It is that time of year, hunting season! For many, it is considered the best time of year. The majority of individuals who hunt do so to provide food for their families. Many prefer the taste of venison over other choices of meat. Venison is high in many vitamins and minerals our bodies need, such as thiamine, riboflavin, niacin, iron, and calcium. Venison is traditionally lower in cholesterol than many other meats, thus making it a more desirable product.

**To have a quality, safe meal this hunting season, there are several things you must do to ensure your kill is safe to consume. Follow these tips from field to plate this hunting season.**

- **Never handle or consume wild animals that appear sick or that were acting abnormally.**
- **Practice good personal hygiene in the field by packing disposable gloves and sanitizer wipes.**
- **Have clean knives/tools to use while field dressing.**
- **Carry a tarp or something to place between the carcass/tools and the ground to help prevent contamination.**
- **Pay attention to the weather. Field dress as soon as possible to help reduce body heat. When temperatures are above 40°F, pathogens have the opportunity to grow more rapidly, potentially causing a health risk.**
- **Never wrap the carcass in plastic or a tarp to “keep clean” during transport. This does not allow the carcass to start cooling properly; it only traps the heat, keeping the meat at temperatures in the danger zone (40°F-140°F). Packing ice in the carcass will help keep meat cool during transport.**
- **Be sure the internal temperature is cold prior to placing cuts of meat in insulated coolers. Always use ice or blocks of ice to keep cool during transport.**
- **Do not hold/store carcasses outdoors in warm temperatures. Process the carcass as soon as possible.**
- **Do not handle or eat brain, spinal cord, spleen, or lymph nodes of game.**
- **Use a meat thermometer to cook meat to proper internal temperatures (minimum 160°F for all types of meat from ground or fresh venison; 165°F for the breast of game birds, waterfowl, and whole birds), as this will help ensure harmful bacteria are killed and meat is not overcooked. The color of meat is an unreliable indicator of proper cooking.**

**The next time you go hunting, plan ahead for your safety and the safety of the meat you are harvesting.**

**Hunting takes time, hard work, dedication, and patience to be successful. The last thing you want to do**

**is to mishandle the carcass/meat, which could possibly lead to foodborne illness.**

**For more information on food safety while hunting, contact your local Texas A&M AgriLife Extension at 254-965-1460.**

Source: [http://www.fsis.usda.gov/wps/wcm/connect/e432ba38-79f6-42c8-af50-df7cf788a298/Game\\_from\\_Farm\\_to\\_Table.pdf?MOD=AJPERES](http://www.fsis.usda.gov/wps/wcm/connect/e432ba38-79f6-42c8-af50-df7cf788a298/Game_from_Farm_to_Table.pdf?MOD=AJPERES)

Written by Rebecca Dittmar, M.Ed, RS, Program Specialist, Food Protection Management Program, Texas A&M AgriLife Extension Service, College Station, Texas, January 2015.

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age,



**Conference  
Location**

Waco Convention Center  
100 Washington Ave.  
Waco, TX 76701



**Date and  
Time**

Tuesday  
January 14, 2020  
8:50am - 4:00pm



**Who  
Attends**

Health Professionals,  
Registered Dietitians,  
Registered Nurses,  
Educators, Students

# From the Ground Up - Connecting Agriculture & Health

Agriculture - Science - Health

Register Online! <https://agriferegister.tamu.edu/groundup>



- \$50 register by January 8, 2020
  - \$25 enrolled full-time student
- Fee includes lunch

Application for the approval of 5 hours  
CHES has been submitted to the National Commission  
for Health Education Credentialing, Inc. (NHEC).

Application for the approval of 5.0 Clinical Professional  
Education Activity has been submitted to the Commission  
on Dietetic Registration (CDR).

Teachers will be provided 5 hours of CPE credit.  
All other professionals will be provided a  
certificate for 5 clock hours of education.

**Presentations:**

- Culinary Medicine: Using Mediterranean Diet Principles to Promote Healthy Eating and Improved Health Outcomes  
Anne VanBeber, PhD., RD., LD  
Texas Christian University
- Addressing the Food and Nutrition Needs of Our Growing Population  
Daniel Hale, PhD.  
Texas AgriLife Extension Service
- More than Milk  
Joann Knox  
Dairy MAX, Inc.
- Texas Department of Agriculture (TDA): Programs and Initiatives  
Helenka Ostrum, MS, MPH
- Technology in Present Day Farm Stewardship  
Rodney Schronk  
Schronk Agricultural Joint Venture

Obtain knowledge and skills to live a healthier lifestyle and encourage others to do the same.  
Receive 40 hours of training and give back 40 hours of service!



# MASTER WELLNESS VOLUNTEER PROGRAM

allows those who have a passion about health and wellness to share that passion with others via worksite wellness programs, community events and more!

**Cost:**

**Regular: \$75**

**College Student: \$25**

**2020 Series Dates:**

**January 21 - First Session**

**February - Online Study**

**March 3 - Final Session**

**Session Times:**

**9:30 AM - 3:30 PM**

**Registration Opens: November 15, 2019 at <https://agrillife.org/mwv>**

**Registration Deadline: January 14, 2020**

**For More Information and Session Location  
Contact Your Local County Extension Agent**

**TEXAS A&M  
AGRI LIFE  
EXTENSION**



# Explore the new flavors of heart-healthy recipes.

COOKING WELL FOR HEALTHY BLOOD PRESSURE

TEXAS A&M  
**AGRI**LIFE  
EXTENSION

**Stephenville Senior Citizens' Center**

**9-11am**

**\*FREE\***

**Thursday January 16: *DASHING Your Way to Improved Health***

**Thursday January 23: *A Virtual Grocery Store Tour***

**Thursday January 30: *Cooking With Herbs and Spices***

To register, contact Sandy Morgan at the Senior Citizens' Center at 254-918-1288. For more information, contact Andrea Brooks at 254-965-1460, or by email at [andrea.degelia@ag.tamu.edu](mailto:andrea.degelia@ag.tamu.edu).

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

If you require specific reasonable accommodations, please call at least two weeks in advance to request these.





# Save the Date

## Dinner Tonight Cooking School

April 28, 2020

5:30-8:00pm

Cowboy Church of Erath County

TEXAS A&M  
**AGRILIFE**  
EXTENSION

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**DINNER  
TONIGHT**  
HEALTHY COOKING SCHOOL



This recipe is a great way to use some of your holiday leftovers to create a new meal!

## Instructions

1. Heat the oven to 350 degrees.
2. Mash the potatoes with butter, milk, and salt (you can use leftover mashed potatoes if you have them).
3. Brown the ground beef in a skillet over medium to medium high heat.
4. When the meat is mostly browned, add in peas, carrots, onion, rosemary, thyme, Worcestershire sauce, and garlic. Stir and combine until beef is fully browned.
5. In a 9x13 inch pan, make a layer of the beef mixture and top with a layer of the potatoes.
6. Bake in the oven for 35-40 minutes and broil on high for 5 minutes to brown the potatoes on top. Enjoy!

## Ingredients

- 2 lbs potatoes, peeled, chopped, and boiled
- 2 Tbsp. butter
- 2 Tbsp. 2% milk
- 1/4 tsp. salt
- 2 lbs lean ground beef
- 1 1/2 cups frozen peas
- 1 cup carrots, chopped
- 1/2 cup onion, chopped
- 1 Tbsp. each rosemary and thyme
- 1/4 cup Worcestershire sauce
- 2 Tbsp. minced garlic

## Nutrition Facts

12 servings per container  
**Serving 3 inch X 3 inch square size (199g)**

Amount per serving

**Calories 220**

% Daily Value\*

**Total Fat 5g 6%**

Saturated Fat 2.5g 13%

Trans Fat 0g

**Cholesterol 70mg 23%**

**Sodium 180mg 8%**

**Total Carbohydrate 19g 7%**

Dietary Fiber 3g 11%

Total Sugars 3g

Includes 0g Added Sugars 0%

**Protein 24g**

Vitamin D 0mcg 0%

Calcium 43mg 4%

Iron 4mg 20%

Potassium 680mg 15%

\*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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."

- Edith Sitwell

**Questions or Additional Information:**

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

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