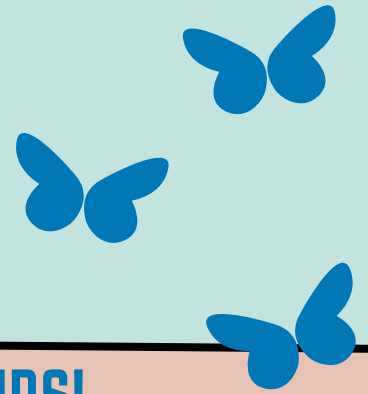


MARCH 2023

HEALTHY FAMILIES

FAMILY & COMMUNITY HEALTH NEWSLETTER
TEXAS A&M AGRILIFE EXTENSION - HALE COUNTY



WELCOME FRIENDS!

March is known as "Living Well" Month. Living well may sound like a physical endeavor, but it is much more than that. Living well has eight dimensions that will help you live your best life! We will explore those in this issue of "Healthy Families." The eight dimensions include physical, emotional, environmental, financial, intellectual, occupational, social, and spiritual wellness. Let's work together to strengthen our families by taking care of ourselves in these dimensions.

Wellness

EXAMPLE OF A LIVING WELL WEEKLY SCHEDULE



2023 Living Well Weekly Schedule

March 26-31, 2023

Sunday	Get outside and soak up some vitamin D. Find a park or trail and take a walk
Monday	Make a budget for April. If needed, talk to a financial advisor to get started
Tuesday	Have a plant-based meal today
Wednesday	Schedule any doctors visits, exams, or check ups that you have been putting off
Thursday	Bring a homemade lunch to work today rather than buying fast food
Friday	Have dinner with your family, friend, or neighbor with no smart devices.

LIVING WELL AT HOME

Are you ready for a Spring / Easter refresh? Check out this video by Lorena Rosales for some ways to make your home feel as fresh as Spring!

<https://youtu.be/8bukS30W3kI>





THIS SEASON'S SPECIALTIES

SIMPLE MAIN DISHES!

This dish is sure to be a hit with the kiddos! Creamy Mac N Cheese combined with the crunchiness of nachos? Sign me up too!! Watch the video here:

<https://youtu.be/NSfgEPjx3-A>

Nacho Mac n' Cheese

Servings: 10

Ingredients:

- 12 ounces **elbow macaroni**
- 1 pound **ground beef lean**
- 2 cups **frozen corn kernels**
- 14.5 ounces **diced tomatoes**
- 1 cup 2% **milk**
- 2 tablespoons **flour**
- 1 1/4 cups **reduced fat cheddar cheese**, shredded
- 2 cups **tortilla chips**, crushed

Instructions

1. Cook macaroni according to package directions.
2. In a large skillet, brown the ground beef. Once the beef is browned, add corn, diced tomatoes, milk and flour; bring to a slow boil.
3. Add in the cooked macaroni and the cheese. Stir until cheese is melted and macaroni is coated.
4. Remove from heat and top with crushed tortilla chips.

Nutrition Facts

10 servings per container	
Serving size	(201g)
Amount per serving	
Calories	350
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 230mg	10%
Total Carbohydrate 45g	16%
Dietary Fiber 3g	11%
Total Sugars 4g	
includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 195mg	15%
Iron 3mg	15%
Potassium 500mg	10%

*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.

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/)

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)



FREEZER SUCCESS!

FREEZING FOODS IS AN EASY AND CONVENIENT WAY TO STORE FOOD, BUT MANY PEOPLE SEND FOOD TO THE FREEZER, NEVER TO BE SEEN AGAIN! MAKE YOUR FREEZER WORK FOR YOU WITH THESE TIPS!



TOP TIPS

- Cool foods completely before freezing - you can refrigerate then freeze too!
- Pack leftovers in small containers. This makes food freeze faster and reduces the need to thaw more food than necessary.
- Label and date your packages and containers, don't waste food because you don't know what it is.

MANAGE YOUR FREEZER

- Keep your freezer at least 3/4 full for efficient operation.
- Open the door as rarely as possible.
- Defrost manual freezers regularly.
- Keep the condenser coils clean.
- Keep your freezer set at 0 degrees Fahrenheit.
- Continue to use and replace foods, do not simply store them.

PACKAGING MATERIALS SHOULD:

- Be durable and leakproof.
- resistant to oil, grease or water.
- protect foods from off flavors and odors.
- Easy to fill and seal.
- Easy to mark and store.
- Made of food grade material.
- Moisture / vapor proof.
- Resistant to cracking at low temps.

CONTAINER BASICS

Watch this video to learn about the basics of freezer containers!

<https://youtu.be/aW5w2sn62TA>



ADDITIONAL FREEZER RESOURCES

Click below to download a printable freezer storage chart from the FDA so you know how long that food in your freezer is good for!

- <https://dinnertonight.tamu.edu/files/2020/04/Food-Safety-FreezerFridge-Storage-Chart.pdf>
- This is a link to a Food Freezing Guide: <https://www.ag.ndsu.edu/publications/food-nutrition/food-freezing-guide>
- Frozen chicken recipes: Chicken (tamu.edu)
- Frozen port recipes: Pork Recipes (tamu.edu)
- Frozen seafood: Seafood Recipes (tamu.edu)

THREE WAYS PARENTS ENDANGER THEIR CHILDREN ON THE ROAD

A child safety seat (CSS) is arguably the best safety device to reduce injuries and death for children; however, parents and caregivers often choose not to use them or do not take the time to learn how to install them correctly. The following are areas parents often overlook. Are you endangering the safety of your children on the road?



1. Parents Unaware of Car Seat Laws

All 50 States have mandated laws requiring children to stay in a CSS system until a certain age or height/weight. In Texas, as of 2023, the regulation is eight years old or four foot 9 inches. Parents should find out their state laws; this site can help <https://www.safekids.org/state-law-tracker>.

2. Parents Unaware of Car Seat Needs

Parents should ask their family physician about their car safety seat needs regularly. As a child grows physically and developmentally, their CSS needs change. In addition, parents can locate the correct seat for their child by checking educational websites such as the US National Highway Traffic Safety Administration (<https://www.nhtsa.gov>) and Safe Kids Worldwide (www.safekids.org).

3. Parents Unaware of Car Seat Installation Steps

Parents continually install car safety seats incorrectly, although they would consider their installations well done if asked. Bracchitta (2006) reported, in her study, when child restraints are utilized, they are misused 80% of the time. Parents should watch the CSS manufacturer's videos to learn how to employ a secure installation and fit of a CSS. These are often found on the labels affixed to the side of the CSS and can be accessed with a smartphone.

Call Dr. Shawnte Clawson to have your child's safety seat checked! She is a certified child safety seat technician who can ensure your child rides safely. If you want to make an appointment, please call the office at 806-291-5270.

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