

JULY 2024

# HEALTHY FAMILIES

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

## WELCOME FRIENDS!

We have officially made it through half of the year! It is hard to believe that 2024 is moving so fast. I hope you have picked up some healthy habits this year, but if you haven't, you have six more months to make it happen!

Did you have a happy Fourth of July holiday? Although it was hot, it was fun to have a few days away from the "everyday" life and spend time with friends and family, right? Check out this month's newsletter to find fun recipes, ideas for easy snacks and some safety tips as well. Here's to a great July!



### 21 FUN CAR GAMES FOR KIDS

Find the video Here:

<https://www.parents.com/fun/vacation/ideas/8-fun-car-game-ideas/?>

Some games include a license plate game, trivia questions, storytime, the alphabet game, and the animal name game!



### NATIONAL ICE CREAM MONTH

President Ronald Reagan designated July as National Ice Cream Month, along with the third Sunday of the month, as National Ice Cream Day. Here are some ways to celebrate the month of ice cream!

1. Visit your local ice cream shop
2. Make your own ice cream.
3. Set up an at-home sundae bar.
4. Track down the local ice cream truck.
5. Gift someone with ice cream!



# THIS SEASON'S SPECIALTIES

## DESSERT RECIPE

Summer is the perfect time for a bowl of cold ice cream. Although, it can be full of sugar! Try out this three-ingredient protein-packed ice cream! You don't even need an ice cream maker! <https://lowcarbium.com/protein-ice-cream/>



## Protein Ice Cream

Servings: 6

- Ingredients:
- 30 ounces of unsweetened coconut milk
- 1 teaspoon of vanilla extract
- 1 1/4 cups of keto-friendly flavored protein powder

### Instructions

1. Clean your hands and your preparation area.
2. Place all of the ingredients into a blender or food processor, and blend until smooth.
3. Pour the mixture into a well-greased loaf pan.
4. Freeze for several hours until hardened.
5. Once frozen solid, remove for 10-15 minutes from the freezer before serving.

### Variations

The great thing about this recipe is you can add any flavor of protein powder to make any flavor of ice cream you would like. Another idea is to add frozen bananas or berries to make a fruity ice cream which also gets your fruit serving for the day!

## Nutrition Facts

6 servings per container

**Serving size** 1

**Amount Per Serving**

**Calories** 110

% Daily Value\*

<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 220mg	<b>10%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 19g	<b>38%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 244mg	<b>20%</b>
Iron 2mg	<b>10%</b>
Potassium 68mg	<b>2%</b>

\*The % Daily Value (DV) 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.

## STORING BERRIES

- **STORE BERRIES IN THE REFRIGERATOR FOR THE LONGEST LIFE AND BEST QUALITY. IF YOUR REFRIGERATOR HAS A FRUIT & VEGETABLE DRAWER, STORE THEM THERE.**
- **WASH BERRIES ONLY JUST BEFORE USING OR CONSUMING. WASHING BERRIES BEFORE STORING CAN ADD EXCESS MOISTURE AND PROMOTE MOLD GROWTH.**
- **USING A COLANDER – RINSE BERRIES UNDER GENTLE, COOL, RUNNING WATER TO REMOVE AND DIRT OR DEBRIS.**
- **TO FREEZE: PLACE BERRIES IN A FREEZER SAFE BAGGIE AND LAY AS FLAT AS YOU CAN IN THE FREEZER TO TRY AND PREVENT CLUMPING.**

# CONQUER SUMMER SNACKING

IT'S SUMMER TIME AND THAT MEANS THE FRIDGE AND PANTRY NEED TO BE STOCKED! MAKE SNACKING EASIER BY PREPACKAGING HEALTHY TREATS FOR YOUR CHILDREN AT HOME. PACK IN CLEAR BAGS OR CONTAINERS TO MAKE IT VISIBLE WHEN GRABBING ON THE GO! ADD SOME OF THESE HEALTHY SNACK IDEAS BELOW TO YOUR GROCERY LIST...THEY ARE KID APPROVED!



# 30

# HEALTHY & EASY SUMMER SNACKS

- Celery Stick topped with Peanut Butter & Raisins
- Clean & Package Grapes-15 is a serving
- Frozen Fruit-banana, berries, grapes, mango
- Sunflower or Pumpkin Seeds
- Plain Greek Yogurt topped with Peaches
- Popcorn- Air Popped
- Dill Pickle
- Applesauce topped with Cinnamon
- Baby Carrots dipped in Hummus
- Watermelon, Cantaloupe, Honeydew
- Low-Fat Cottage Cheese topped with Pineapple
- Fruit Smoothies
- Lettuce Wraps
- Rolled up Turkey Breast with Hummus
- Tortilla Chips & Salsa

- Sugar Snap Peas
- Almond Butter on Rice Cake
- Peanuts, Almonds, Walnuts, Pistachios
- Fresh Fruit Frozen Pops
- Cherry Tomatoes
- Fresh Berries
- Orange, Grapefruit, Mandarin Orange
- Sliced Cucumber with Lime Juice
- Broccoli Flowerets with Low-Fat Dip
- 100% Fruit Juice-6 oz.
- Bell Peppers with Low-Fat Dip
- Tortilla Chips & Guacamole
- Mozzarella Cheese Stick
- Cucumber Sandwich-Turkey & Cheese
- Banana Slices with Peanut Butter



# CHILD SAFETY

**1 in 4 Hot Car Deaths  
happen when kids  
get trapped in cars.**



Prevent Hot  
Car Deaths



**ONCE YOU PARK, STOP. LOOK. LOCK.**

1. Never leave a child in a vehicle unattended for any time. Rolling windows down or parking in the shade does little to change the vehicle's interior temperature.

2. Make it a habit to check your entire vehicle — especially the back seat — before locking the doors and walking away.

3. Ask your childcare provider to call if your child doesn't show up for care as expected.

4. Place a personal item like a purse or briefcase in the back seat, as another reminder to look before you lock. Write a note or place a stuffed animal in the passenger's seat to remind you that a child is in the back seat.

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A handwritten signature of Shawnte Clawson in black ink on a white background.