

# Family and Consumer Sciences “Connections” in Lampasas County

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## It’s Summer Time!

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The days are long and there is plenty of sunshine. It’s a great time of year to get outside and get moving with activities you enjoy, especially with your family!

For youth and adults participating in physical activity like hiking, swimming, or various sports, healthy eating is essential for optimizing performance. Combining good nutrition and physical activity can lead to a healthier lifestyle. Use these tips from the United States Department of Agriculture’s MyPlate website ([www.choosemyplate.gov](http://www.choosemyplate.gov)) to combine good nutrition and physical activity to make the most of your summer!

First, maximize with nutrient-packed foods. Give your body the nutrients it needs by eating a variety of whole grains, lean proteins, fruits, vegetables, and low-fat dairy. Eat fewer foods high in solid fats, added sugars, and sodium.

Energize with grains! Your body’s quickest energy source comes from grain foods such as breads, pasta, oatmeal, cereals, and tortillas. Be sure to make at least half of your grain food choices whole-grain foods like whole-wheat bread, tortillas, pasta, and brown rice.

Power up with protein! Protein is essential for building and repairing muscle. Choose lean or low-fat cuts of beef and pork, and skinless chicken or turkey. Choose seafood protein sources twice a week. Quality protein choices come from plant based foods, too! Choose beans and peas (kidney, pinto, black, chickpeas), soy products (tofu, veggie burgers, tempeh), and unsalted nuts and seeds.

Don’t forget fruits and veggies! Get the nutrients your body needs by eating a variety of colors. Try black, red, or blue berries; red, green, or yellow peppers; and dark greens like spinach and kale. Fresh is best, but frozen, low-sodium canned, dried, and 100% juices are all excellent options!

Be sure to include dairy foods such as fat-free and low-fat milk, cheese, yogurt, and fortified soy beverages (soymilk) to build and maintain strong bones needed for everyday activities.

Hydration is critical in the hot, dog days of summer! Stay hydrated by drinking water instead of sugary drinks. Keep a filled reusable water bottle with you to always have water on hand. Turn the page to read more about staying hydrated.

Information provided by Amanda R. Scott, MS, RD, LD, Program Specialist, Expanded Food and Nutrition Education Program, Texas A&M AgriLife Extension Service, College Station, Texas. August 2015.



# Water, The Forgotten Nutrient

Water is an essential nutrient that every cell, tissue, and organ of the body needs. In fact, our bodies are made up of about 75% water.

Some functions of water include:

- ⇒ Transports nutrients, oxygen, and wastes.
- ⇒ Helps medication to work properly.
- ⇒ Keeps skin, eyes, and mouth moist.
- ⇒ Helps prevent constipation.
- ⇒ Helps temperature regulation in the body.

*How much water do I need every day?*

Healthy adults of all ages need about six to eight glasses of water every day. During hot, humid weather or strenuous activity, fluid loss may be much higher, so fluid intakes should be higher, too.

Here are some easy tips to add water to your diet:

- ⇒ Take frequent water breaks throughout the day.
- ⇒ Start lunch or dinner with a cup of soup.
- ⇒ Take a bottle of water with you when you go out.
- ⇒ Drink milk during meals.
- ⇒ Enjoy decaffeinated teas and coffees.
- ⇒ Take time out with a friend to share a beverage.

*How do I know if I'm dehydrated?*

Dehydration can occur in people of all ages including older adults, infants, children, athletes or anyone on a hot day. If you are experiencing signs of dehydration, replace lost fluids immediately. If symptoms persist, see your health care provider.

Signs of dehydration include:

- ⇒ Thirst, dry mouth, flushed skin.
- ⇒ Fatigue.
- ⇒ Headache.
- ⇒ Dizziness, weakness.
- ⇒ High body temperature.
- ⇒ Increased breathing rate, rapid pulse.
- ⇒ Dark yellow urine.
- ⇒ Skin that stays in a pinched position.



# Preparing for July Celebrations!

## Buckle Up for Safety!!!

Although they tend to think of themselves as indestructible, teens have a higher fatality and injury rate in motor vehicle crashes than any other age group. This tendency may be due to their inexperience as drivers and their willingness to take risks behind the wheel such as speeding, driving after drinking, and not wearing their safety belts. According to AAA, July and August are typically two of the deadliest months for teenage driving in the. Roughly 100 sixteen and seventeen year old drivers are killed in crashes on average in the months of July and August—more than any other month!

For young drivers, safety belt use is the single most effective way to decrease injuries and deaths in car crashes. Unfortunately, teens are less likely to wear their safety belts than any other age group. This fact is particularly true for male teens who are even less likely to be using safety belts than their female counterparts.

**Increasing safety belt use, especially among teens, can help prevent tragedies and break the cycle of July and August being the deadliest months of the year for young drivers and their passengers.**



The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

## Check out these daily July celebrations:

1st - Creative Ice Cream Flavors Day

4th - **Independence Day!!!**

7th - Chocolate Day

11th - Cheer Up The Lonely Day

16th - Fresh Spinach Day

20th - National Lollipop Day

24th - Cousins Day

30th - Father-In-Law Day



## Did you know that July is National Blueberry Month?



## Freezing Blueberries



clipartof.com/1351868

### Clean!

- Wash hands with hot soapy water.
- **Quick Tip: Washing blueberries before freezing can cause tough skin! To prevent this, wait to wash before using or eating, not before freezing.**



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### Freeze!

- Spread blueberries out on a tray.
- Remove any bruised or undesirable berries.
- Place tray of berries in the freezer until the berries are fully frozen.
- Store berries in a freezer container.



clipartof.com/1351868

### Eat!

- Throw your blueberries into yogurt, oatmeal, or a smoothie.

# Jiggling Juice



## Kitchen Gear:

dry measuring cup  
liquid measuring cup  
heatproof bowl  
spoon  
small pot

4 short glasses or small bowls

## Ingredients:

2 cups 100% white grape juice (\*Do **NOT** use mango, papaya, kiwi, or pineapple juice.)

1 envelope unflavored gelatin (1/4 ounce package)

1 cup berries mixture (\*Do **NOT** use mango, papaya, kiwi, or pineapple.)

## Directions:

1. Put 1/2 cup fruit juice in the heatproof bowl and sprinkle gelatin over it. (This is called "blooming" the gelatin, and it makes it easier to dissolve later.)
2. Put the rest of the juice in the pot and put the pot on the stove. Turn the heat to medium and bring the juice just to a boil.
3. Carefully, pour the boiling juice over the gelatin mixture and stir until the gelatin dissolves, about 2 minutes.
4. Put 1/4 cup fruit in each glass or small bowl, then add 1/2 cup of the gelatin mixture.
5. Refrigerate until firm, about 4 hours.

[www.chopchopmag.org/recipe/jiggling-juice](http://www.chopchopmag.org/recipe/jiggling-juice)



### \* Did you know?

Gelatin is made of a protein called collagen. Some fruits contain a substance called protease that works like scissors to cut up the protein strands. If you use those fruits, your gelatin won't set properly!



## Lampasas County News



Many people are harvesting their gardens and plan to preserve their harvest. If you are planning to pressure can your food you should have your dial gauge checked yearly. Bring your canner by the Extension office to have it tested. My Dial Gauge Tester will test canners made by Presto, National (those made by the National Pressure Cooker Company), Magic Seal (sold at Montgomery Ward) and Maid of Honor (sold at Sears). Bring your entire pressure canner at the time of testing. I also have some copies of So Easy to Preserve books for sale. This book shares directions and recipes for canning (pressure and water bath), freezing and dehydrating and is suggested by the National Center for Home Food Preservation. They are \$18 (on a first come basis).

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