

Family and Consumer Sciences “Connections” in Lampasas County

TEXAS A&M
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Let's Talk Trash! ...Food Waste

About 90 billion pounds of edible food goes uneaten each year!

That weighs 123 times the Empire State Building. This costs consumers \$370 per person each year. Reduce wasted food in your home with simple shopping, storage, and cooking practices:

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Plan and Save

Plan your weekly menu and make a grocery list. Does the list include food that you already have at home? Buy only what you need and stay within your budget

Be Food Safe

Shop refrigerated or frozen foods just before checking out. Transport items that spoil easily in a cooler or thermal bag and refrigerate or freeze within two hours of shopping.

Check for Quality

The dates on a food package help the store determine how long to display the product for sale. It can also help you to choose a product at its best quality.

Recycle & Compost

Instead of throwing out food, create a compost bin. Talk to your Texas A&M Extension Service Agent or Master Gardeners about how to get started.

Set Storage Reminders

Track storage times in a smart phone for different foods using The FoodKeeper App. This tool will remind you when foods are near to the end of their storage date. The app features:

- Specific storage timelines depending on the nature of the product.
- Cooking tips for various products.
- Notes in your device's calendar when products are nearing the end of their storage date.
- Search the app with swipe gestures or voice control.
- U.S. Department of Agriculture's "Ask Karen" virtual representative to answer questions on preventing foodborne illness, safe food handling and safe preparation of meat, poultry and egg products.

Be Organized

Foods are less likely to go bad when you use the older items first. Keep your pantry and refrigerator clean and organized so you can see what needs to be eaten first.

Re-Purpose

Give leftovers a make-over when you reuse them in recipes. Add broccoli stems to a salad or blend overripe fruit into a low-fat smoothie. Freeze extra food.

Donate

Many shelters, food banks, and churches will accept food donations for the needy.

<https://www.choosemyplate.gov/lets-talk-trash>

<http://blogs.usda.gov/2015/04/02/new-usda-foodkeeper-app-your-new-tool-for-smart-food-storage/>

Let's talk
trash.



Master of Memory– Am I Losing My Mind?

The *Master of Memory* training provides helpful information about memory function and various strategies to help with the question of: "Am I Losing My Mind?"

Andrew Crocker, specialist for AgriLife Extension, gerontology health specialist at Amarillo, who put together a program called *Master of Memory* explains that a common **misconception** about the aging brain is that there is nothing that may be done with regard to memory or that new information cannot be learned. Often simple lapses in memory or decline in recall speed are mistaken for dementia, such as Alzheimer's disease. Some of the excuses we use are that we have:

- "Senior Moments."
- "A Brain Lapse."
- "It's just my age."

Many things can affect our memory such as drugs, alcohol, improper nutrition, and sleep. Even emotions like stress and depression, or a lack of exercise can make a difference. Memory retrieval can also be affected by how well we actually learned something to begin with.




It helps to understand two different kinds of intelligence:

- **Crystallized Intelligence** — Hard and Unbreakable. The accumulated knowledge on which a person can draw vocabulary, judgement, wisdom, and experience.
- **Fluid Intelligence** — Changing and Unstable. Speed and accuracy of Information processing - How quickly something can be learned and recalled.

There are three types of memory:

- **Sensory Memory** — Momentary sensations and impressions
- **Short-Term Memory** — Holds information for several seconds while we decide what to do with it.
- **Long-Term Memory** — Can last forever!

You can improve your ability to remember by understanding HOW you learn best:

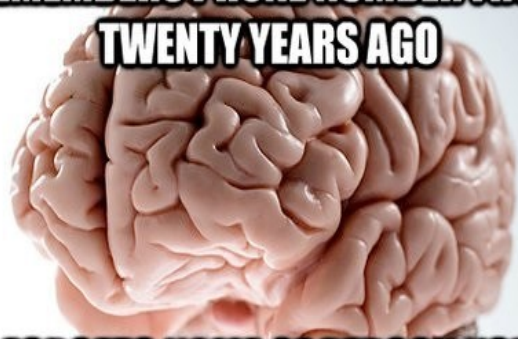
- **Auditory** — Hearing it . 
- **Visual** — Seeing it. 
- **Kinesthetic** — Doing it. 

The best learner blends the three types to maximize performance.

Find ways to make things you do day-in and day-out, fun and challenging for your brain!



REMEMBERS PHONE NUMBER FROM TWENTY YEARS AGO



FORGETS NAME OF PERSON YOU MEET AFTER 30 SECONDS

Other Master of Memory Topics

- **Memory Strategies.**
- **Nutrition and Memory Function.**
- **Medications and Memory Function.**
- **Medical Conditions and Memory Function.**
- **Exercise for the Mind and Body.**

Call your AgriLife Extension Agent for Family and Consumer Sciences to learn more about *Master of Memory* programs.

The Savvy Consumer– General Tips

The Federal Trade Commission (FTC) is the nation’s consumer protection agency. Here are some tips from the FTC to help you be a more savvy consumer:



- Know who you’re dealing with. Do business only with companies that clearly provide their name, street address, and phone number.
- Protect your personal information. Share credit card or other personal information only when buying from a company you know and trust.
- Take your time. Resist the urge to “act now.” Most any offer that’s good today will be good tomorrow too.
- Rate the risks. Every potentially high-profit investment is a high-risk investment. That means you could lose your investment — all of it.
- Read the small print. Get all promises in writing and read all paperwork before making any payments or signing any contracts. Pay special attention to the small print.
- “Free” means free. Throw out any offer that says you have to pay to get a gift or a “free” gift. If something is free or a gift, you don’t have to pay for it. Period.
- Report fraud. If you think you’ve been a victim of fraud, report it. It’s one way to get even with a scam artist who cheated you. By reporting your complaint to 1-877-FTC-HELP or ftc.gov, you are providing important information to help law enforcement officials track down scam artists and stop them!

http://fcsagents.tamu.edu/family_economics/credit/ins-and-outs/credit-score.pdf



Packaging and Storing Wild Game at Home



Game meat can provide a nutritious, tasty, low cost alternative to the traditional meat products sold in grocery stores. Nevertheless, handling and storing game meat properly is necessary to keep family and friends from getting a food borne illness. Rebecca Dittmar, food safety program specialist for AgriLife Extension in Kerrville has the following recommendations.

Basic tools common for processing are:

- rubber gloves,
- sanitized knives,
- coolers that are sanitized, insulated, and large enough to contain both meat and ice,
- A plan to transport to cold storage as quickly as possible.

To enable the meat to cool more quickly:

- Trim large muscles into smaller pieces.
- Maximize airflow by layering with ice and leaving some space in between cuts of meat.
- Package individually before moving to refrigerator or freezer.

Meat should be cooled to below 40 degrees F before packaging for the freezer. Freezer temperatures should be at 0 degrees F. Packaging materials include: butcher/ freezer paper, flexible freezer bags, or a vacuum sealer.

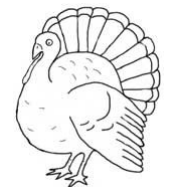


If using freezer paper:

- Step 1: Wrap the meat in plastic cling wrap.
- Step 2: Place the wrapped meat in the center of freezer paper.
- Step 3: Bring the opposite sides of the paper together and fold down the edges about 1 inch deep.
- Step 4: While folding down the edges, push out the air.
- Step 5: Fold the ends tightly to form a V.
- Step 6: Flip the package so that the seam is down, and then fold the ends over each other.
- Step 7: Seal the edges with freezer tape.
- Step 8: Label the package with its contents and the date.

Visit our YouTube page for a step-by-step video: <https://www.youtube.com/watch?v=oChAoQ21b3A>.

For best quality, the USDA recommends consuming frozen wild game within a year. If you store meats in the refrigerator, keep them at 40° F or below, and eat or freeze them within three days.



Roasted Cauliflower and Grapes



Ingredients:

- 2 lbs cauliflower florets
- 1/2 lb red grapes, halved
- 1 Tbsp minced garlic
- 2 tsp rosemary, chopped (fresh or dried)
- 1/4 cup olive oil

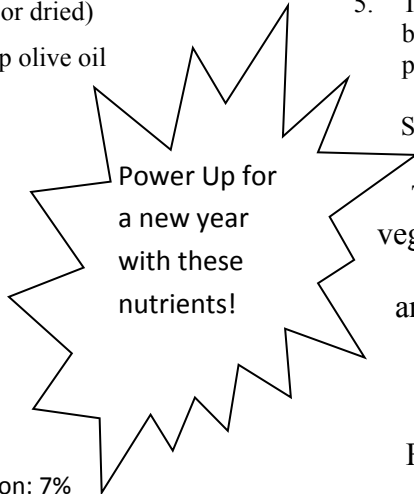
Instructions:

1. Cut cauliflower into florets and place in a large bowl.
2. Slice grapes and place them in the bowl with the cauliflower.
3. Mince garlic and chop rosemary and add to bowl with the grapes and cauliflower.
4. Pour olive oil over cauliflower mixture.
5. Toss well. Spread cauliflower mixture onto a foil lined baking sheet, add a small pinch of salt and pepper, place in the oven at 425 degrees for 30 minutes.

Servings: 4

Nutrition Information:

Calories: 231
 Total fat: 15 g
 Saturated Fat - 2 g
 Monounsaturated Fat -11 g
 Sodium: 70 mg
 Potassium: 813 mg
 Total Carbohydrates: 24 g
 Dietary Fiber—6 grams
 Sugars—14 g
 Protein: 5 g
 Vit. A: 1%, Vit. C: 188%, Calcium: 6%, Iron: 7%



This unexpected combination of a fruit and a vegetable makes for a delicious side dish! The grapes in this dish are a great way to get antioxidants and fiber in your diet and add a delightful note of sweetness to the recipe.

DON'T BE AFRAID TO MIX YOUR FAVORITE FRUIT AND VEGETABLE!

Recipe from <http://dinnertonight.tamu.edu>

JANUARY

Lampasas County News



The upcoming 4-H Projects are Consumer Decision Making and Photography. A Consumer Decision Making workshop will be held Jan. 17 at 4 pm at Lometa

School. This project gives youth the opportunity to make wise decisions when shopping. It is designed to teach kids to observe, compare and make consumer based decisions based on facts. The photography workshop will be held Jan. 19 at 5:30 in the County Annex Conference Room. The Rules and Guidelines will be discussed.

Anyone interested in serving on a committee to help plan and promote 4-H projects and adult educational programs please let Karen know.

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