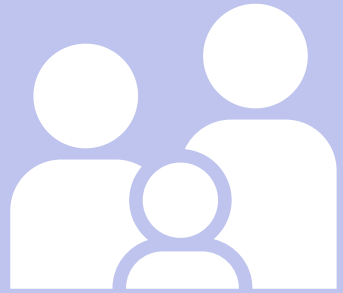


AUGUST 2024

healthy families



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



Welcome
August

WELCOME FRIENDS!

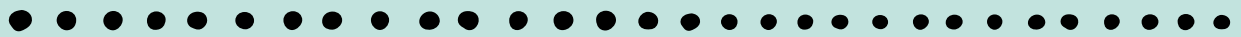
August is here....(already!!), but don't let it GIVE you the "Back to School Blues"! There are many positive aspects of getting back into a regular routine. This issue we will provide you with family meal ideas, tips for getting back to school ready, and.....

Preparation is key to a smooth transition back into the school year! Good luck!~



6

WAYS TO SOLVE KIDS' BACK TO SCHOOL BLUES



If starting back to school is giving your children some anxiety, try these 6 solutions!

1. GET IN A GOOD SLEEP ROUTINE

Set a new sleep routine before school starts. Teens need an average of 8 to 10 hours a night, while younger kids should get closer to 12 hours.

2. **PRIORITIZE DOWNTIME.** Maintaining a few hours to turn off a child's brain from excitement before bedtime can aid in resting well for a new school day.

3. **ENCOURAGE A MORE BALANCED DIET.** Eating well and drinking enough water is key to combating stress.

4. **PRIORITIZE OPTIMISM INSTEAD OF RESULTS.** For some kids, good grades can cause serious stress. Focus on the benefits of learning, instead of performance.

5. **PLAN AHEAD.** Stay organized to avoid over-scheduling. Invest in a large refrigerator calendar that allows your child to participate in the planning

6. **MANAGE YOUR OWN STRESS LEVELS, TOO.** The stress that kids feel can affect parents, as well. It's important to manage your own anxiety surrounding change.

Kid Friendly Recipe

SPEEDY QUESADILLAS

Ingredients

- 4 (8 inch) corn or low fat flour tortillas
- 2/3 cup reduced fat cheddar cheese shredded
- 1/4 cup mushrooms chopped
- 1/4 cup (about 1 - 2.25 ounce can) black olives chopped
- 2 tablespoons chopped green onions

Servings: (1/2 of a quesadilla)

Instructions

1. Coat a large nonstick skillet with cooking spray.
2. Place over medium-high heat.
3. Place one tortilla in a skillet and top with half of 1/3 of a cup with cheese.
4. Layer the olives, mushrooms, and green onions on top of the cheese.
5. Top with remaining cheese and tortilla.
6. Cook 2 minutes on each side or until lightly browned.
7. Repeat with remaining ingredients. Cut each into wedges and serve.



SAFE & FUN LUNCHBOX IDEAS

NEED NEW IDEAS FOR YOUR CHILDREN'S LUNCHBOXES? CHECK OUT THE IDEAS BELOW! THEY MIGHT EVEN WORK FOR YOUR OWN LUNCH!

NEW IDEAS FOR LUNCHBOX MEALS

- OPTION 1
 - HARD BOILED EGGS
 - BABY CARROTS & RANCH
 - PRETZELS
 - PEACHES OR APPLESAUCE
- OPTION 2
 - ALMOND BUTTER & JELLY
 - STRING CHEESE
 - FRUIT CUP
 - CHIPS
- OPTION 3
 - PASTA SALAD
 - YOGURT
 - GRANOLA BAR
 - RASPBERRIES
-
- OPTION 4
 - CRACKERS
 - CHEDDAR CHEESE CUBES
 - GRAPES
 - PROTEIN BAR



- OPTION 5
 - TURKEY & CHEDDAR ROLL
 - FRESH BERRIES
 - YOGURT
 - TRAIL MIX
-
- OPTION 6
 - HUMMUS
 - PITA BREAD
 - GRAPE TOMATOES
 - SLICED ORANGES
-
- OPTION 7
 - CHEESE QUESADILLA
 - GUACAMOLE
 - SALSA
 - TORTILLA CHIPS
 - STRAWBERRIES
-
- OPTION 8
 - BAGEL & CREAM CHEESE
 - YOGURT TUBE
 - FRUIT

SAFE LUNCHBOX PACKING

1. **Freeze or refrigerate** a water bottle the night before and add to lunchbox to keep it cold the next day.
2. **Pack food cold** to prevent spoiling or bacteria growth.
3. Utilize an **insulated bag** to keep food cold.
4. **Toss all leftovers** after the school day.
5. Store hot foods by **prepping the right containers** (such as a thermos for soup).
6. Packing leftovers from your evening meal is fine, just make sure they are kept cold until packing time.
7. **Involve your children** in packing their lunches, so they are excited about it!

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BENEFITS OF FAMILY *Mealttime*

TOP REASONS TO EAT TOGETHER



Memories

Taking the time to sit together at mealttime helps create positive memories for yourself and your family.



Enjoyment

The first and most important place where children learn positive attitudes about food is in the home. Eating meals together starts a lasting and positive relationship with food.



Communication

Having conversations at mealttime increases your children's vocabulary. Encourage them to speak by asking about the best part of their day and probe more about what made the best part so great.



Love

Children watch and imitate adults and look to them to learn proper behavior, from saying please and thank you to learning about fitness and nutrition. Mealttime is the ideal time to remind your children every day that they are important and loved.

