



# Family and Community Health “Connections” in Lampasas County

## Unprecedented, again!

After a year of unprecedented COVID, Texas got another statewide unprecedented event with the recent ice storm that lasted close to two weeks across the entire state of Texas. With that in mind, there are some helpful websites that can help in preparation BEFORE the next disaster-type event occurs. Plan ahead so that if the power goes out, you will know other ways to cook, foods to select, how to get light, how to communicate, how to keep cool (or warm), how to get water, and how to live without a sewer or septic system. Preparedness means to know how to handle these things in advance, just in case you are not able to refer to the website after a disaster. Below are reminders of some of the valuable information from the Texas Help website:

- ◆ You can cook on a camp stove, charcoal or propane gas grill, wood stove, or outdoor fire. Indoors, you can cook in a fireplace if the chimney has not been damaged or clogged by debris. Make sure the chimney damper is open. With a portable generator, you will be able to use small electrical appliances.
- ◆ Never use camp stoves or grills indoors.
- ◆ Never use gasoline to start a wood or charcoal fire.
- ◆ Tend fires carefully and put them out when you have finished cooking.
- ◆ To prevent carbon monoxide (CO) poisoning, never operate a generator indoors or in partially closed areas, even if you think there is enough ventilation. Opening windows and doors won’t prevent CO from building to dangerous levels.
- ◆ If anyone in the area where a generator is being used develops a headache, lethargy, weakness, nausea, or muscle aches, get medical help immediately.

Many more valuable emergency preparedness tips can be found at the Texas Extension Disaster Education Network at <https://texashelp.tamu.edu/> or contact your local AgriLife Extension County Agent for Family and Community Health.

Preparation provides hope that if another disaster occurs, you’ll be able to deal more effectively with the hardships. Let’s just hope the word unprecedented is not used again anytime soon.



### Inside this issue

Unprecedented! Again! .....	1
Food and Water Disaster Preparedness.....	2
Disinfecting Water During and After Emergencies.....	3
Healthy Community Workshops ..	3
Pastel Deviled Eggs .....	4
County News.....	4
Providers of Newsletter .....	4

### Special points of interest

- Disaster preparedness
- Opportunities to learn how to contribute to a healthy community.
- Fun seasonal activity

## Food & Water Disaster Preparedness

A general rule of thumb is to plan for at least 3 days of food and water, but in areas prone to more severe weather conditions and flooding, it would be wise to extend disaster supplies to at least 7 days.

For water needs, plan on at least 1 gallon of water per person, for fluid needs and personal hygiene, and pet per day. If there are pregnant or ill family members during the hot summer months, plan for a minimum of 2 gallons per person and pet. The easiest and most reliable way to take care of emergency water needs is to

buy commercially bottled water. Store the bottles at room temperature or cooler, out of direct sunlight, off the floor, and away from harmful chemicals. Although some bottles may contain a “best by” date, the International Bottled Water Association ([www.bottledwater.org](http://www.bottledwater.org)) notes that you can safely drink the water after that date as long as the water has been stored properly.



*“Talk with family members when making your emergency food supply to make sure you are including foods that will be eaten,” says Dr. Jenna Anding, food and nutrition specialist with Texas A&M AgriLife Extension Service.*

### FOODS

Choose foods that do not require refrigeration or cooking, as power loss is common during disasters.

- Ready to eat canned meats
- Canned pasta
- Protein bars
- Dried fruit
- Peanut butter & jelly
- Canned juices & milk
- Nuts & seeds
- Dry cereal
- Crackers
- Granola
- Formula & baby food if needed

### Rotate foods every six months to assure quality.

Other needed items:

- Paper towels & plates
- Resealable plastic bags
- Manual can opener
- Scissors
- Hand sanitizer

Another option for water is to store in a food grade water storage container. These types of containers can be purchased at surplus or camping/outdoor stores. Before storing water in the container, wash with dishwashing soap and water and rinse thoroughly. Then sanitize the container by mixing 1 teaspoon of unscented household bleach with 1 quart (4 cups) of water. Pour the sanitizing solution in the container and shake well to make sure that the solution comes into contact with all surfaces inside the container. Depending on the size of the container you use, you may need as much as a gallon of sanitizing solution (4 teaspoons of bleach + 1 gallon of water). After shaking, wait 30 seconds, pour out the solution, rinse with water and let air dry. After filled, store the container at room temperature (or cooler), away from direct sunlight, off the floor, and away from where harmful chemicals are stored. The Centers for Disease Control and Prevention advises that water stored in containers be replaced every 6 months. Being prepared now can help individuals stay resilient if a disaster strikes.

For more information on emergency preparedness, contact your AgriLife Extension County Agent for Family and Community Health or visit the Texas Extension Disaster Education Network at <https://texashelp.tamu.edu/>.



## Disinfecting Water During & After Emergencies

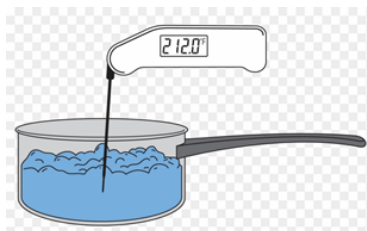


During emergency or disaster situations like flooding, public water supplies can become contaminated with sewage, organisms or toxic chemicals that can cause serious harm or illness. If this happens, local health authorities will recommend using bottled water or disinfecting tap water until the threat of contamination is gone. In the case of chemical contamination or if the water has solid materials, an odor, or is dark in

color, use only bottled water until instructed otherwise.

If local authorities have advised that you disinfect your water, there are a couple of options available:

**Boiling:** Boiling is the best option since it kills all organisms (bacteria, viruses, and parasites) that can make people sick. If the water is cloudy, first let the water settle and then filter using a coffee filter or paper towel. Boil the water vigorously for one minute (at altitudes of 5,000 feet or higher boil for 3 minutes), then cool before using. If the flavor is flat, add a pinch of salt or pour the water back and forth from one clean container to another.



**Bleach:** Unscented household bleach is another option, but it is not as effective at killing parasites like *Cryptosporidium* and *Giardia*. The amount of bleach to add per gallon of water will depend on the amount of available chlorine noted on the container (% sodium hypochlorite) and whether the water is clear or cloudy. For clear water, if the bleach has 5% to 6% available chlorine, use 8 drops per gallon of water. If the available chlorine is 8.25%, use 6 drops per gallon. Use twice the amount of bleach if the water is cloudy. Make sure the water is stirred or shaken so the bleach is distributed throughout the water. Wait at least 30 minutes; the water should have a slight chlorine odor. If there is no chlorine smell, repeat the dosage and wait another 15 minutes before using. If the chlorine smell is strong, pour the water from one clean container to another several times and allow the treated water to be exposed to the air before drinking.



Water treated with either method should be stored in a clean container to prevent recontamination.

### Healthy Community Workshops

Family and Community Health Agents have been working on several online classes and have teamed up with agents in Georgia Extension to make available the following online live presentations:

#### **Clean is the Foundation of Everything** on April 21.

Email [jabehrens@ag.tamu.edu](mailto:jabehrens@ag.tamu.edu) by 4/19 to request a link.

#### **Adequate Sleep** on July 21.

Email [abigail.pritchard@ag.tamu.edu](mailto:abigail.pritchard@ag.tamu.edu) by 7/19 to request a link.

#### **How you Spend Makes a Difference in Your Fiscal Wellness** on October 20.

Email [courtney.parrott@ag.tamu.edu](mailto:courtney.parrott@ag.tamu.edu) by 10/18 to request the link

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Two programs have already been presented and recorded:

**Stress Less, Live More** Email [Kjdezarn@ag.tamu.edu](mailto:Kjdezarn@ag.tamu.edu) for the recorded link

#### **SMART Goals!**

Email [Kaheffelfinger@ag.tamu.edu](mailto:Kaheffelfinger@ag.tamu.edu) for the recorded link.

## Perfect for Easter— Breakfast, Lunch, Snack or Dinner!



Eggs are a great source of complete protein from both the white and the yolk, but the yolk is additionally a valuable source of at least 13 other nutrients.

### Pastel Deviled Eggs

7 eggs	5 drops green food coloring
3 tablespoons reduced fat mayonnaise with olive oil	5 drops red food coloring
1 teaspoon mustard	5 drops blue food coloring
1/4 teaspoon Worcestershire sauce	1 cup water x 3 (for each color)
1 teaspoon cider vinegar	

Put the eggs in a large saucepan and cover with COLD water. Bring to boil, then turn off the heat and let sit covered for 15 minutes. Use a slotted spoon to transfer each egg into a bowl of ice cold water and let sit for at least 10 minutes, then peel.

Cut each egg in half lengthwise, remove yolks and mash yolks in a bowl. Add mayonnaise, mustard, Worcestershire, and vinegar. Salt and pepper to taste. In 3 different bowls, put 1 cup of water and add a different color of food coloring to each. Add more food coloring if a slightly darker color is desired. Let set for 5 to 15 minutes in colored water. Drain on paper towels.

Nutritional Information: Calories— 90 for 2 halves, Carbohydrates -1g, Protein— 6 g , Fat—6 g, Sodium— 130 mg, Cholesterol—185 mg, Vitamin A—6%, Vitamin B2—15%



### Lampasas County News



Mark your calendar for April 17 1-5 pm for the **Lampasas Community Gardens Open House** located at 501 E. North Ave, Lampasas. There will be speakers, crafts, games, food, live music. I have raffle tickets for a BIG Yeti. \$1/each or 6 for \$5.

If you haven't done so you need to check out the **Lampasas Farmer's Market and Crafts**. Right now it's every Saturday morning from 9-2 on the courthouse square. There are home made products and locally grown produce.

The **County Fair** will take place July 7-9 in county annex. Be getting your entries ready

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