

FEBRUARY 2023

HEALTHY FAMILIES



FAMILY & COMMUNITY HEALTH NEWSLETTER
TEXAS AGRILIFE EXTENSION - HALE COUNTY



WELCOME FRIENDS!

How are we already in February? This month has flown in and out like the West Texas wind! February is known as "heart-healthy month." That makes sense, right? Not only do we think about the emotional state of our hearts in February, but the physical condition! This month's newsletter will focus on keeping our hearts and bodies in the best shape for our daily challenges.

I hope this edition inspires you to take some time to eat, exercise, and sleep well to give your body all it needs to live your best life. Enjoy!

BOOSTING YOUR HEART HEALTH

The human heart is the most vital muscle in our body, and with any muscle, there are ways to strengthen it. Make some easy adjustments, and you will improve your heart in no time! According to the American Heart Association, Americans who intend to protect their hearts should:

- Eat a heart-healthy diet
- Increase physical activity
- Maintain a healthy weight
- Get quality sleep
- Stop smoking
- Reduce stress
- Maintain visits with your doctor

Eating heart-healthy can be as simple as eating a rainbow worth of fresh fruits and veggies daily.

To read more, follow this link:

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart>

Hacks for Healthy Eating

Do you want to eat better, but it seems just out of reach? Click [here](https://youtu.be/sRFcyh9AFYg) for 7 EASY hacks for healthy eating at home!

Some of the suggestions include: utilizing home grocery delivery for ease of shopping, prepping vegetables so they are easy to put in salads, and making meals ahead of time for easy preparation.



By: The American Heart Association



THIS SEASON'S SPECIALTIES

SIMPLE SNACKS!

Needing some quick energy for your body? Try these Double Chocolate Protein Balls for breakfast, a snack, or even dessert that will keep you full!

<https://youtu.be/pLethOU48tM>

Double Chocolate Protein Balls

Servings: 10

Ingredients:

- 1/3 cup **almond butter**
- 1/8 cup **agave nectar or honey**
- 1 scoop **protein powder**
- 1 teaspoon **unsweetened cocoa powder**
- 3 Tablespoons **chia seeds**
- 1/4 cup **mini chocolate chips**

Instructions

- Mix all ingredients in a medium bowl. Use a small scoop or tablespoon to shape ten small balls. Freeze for at least 20 minutes before serving. Enjoy!
- Note* These can be kept frozen for up to 6 months!

FIND MORE ON THE DINNER TONIGHT SOCIAL MEDIA PAGES

[HTTPS://WWW.FACEBOOK.COM/DINNERTONIGHTTX/](https://www.facebook.com/dinnertonighttx/)

[HTTPS://WWW.PINTEREST.COM/DINNERTONIGHT/](https://www.pinterest.com/dinnertonight/)

[HTTPS://WWW.INSTAGRAM.COM/DINNER_TONIGHT/](https://www.instagram.com/dinner_tonight/)

Nutrition Facts

10 servings per container

Serving size 1 ball (22g)

Amount per serving

Calories 110

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 30mg 1%

Total Carbohydrate 10g 4%

Dietary Fiber 2g 7%

Total Sugars 6g

Includes 3g Added Sugars 6%

Protein 4g

Vitamin D 0mcg 0%

Calcium 58mg 4%

Iron 1mg 6%

Potassium 108mg 2%

*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.

OTHER "DINNER TONIGHT" SNACK RECIPES (WITH VIDEOS) CAN BE FOUND HERE:

SPICED NUTS

[HTTPS://YOUTU.BE/DCFMSGIIGPG](https://youtu.be/DCFMSGIIGPG)

ZESTY GUACAMOLE DIP

[HTTPS://YOUTU.BE/LXHGEVMVQEW](https://youtu.be/LXHGEVMVQEW)

NUTTY APPLE RING

[HTTPS://YOUTU.BE/YEY_INAEMSU](https://youtu.be/YEY_INAEMSU)



SPRING CLEANING TIPS!

IT IS THAT TIME OF YEAR... FOR SPRING CLEANING! THE NEW YEAR AND WARMER TEMPERATURES OFTEN ENCOURAGE US TO REFRESH OUR HOMES. HERE ARE A FEW TIPS FROM "REAL SIMPLE" TO GET YOU STARTED!



10 MINUTE CHUNKS

Break tasks into short, productive chunks of time! Here are four things you can clean in 10 minutes.

- Open surfaces: use a dusting wand
- Doors & Switchplates: use a microfiber cloth to clean fingerprints, smudges, & germs
- Dust ceiling fans
- Baseboards: use a microfiber mop to swiftly clear dust and debris

NATURAL CLEANSER

Try this recipe for a natural cleanser!

Ingredients

- 3/4 cup water
- 3/4 cup rubbing alcohol
- 5 to 10 drops of peppermint, lemon, or orange essential oil
- 1 squirt of dish soap

Combine all ingredients in a spray bottle and shake well. Spray onto the surface and wipe with a clean cloth.

MAKE YOUR TRASH SMELL BETTER

Cooked fish or something overly fragrant for dinner? Help your kitchen smell a little more pleasant every day by placing a couple of dryer sheets (even used ones will work) on the bottom of the can. They will absorb spills and help mask odors!

CLEAN GUNK OFF YOUR OVEN DOOR

If the inside of your oven door (including the glass) is splattered with baked-on food, try this for chemical-free cleaning: Wet a scouring pumice stone, scrub, and then wipe clean with a damp microfiber cloth.

MAKE SHOWER CLEANING SECOND NATURE

Instead of procrastinating until your shower stall is a mess of mildew, make these easy cleaning tips a natural part of your morning ritual.

- Use a squeegee to remove the water from the walls and glass door after every shower. Mildew thrives in a damp environment, so wicking water off the walls will help prevent its spread.
- After each shower, spritz on a daily cleaning spray to dissolve soap scum.
- Use a Mr. Clean Magic Eraser as needed to erase mildew and scum
- To learn more, click here: <https://www.realsimple.com/home-organizing/cleaning/spring-cleaning-tips>



IF YOU LOVE THEM, BUCKLE THEM!

February is a good time to show your love by ensuring that all passengers, big and small, are always buckled up correctly before you start your vehicle. Some interesting facts you may not know about buckling up could help keep those you love safe. Check out the fact list below:



- **Most crashes happen close to home.** Therefore, buckling up is important for every trip- not just long highway trips. Going around the corner to the grocery store is not an excuse to take a chance on not buckling up. In fact, most children are killed close to home.
- **Children should ride in the back seat until they reach the age of 13.** Until a child reaches age 13, their bones are not fully developed. They do not have a mature skeleton that can take the forces of the most common type of car crash, frontal crashes. For this reason, keeping infants, toddlers, and preschoolers rear-facing in their car seats for as long as possible is important.
- **Pickup trucks, while big and strong, are twice as likely to roll over in a crash due to their higher center of gravity.** Wearing a seat belt reduces the risk of dying in a crash by up to 60 percent in a pickup truck. Sadly, the seat belt use rate for pickup truck drivers and passengers is lower than in passenger vehicles. In 2020, 61 percent of fatalities in pickup trucks were unrestrained. It is important always to ensure that the driver and every passenger in a pickup truck are buckled up.
- **Buckling up is not just for the daytime.** A 2021 survey from Texas A&M Transportation Institute noted that drivers and passengers in Texas buckle up less at night than during the day. In Texas last year, over half of the crashes in which an unbuckled occupant was killed happened during nighttime hours (6 p.m. to 5:59 a.m.).
- **Unbuckled passengers are also dangerous to others in the vehicle.** In the event of a crash, the unbuckled passenger becomes a large projectile flying around the vehicle, which can injure or kill other occupants- including those buckled up!

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