

JULY 2023

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 2023 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? This month we have several programs you may be interested in attending. Check out our social media platforms for more information! You are also always welcome to call our office! Here's to a great July!



STRAWBERRIES ANYONE?

ENJOY YOUR HARVEST

Strawberry

HOW TO SELECT THEM...

Ripe strawberries are shiny & firm, bright red in color with green, fresh caps. Strawberries **do not continue to ripen after picking**, so be sure to pick them while they are ripe! Eat strawberries within one to three days.

TRICKS FOR PREPARING THEM...

Only wash one portion at a time or what you intend to use immediately. **Wash them in cool running water using a colander, remove tops & enjoy!** If you soak in water, the fruit will lose color and flavor. Do not use soap, dish detergent or bleach to clean them, these will absorb into the fruit. If you have too many to eat in a few days, freeze them for later!

NUTRITION FACTS:

- High in Vitamin C
- Great source of carbohydrates for energy
- Contain Vitamins B6 and K, Fiber, Folic acid, Potassium and some Amino Acids

Swipe for recipes >>>>>>



The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.



STRAWBERRY RECIPE

Below is a link to our Hale County Extension Facebook page with the **CHOCOLATE DRIZZLED DRIZZLED STRAWBERRIES & CREAM PIE** recipe! Check it out here!

<https://www.facebook.com/photo/?fbid=242804581844238&set=pb.100083440945104.-2207520000>

CHOCOLATE DRIZZLED STRAWBERRIES & CREAM PIE

WHAT YOU NEED:

Serves: 8 | Total prep time: 30-45 minutes

- 1 quart of fresh strawberries
- 1 8 oz. cream cheese (room temperature)
- 1/2 tsp. vanilla
- 1/4 c. packed light brown sugar
- 1 c. heavy whipping cream
- 1/4 c. powdered sugar
- 1 9" graham cracker crust
- 1-2 oz. chocolate (to melt)



Source: ourbestbites.com/chocolate-drizzled-strawberries-and-cream-pie/



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://lowcarbyum.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*

Total Fat 3g 4%

Saturated Fat 1g 5%

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 1g

Cholesterol 40mg 13%

Sodium 220mg 10%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 19g 38%

Vitamin D 0mcg 0%

Calcium 244mg 20%

Iron 2mg 10%

Potassium 68mg 2%

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.

NEED SOMETHING TO KEEP YOUR KIDS BUSY? HAVE THEM MAKE THESE KID-FRIENDLY SNACKS!

★ CHOCOLATE CAMO PUDDING
[HTTPS://YOUTU.BE/IN33VNJKFMG](https://youtu.be/in33vnjkfmg)

★ FLATBREAD PIZZA

[HTTPS://YOUTU.BE/H-X-LPJEIIK](https://youtu.be/h-x-lpjeiik)

★ UNICORN POPSICLES

[HTTPS://DINNERTONIGHT.TAMU.EDU/RECIPE/UNICORN-POPSICLES/](https://dinnertonight.tamu.edu/recipe/unicorn-popsicles/)

Find more kid-friendly recipes here:
<https://dinnertonight.tamu.edu/recipes-kid-friendly/>

CHILD PASSENGER SAFETY NEWS

CHILD SAFETY SEAT CHECKUP EVENT - SATURDAY, JULY 22ND



TEXAS A&M
AGRI LIFE
EXTENSION

Saturday, July 22nd @ the JOY CAMPAIGN, 10AM - 12PM
in partnership with
OIMZION International Global Ministries and Missions
106 W. 2nd Street, Plainview, TX 79072

BACK TO SCHOOL

Child Safety Seat Checkup

Make sure your children can be safely transported to school! Car safety seat checks and booster seat giveaways will be completed by a certified safety seat technician.

THINGS TO KNOW BEFORE ATTENDING CHECK UP!

A child safety seat checkup event allows parents to check the car seat they have for safety. Is it appropriate for your child's age, weight, and height? On Saturday, July 22nd, several certified child safety seat technicians will be on hand to check child safety seats. If a child you know does NOT have a seat, we will have some car seats on hand (for free). They will go fast, so get there early if you need a new one! To expedite the check, here are a few things to know!

1. A child safety seat check will **take at least 15 minutes**, probably 30 minutes.
2. The child **must be present** to check the seat or receive a new car seat!
3. Be sure you know the **child's weight, height, and age!**

GRILLING 101

Grilling is very popular during the summer because the weather is so nice outside! Brush up on these grilling tips to ensure you will make the best food while doing it safely.

A FOOD THERMOMETER IS A MUST-HAVE IS A MUST-HAVE

Food thermometers tend to be overlooked and viewed as unnecessary by most people. Although, you can not determine if your food is done just by looking at it. Don't have a thermometer? No problem! Try out this one:

<https://shorturl.at/sxDNU>

SAFE MINIMUM INTERNAL TEMPERATURES:

- Beef, veal, lamb, steaks, and roasts: 145° with a three-minute "rest time" after removal from the heat source.
- Ground meats: 160°F
- Poultry (whole, parts, or ground): 165°
- Plant-based protein: follow package instructions

GRILLING SAFETY

- Keep your food refrigerated until it is time to grill. If the food gets too warm, foodborne illnesses could arise.
- Do not cross-contaminate: throw away any marinades and sauces that have touched raw meat. Also, always use clean utensils and a clean plate for removing cooked meat from the grill.
- Put leftovers in the refrigerator or freezer within 2 hours of grilling to prevent germs.

Learn more about grilling 101 on our Dinner Tonight page:

<https://dinnertonight.tamu.edu/grilling-3/>



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