

Family and Community Health “Connections” in Lampasas County



JUNE . . .

National Safety Month



SAFE!!!!

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Celebrate National Flag Day on June 14th



That the flag of the United States shall be of thirteen stripes of alternate red and white, with a union of thirteen stars of white in a blue field, representing the new constellation.

This was the resolution adopted by the Continental Congress on June 14, 1777. The resolution was made following the report of a special committee which had been assigned to suggest the flag’s design.

Both President Wilson, in 1916, and President Coolidge, in 1927, issued proclamations asking for June 14 to be observed as the National Flag Day. But it wasn’t until August 3, 1949, that Congress approved the national observance, and President Harry Truman signed it into law. **Source:** <https://www.va.gov/opa/publications/celebrate/flagday.pdf>

The flag should be displayed every day, but especially on: New Year’s Day (January 1), Inauguration Day (January 20), Martin Luther King Jr’s Birthday (3rd Monday in January), Lincoln’s Birthday—February 12, Washington’s Birthday (3rd Monday in February), Independence Day (July 4), National Korean War Veterans Armistice Day (July 27), Labor Day (1st Monday in September), Constitution Day (September 17), Columbus Day (2nd Monday in October), Easter Sunday, Mother’s Day (2nd Sunday in May), Armed Forces Day (3rd Saturday in May), Memorial Day (half staff until noon-the last Monday in May), Father’s Day(3rd Sunday in June), Flag Day (June 14), Navy Day (October 27) Veterans Day (November 11), Thanksgiving Day (4th Thursday in November), Christmas Day (December 25) , and such other days as proclaimed by the President of the United States, birthdays of States (date of admission) and State Holidays. **Source:** www.usa.gov/flag

Eating Outdoors: *Handling Food Safely*

Picnic and barbecue season offers lots of opportunities for outdoor fun with family and friends. But these warm weather events also present opportunities for foodborne bacteria to thrive. As food heats up in summer temperatures, bacteria multiply rapidly.

To protect yourself, your family, and friends from foodborne illness during warm-weather months, safe food handling when eating outdoors is critical. Read on for simple food safety guidelines for transporting your food to the picnic site, and preparing and serving it safely once you've arrived.

Pack and Transport Food Safely

Keep your food safe: from the refrigerator/freezer — all the way to the picnic table.

Keep cold food cold. Place cold food in a cooler with ice or frozen gel packs. Cold food should be stored at 40 °F or below to prevent bacterial growth. Meat, poultry, and seafood may be packed while still frozen so that they stay colder longer.

Organize cooler contents. Consider packing beverages in one cooler and perishable foods in another. That way, as picnickers open and reopen the beverage cooler to replenish their drinks, the perishable foods won't be exposed to warm outdoor air temperatures.

Keep coolers closed: Once at the picnic site, limit the number of times the cooler is opened as much as you can. This helps to

keep the contents cold longer.

Don't cross-contaminate. Be sure to keep raw meat, poultry, and seafood securely wrapped. This keeps their juices from contaminating prepared/cooked foods or foods that will be eaten raw, such as fruits and vegetables.

Clean your produce. Rinse fresh fruits and vegetables under running tap water before packing them in the cooler — including those with skins and rinds that are not eaten. Rub firm-skinned fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water. Dry fruits and vegetables with a clean cloth towel or paper towel. Packaged fruits and vegetables that are labeled “ready-to-eat,” “washed,” or “triple washed” need not be washed. Source: FDA



Keep your food safe: from the refrigerator/freezer — all the way to the picnic table!



While out on a picnic, there are many things to do that you won't normally find time to do at home! Try some of these simple but **fun picnic activities** and have **“FUN”** thinking of some more to add to the list to share with friends & family:

- ◆ Bird Watching - with a bird field guide
- ◆ Drawing - draw trees, wild flowers, birds or strange little insects
- ◆ Color Watch –count the colors around you
- ◆ Take a walk in a nearby stream
- ◆ Search for small wild animals
- ◆ Collect seeds and beautiful leaves from plants that have fallen to the ground
- ◆ Play croquet, cricket, volley ball etc.

Picnic Safety Temperatures

SAFE COOKING TEMPERATURES	
as measured with a food thermometer	
GROUND MEAT & MEAT MIXTURES Internal temperature	
Beef, Pork, Veal, Lamb	160 °F
Turkey, Chicken	165 °F
FRESH BEEF, PORK, VEAL & LAMB 145 °F	
with a 3 minute rest time	
POULTRY	
Chicken & Turkey, Whole	165 °F
Poultry Parts	165 °F
Duck & Goose	165 °F
Stuffing (cooked alone or in bird)	165 °F
HAM	
Fresh (raw)	160 °F
Pre-cooked (to reheat)	140 °F
EGGS & EGG DISHES	
Eggs	Cook until yolk & white are firm
Egg Dishes	160 °F
SEAFOOD	
Fin Fish	145 °F
or flesh is opaque and separates easily with fork	
Shrimp, Lobster & Crabs	Flesh pearly & opaque
Clams, Oysters & Mussels	Shells open during cooking
Scallops	Milky white or opaque & firm
LEFTOVERS & CASSEROLES 165 °F	

- ◆ Ride your bicycle
- ◆ Go on a walking trail
- ◆ Find the biggest tree in the area. Inspect it closely, what lives in it, what kind it is, etc
- ◆ Watch the sun set
- ◆ Practice your photography skills
- ◆ Read a relaxing book about nature
- ◆ Take a 15 minute nap
- ◆ Be still for a while, listen to all the sounds in nature around you
- ◆ No table means no table manners
- ◆ Lie on your back and stare at the sky

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“This recipe has become a favorite and is SO easy. I always double the recipe. I use dried cranberries and ground flax. It was the winning recipe for the 2016 State 4-H Recipe Rally by Annabella Jorstad of Lampasas County.”

Karen DeZarn, FCH Agent

POWER BALLS

Recipe submitted by: Annabella Jorstad, Lampasas County

INGREDIENTS

1 cup	Oatmeal (non-instant)
1/3 cup	Honey
1/2 cup	Peanut Butter
1/2 cup	Flax Seed
1 T	Chia Seeds
1 t	Vanilla Extract
1/3 cup	Gogi Berries
1/2 cup	Chocolate Chips

DIRECTIONS

1. In a large bowl, mix together ALL ingredients. Mix well until completely combined.
2. Have a pan lined with parchment paper ready.
3. Roll mixture into golf ball sized balls and place on pan.
4. Put the pan in the refrigerator for 1-2 hours, and then enjoy!

Tip: Easy substitutes for Gogi Berries include: dried cranberries, chopped dried apricots, dried raspberries, etc.



Nutrition Facts

12 Servings

Amount Per Serving

• Calories 195.3	• Vitamin E 5.3 %
• Total Fat 10.4 g	• Calcium 1.1 %
• Saturated Fat 3.1 g	• Copper 0.9 %
• Polyunsaturated Fat 2.8 g	• Folate 2.0 %
• Monounsaturated Fat 3.2 g	• Iron 4.3 %
• Cholesterol 0.0 mg	• Magnesium 4.3 %
• Sodium 56.3 mg	• Manganese 2.8 %
• Potassium 98.9 mg	• Niacin 7.2 %
• Total Carbohydrate 22.5 g	• Pantothenic Acid 0.9 %
• Dietary Fiber 3.2 g	• Phosphorus 4.0 %
• Sugars 14.6 g	• Riboflavin 1.2 %
• Protein 4.9 g	• Selenium 1.2 %
• Vitamin B-120.0 %	• Thiamin 2.3 %
• Vitamin B-62.6 %	• Zinc 2.2 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Lampasas County News

I hope you're preparing to enter the Lampasas County Fair. July 11-13 at the Lampasas County Annex Conference Room. Check in will be Wednesday, July 11, 4-7 p.m. at the Co. Annex. Categories are: Art, Baked Goods, Canned Goods, Textiles, Crafts, Horticulture, Photography and **new this year : Theme**. The Fair catalog can be picked up at the extension office or downloaded at: lampasas.agrilife.org/ or at www.springho.com.

The Lampasas Higher Ed. Center's College for Kids program begins June 5. Go to <https://lchec.net> or to their Facebook page to check it out. Classes: Fun Factory, Balloon Art, Plants & Crafts, Crime Scene Investigator, Container Gardening, Knitting, Babysitting, Photography and Fossil Discovery Dig.

Family and Community Health "Connections" is provided by the following Texas A&M AgriLife

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