

JANUARY 2023

# 2023 HEALTHY FAMILIES

FAMILY & COMMUNITY HEALTH NEWSLETTER  
TEXAS AGRILIFE EXTENSION - HALE COUNTY



## WELCOME FRIENDS!

Welcome to 2023, friends! I don't know about you, but it always feels refreshing to have a new beginning when the new year starts. A new calendar with blank pages says it all! Whether 2022 was a good or a not-so-good year, twelve new months are waiting to offer you an opportunity to improve and refresh any area you still need to conquer!

Texas AgriLife Extension offers many programming activities to jumpstart your efforts. Whether it is a nutrition, financial, or family goal, we are here to help. Here's to 2023; let's make it the best one YET!

## ONE RESOLUTION TO KEEP? DRINK MORE WATER!

If you don't choose any other resolution this year, consider the goal of drinking more water! Water is critical to overall wellness. A few of the ways water assists the body includes: helping with weight loss, increasing physical performance, aiding in digestion, fighting off illness, boosting energy, improving mood, keeping your skin bright, and assisting with overall brain function!

### How much should I drink?

- Men: about 15.5 cups (125 ounces) daily
- Women: about 11.5 cups (91 ounces) daily

### How do I make drinking water a habit?

- Take a water bottle to work and drink it throughout the day
- Track your water intake with a daily goal!
- Drink water with your meals

To read more, follow this link:

<https://www.healthline.com/health/food-nutrition/why-is-water-important#energy>

## Home Reset

Are you ready to freshen up your house? After the Christmas decor comes down, things can seem a little bland! Here are a few ideas for making January feel fresh, new, and cozy! Check it out!

[https://youtu.be/XeK7pQ3\\_kCs](https://youtu.be/XeK7pQ3_kCs)



By: Faith and Flour



# THIS SEASON'S SPECIALTIES

## SIMPLE SOUPS!

Has the cold weather left you craving a warm dinner? Below is a recipe for Black Bean Soup! For more soup recipes and a video for this one, click here:

<https://dinnertonight.tamu.edu/recipe/black-bean-soup/>

## Black Bean Soup

Servings: 10

### Ingredients:

- 1 tablespoon olive oil
- 1/2 cup yellow onion chopped
- 1 cup carrots diced
- 1/2 cup celery diced
- 2 cloves garlic minced
- 7 cups no salt added chicken stock
- 2 cups black beans dry
- 1/2 teaspoon chili powder
- 1 teaspoon dried oregano
- 1 avocado cut into 10 slices
- 1/2 cup reduced-fat shredded cheddar cheese

### Instructions

- On the saute' function of an electric pressure cooker, add the olive oil, onion, garlic, carrots, and celery to the inter pot and saute' for 5 to 7 minutes.
- Add chicken stock, dried black beans, chili powder, and dried oregano. Stir to combine.
- Place the lid on the electric pressure cooker. Set it to manual and set the time for 35 minutes.
- Once the time is up, let the pressure cooker naturally release pressure for about 10 minutes.
- Remove the lid and stir. Top each serving with 2 teaspoons of cheese and a slice of avocado.

## Nutrition Facts

10 servings per container  
Serving size 1 Cup Soup, 2 tsp  
Cheese, 1/10 of  
avocado (264g)

Amount per serving  
**Calories** **220**

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 135mg	6%
Total Carbohydrate 29g	11%
Dietary Fiber 8g	20%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 111mg	8%
Iron 2mg	10%
Potassium 954mg	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.

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

### ITALIAN TORTELLINI SOUP

[HTTPS://DINNERTONIGHT.TAMU.EDU/RECIPE/ITALIAN-TORTELLINI-SOUP/](https://dinnertonight.tamu.edu/recipe/italian-tortellini-soup/)

### CREAMY HAMBURGER POTATO SOUP

[HTTPS://DINNERTONIGHT.TAMU.EDU/RECIPE/CREAMY-HAMBURGER-POTATO-SOUP/](https://dinnertonight.tamu.edu/recipe/creamy-hamburger-potato-soup/)

### BUTTERNUT SQUASH SOUP

[HTTPS://DINNERTONIGHT.TAMU.EDU/RECIPE/BUTTERNUT-SQUASH-SOUP/](https://dinnertonight.tamu.edu/recipe/butternut-squash-soup/)



# FINANCIAL WELLNESS

ARE YOU INTERESTED IN **CUTTING BACK** YOUR EXPENSES IN 2023? THE HOLIDAYS OFTEN ENCOURAGE OVERSPENDING, SO JANUARY IS A GREAT TIME TO GET BACK ON TRACK! HERE ARE A FEW IDEAS FOR SLIMMING DOWN THE BUDGET.



## FREE OR LOW COST FUN

- Take a walk at the park or local walking trail
- Family game night or movie night
- Potluck dinner with family or friends
- Enjoy a local sporting event
- Movie matinees (they are lower priced)
- Free or low-cost museums or art exhibits

## SAVE GAS!

- Carpool when possible
- Maintain your vehicle
- Group your errands
- Empty the trunk / lighten your load and streamline your vehicle
- Go inside to pick up food orders or dry cleaning rather than utilizing the drive-thru.

## SAVING FOOD \$\$

- Plan weekly menus utilizing coupons and ads for grocery items
- Are you eating out often? Track how you are spending your grocery dollars.
- Take your lunch to work.
- Drink water! It is a less expensive beverage option!
- Make coffee at home instead of going to the cafe.

## PAY YOUR BILLS ON TIME

- Paperless billing can reduce extra fees
- Automatic payments allow you to always pay on time
- Use a free app to track your spending
- Put a reminder on your phone calendar to remind you of due dates

## HABITS THAT CAN SAVE YOU MONEY

- Just say "NO!"
- Ask yourself WHY you are buying something and if you really need it
- Institute a waiting period before making a purchase
- Comparison shop
- Implement a "no spend" day several days a week, in which you challenge yourself and family members not to spend any money!
- Turn off applications on your phone that cost money.
- Shop with a list.
- To learn about apps that assist with tracking spending, click here: <https://www.cnbc.com/select/best-expense-tracker-apps/>



# NEW YEAR'S RESOLUTIONS TO IMPROVE YOUR MENTAL HEALTH

Although most New Year's resolutions get a bad rap, some are worth considering! Could you take some time to improve your mental health in 2023? Below are five tips for focusing on your overall well-being for the new year!



- **Exercise Regularly.** Exercise boosts the ‘happy chemicals in the brain, known as endorphins, which ultimately improve your mood and sense of well-being. Try and make an effort to exercise every day, even if this is going for a short walk, and you’ll likely feel better as a result, both physically and mentally.
- **Eat healthy.** Not only does this have obvious physical health benefits, but a healthy diet full of vitamins and nutrients can also positively affect your mental wellbeing. Research suggests that foods rich in folic acid (such as avocado and spinach), and omega-3 acids (such as salmon and tuna), can improve your mood and lower stress and anxiety.
- **Get plenty of sleep.** Sleeping helps us to recuperate both physically and mentally, resulting in alertness and a positive mood the next day. The average adult needs around eight hours of sleep a night to rest fully.
- **Practice self-care.** It can be easy to focus on the needs of other people in your life at the expense of your own needs, but taking just a small amount of time for yourself can be hugely beneficial to your psychological health. Planning some time doing things that make you happy such as a hot bath, reading a magazine, or listening to your favorite music, can help you recharge!
- **Take a break from social media.** As a way of starting the New Year on a positive note, you could try logging out of your social media accounts and evaluating the impact that this has on your general mood, stress and anxiety levels, and overall well-being. You might find that you’re much happier without having a constant insight into other people’s lives.

Read more here! <https://www.priorygroup.com/blog/new-years-resolutions-to-improve-your-mental-health>

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