



HEALTHY FAMILIES

FAMILY & COMMUNITY HEALTH NEWSLETTER
TEXAS AGRILIFE EXTENSION - HALE COUNTY



WELCOME FRIENDS!

I am so excited to welcome you to the Healthy Families Newsletter! This is a place to find recipes, easy and fun home decor ideas, organizational strategies, as well as exercise and nutrition tips that will allow you to feel your best!

I will also share upcoming educational events that might be of interest to you. I can't think of a better month to start a newsletter than December -the most wonderful time of the year! May you and your family be blessed this holiday season!

MAKE YOUR HOLIDAY COFFEE MORE HEALTHY!

One way to cut calories in your diet, is changing the additives in your coffee. The current coffee trends often provide too much sugar and fat! Here are a few tips to cut back on those calories for a healthier cup of joe!

- To reduce dairy intake, almond milk is a great non-dairy milk that you can pour into your coffee instead!
- Vanilla extract is a healthier alternative to commercially made syrup! Try a few drops!
- If you're a chocolate lover, try adding cocoa powder to your coffee. It adds a rich flavor without the added sugar.
- Spices are a great way to change up your coffee. Try a few sprinkles of cinnamon, ginger, or cardamom for an enriched flavor.

To read more, follow this link:

<https://thethingswellmake.com/7-healthy-ways-to-spice-up-your-coffee/>

GET CRAFTY!

Check out this easy craft idea for holiday snowflakes to spruce up your home for the holidays! They are so cute with glitter and simple enough that kids could help!
https://youtu.be/9YN5Q_ws3c0



By: She's Crafty and She Knows It





THIS SEASON'S SPECIALTIES

TURKEY LEFTOVERS

Turkey leftovers?! Try out this recipe below for Turkey Tacos! If you would like to search for other turkey recipes, click here: <https://dinnertonight.tamu.edu/turkey-leftovers/>.

Turkey Tacos with Cranberry Salsa

Servings: 8

Ingredients:

Turkey Taco

- 8 corn tortillas
- 1 lb extra lean ground turkey (or turkey leftovers)
- 1 cups low fat Monterey Jack Cheese blend
- 2 cups lettuce sliced thin
- 1 bunch cilantro for garnish

Cranberry Salsa

- 15 oz whole berry cranberry sauce
- 1/2 apple seeded
- 1 jalapeno seeded
- 1 tsp sugar
- 2 tbsp ginger chopped and peeled
- 2 tbsp cilantro
- 1 tbsp lemon juice

Instructions

Taco

1. Brown the ground turkey in a skillet. Place in bowl for assembly.
2. Shred lettuce. Place in bowl for assembly.
3. Place cheese in bowl for assembly.

Cranberry Salsa

1. In a food processor add the cranberry sauce, apple, jalapeno, sugar, ginger, cilantro, and lemon juice. Blend well. Place in bowl for assembly.

Assemble the Tacos

1. On a corn tortilla place the turkey, then lettuce, then cranberry salsa, then cheese.
2. Enjoy!

Nutrition Facts

Turkey Tacos and Cranberry Salsa

Amount Per Serving

Calories 273

Calories from Fat 54

% Daily Value*

Total Fat 6g 9%

Saturated Fat 3g 15%

Polyunsaturated Fat 1g

Monounsaturated Fat 1g

Cholesterol 48mg 16%

Sodium 128mg 5%

Potassium 182mg 5%

Total Carbohydrates 35g 12%

Dietary Fiber 3g 12%

Sugars 19g

Protein 20g 40%

Vitamin A 13%

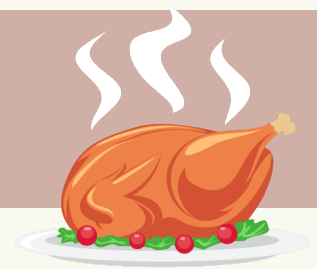
Vitamin C 10%

Calcium 13%

Iron 10%

* Percent Daily Values are based on a 2000 calorie diet.

FIND INFORMATION ABOUT SAFELY COOKING YOUR TURKEY, HERE:
[HTTPS://AGRILIFETODAY.TAMU.EDU/2021/11/09/TALKING-HOLIDAY-TURKEY-WITH-TEXAS-AM-AGRILIFE-EXTENSION-SERVICE/](https://agrifetoday.tamu.edu/2021/11/09/talking-holiday-turkey-with-texas-am-agrilife-extension-service/)



HOLIDAY TRAVEL

Christmas is right around the corner! If you have children 8 years old or under, make sure they are secured safely in a child safety seat for those holiday trips! Not sure if they are buckled in correctly? Come to the car seat inspection event on December 12th in Plainview, TX. See information below!



FREE Car Seat INSPECTION

Are your children **BUCKLED UP** correctly??

Date: Monday, December 12

Time: 11:00 AM - 1:00 PM

Location: Smith Auto Family Plainview
1100 I-27, Plainview, TX

Questions: Shawnte Clawson, Texas A&M AgriLife
806-291-5267

Bring your child and know their weight and height.

Limited amounts of diapers will be given to each parent receiving an inspection. (Sz. 5 Pampers Swaddlers)

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TOP 5 TIPS FOR KEEPING YOUR HOLIDAYS STRESS FREE!



For some people, the holidays are a happy and joyous time where families get together, friends are reunited, and food and gifts are shared. However, for many people, the holidays can be one of the most difficult times of the year. Along with joy, the holiday season can bring unwelcome guests and excessive demands. Cooking, shopping, cleaning, decorating, and parties, just to name a few. All these extra pressures can lead to stress, depression, and many other mental health issues. Below are five tips to prevent a holiday meltdown.

1. **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events or communities. Many may have websites, online support groups, social media sites or virtual events. They can offer support and companionship.
2. **Volunteer.** Dedicating your time to help others is a good way to lift your spirits and broaden your friendships. For example, consider dropping off a meal and dessert at a friend's home during the holidays.
3. **Take a breather.** Make some time for yourself. Find an activity you enjoy. Take a break by yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm. Some options may include:
 - Taking a walk at night and stargazing
 - Listening to soothing music
 - Reading a book
4. **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.
5. **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Choose nutritious foods, get plenty of sleep, and include regular exercise in your holiday plans.

Read more here! <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>.

TEXAS A&M
AGRILIFE
EXTENSION

Hale County Extension Office
225 Broadway, Suite 6
Plainview, TX 79072
Phone: 806-291-5267



Shawnte Clawson, Ph.D.
County Extension Agent
Family & Community Health
shawnte.clawson@ag.tamu.edu