

AUGUST 2023

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.



Summer Salad

THIS SEASON'S SPECIALTIES

MAIN DISH RECIPE

Salads can be a refreshing and light meal to have during the summer! This summer salad recipe helps you get a little bit from each food group. Try out this tasty recipe:

<https://dinnertonight.tamu.edu/recipe/summer-salad/>

Summer Salad

Servings: 6

Dressing

- 1 [avocado](#) sliced
- 1/4 cup [water](#)
- 3 tablespoons [lime juice](#)
- 2 tablespoons [vegetable oil](#)
- 2 teaspoons [chipotle in adobo sauce](#) minced
- 1 [garlic clove](#) minced

Salad

- 2 cups [frozen corn kernels](#) thawed and drained
- 4 medium [Roma](#) tomatoes seeded and diced
- 1 cup [jicama](#) diced
- 4 medium [tomatillos](#) diced
- 2 medium [jalapenos](#) seeded and diced
- 1/4 cup [green onion](#) sliced
- 1/2 cup [cilantro](#) chopped

Instructions

General

1. Clean your preparation area and wash your hands. Wash your vegetables (tomatoes, jicama, tomatillos, jalapenos, green onions, and cilantro).

Dressing

1. Combine all ingredients in a blender or food processor and blend until smooth.
2. Set aside while preparing salad or refrigerate until ready to serve.

Salad

1. Combine all ingredients and gently toss.
2. Drizzle with dressing and toss until evenly coated.

Nutrition Facts

6 servings per container	
Serving size	(245g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 19g	7%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 567mg	10%
<small>*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.</small>	

BENEFITS OF CHICKEN:

- Dark meat typically contains more vitamins
- Builds muscle
- Aiding in weight loss
- Eating more poultry can reduce your risk of cancer

CHICKEN IS A GREAT LOW-FAT PROTEIN. TRY OUT THESE TASTY RECIPES!

CHICKEN CAPRESE SPAGHETTI SQUASH

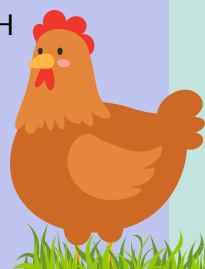
[HTTPS://YOUTU.BE/Q_4PLFQQARQ](https://youtu.be/Q_4PLFQQARQ)

CHICKEN GYRO SHEET PAN MEAL

[HTTPS://YOUTU.BE/GD0RPJ6GWMG](https://youtu.be/GD0RPJ6GWMG)

CHICKEN FLAUTAS AIR FRYER

[HTTPS://YOUTU.BE/H5SXQGPULTM](https://youtu.be/H5SXQGPULTM)



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!



FAMILY MEALTIME



Think about what usually brings people together. It usually is a holiday gathering, but what is included in those gatherings? Yummy food!

NATIONAL EAT OUTSIDE DAY

With summer wrapping up and kids heading to school soon, sometime this month try to have a nice end-of-summer meal outside! Because it is so hot, the evening time would probably be best! Try stringing up lights or find a fun tablecloth for your table. You could do this sometime this month, or on national eat outside day which is August 31st. This unofficial holiday encourages families to eat outside as an excuse for people to go outdoors, enjoy fresh air, and get some Sun!

WHY FAMILY MEALS MATTER

The fall is always a busy time for families whether it is football games or crazy school/work schedules. Although, most family members are home in the evening time for dinner. Instead of eating in the living room watching television, try to sit at the table and have conversations with your family about each others' days.

BENEFITS OF EATING AS A FAMILY

- Dining as a family can create an environment for parents to lead by example for their children. Children who eat with their families consume more fruits, vegetables, milk, and dairy foods compared to those who eat fewer family meals.
- Adults report that eating as a family is a positive portion of their day. Mealtimes create a feeling of togetherness and family cohesion.
- There is an association between family meal frequency and lower rates of obesity. Family meals consumed while distracted, (like watching television, taking phone calls, or reading the mail) may actually increase food consumption.

Read about more benefits here: <https://dinnertonight.tamu.edu/benefits-family-mealtime/>

CONVERSATION STARTERS

So, you are excited to start incorporating nightly dinners with your family but are not sure what to talk about during this time? Try some of these conversation starters to get everyone talking!

First, ensure you have created a supportive and encouraging environment. Begin by asking how their day was. It could be about school, sports practice, or anything else! You could then discuss the meal you have made. Do they like it? What is their favorite or what would they like to have the next day. Lastly, you can then ask fun questions like, "If you were an animal, which one would you be?" This helps get the family laughing and making lasting memories together!

Read more conversation starters here: <https://dinnertonight.tamu.edu/tag/fm-conversationstarters/>



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