



Family and Community Health

"Connections"



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Get the Facts about Vitamin D

Did you know that vitamin D isn't really a vitamin. It is a hormone made by your kidneys. And it helps keep your bones strong by boosting your body's ability to absorb calcium, the mineral that makes up bones.

You get vitamin D in a chemical reaction that happens when sunlight hits your skin. That is why it is sometimes called the sunshine vitamin. You can also get it from foods such as fatty fish (salmon, tuna and mackerel), milk, some orange juice, yogurt, breakfast cereals-fortified with vitamin D.

When vitamin D is lacking in a person, one can have brittle bones. In children it is called rickets and adults called osteomalacia. Your muscles also need vitamin D to move. Your nerves need it to carry messages between your brain and other parts of your body and your immune system needs it to function properly.

- ⇒ Babies from birth to 12 months need 400 international units (IU) per day.
- ⇒ Everyone ages 1 through 70 years need 600 IU.
- ⇒ Adults 71 years and older need 800 IU.

If you believe that you are not getting enough vitamin D, talk to your doctor. Together you can come up with ways, including taking a supplement, for you to get the vitamin D your body needs.

Source: Shannon Health Beat-Journal of Wellness and Good Health Care: Summer 2021

Motivation
IS WHAT GETS
YOU STARTED
Habit
IS WHAT KEEPS
YOU GOING

-JIM RORER

WWW.MISS-MENTAL.COM

Phone Hygiene: Clean your mobile phone at least once a day. Be sure it is unplugged, wipe it down with a lint-free cloth slightly dampened with soap and water.
Source: Federal Communications Commission

Are YOU Hydrated?

Feel hungry? Drink Water! It's easy to confuse being thirsty with being hungry.

Children gain heat faster than adults when the outside temperature is higher than their body temperature.

Drink plenty of water before and during physical activity. Sweat = Water Loss

Source: Texas A&M AgriLife Extension and Dinner Tonight

Kids Corner

Back to School Food Safety Tips

- **Make sure lunch bags and coolers are clean before packing.** Pack moist towelettes so children can clean hands before and after eating.
- **Use an insulated lunch bag or cooler and at least two cold sources,** such as freezer packs, for lunches that contain perishable food items like luncheon meats, eggs, cheese or yogurt. This will help keep food safely cold at 40°F or below until lunch time.
- **If packing a hot lunch, like soup, chili or stew, use an insulated container to keep it hot.** Fill the container with boiling water, let stand for a few minutes, empty, and then put in the piping hot food. Tell children to keep the insulated container closed until lunchtime to keep the food at 140°F or above.
- For safety, instruct children to **discard all leftover food and used food packaging.**
- Remember the Fight Bac Principles of **Clean, Separate, Cook, and Chill.**

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



KITCHEN SKILLS FOR KIDS



WASH HANDS BEFORE YOU START TO HELP IN THE KITCHEN!

2-5 YEARS OLD

- RINSE FRESH FRUIT & VEGGIES
- STIR BATTER BOWLS
- MEASURE & POUR LIQUID INGREDIENTS
- CUT SOFT FOODS WITH A DISPOSABLE KNIFE
- MAKE A PEANUT BUTTER SANDWICH

Small tasks are great for short attention spans.
Be Basic!!



6-8 YEARS OLD

Practice reading by following recipe instructions.

- PEEL FRESH FRUIT & VEGGIES
- USE GADGETS LIKE CAN OPENER & GRATER
- COLLECT ALL INGREDIENTS FOR RECIPE
- FROST CUPCAKES AND DECORATE COOKIES
- BOIL EGGS AND PASTA



9-12 YEARS OLD

- TRIMMING AND SLICING
- LEARN BASIC FOOD SAFETY
- USE A BLENDER AND STANDING MIXER
- SAUTÉ VEGGIES ON A SKILLET
- COOK PANCAKES ON A GRIDDLE

Completing recipes, basic knife skills, & using appliances are easy.



13-16 YEARS OLD

Plan and prepare meals for the family with supervision.

- CHOP, SLICE, DICE, & MINCE
- SAFELY HANDLE KITCHEN APPLIANCES
- BAKE PASTRIES & DOUGHS
- MARINADE FOODS
- GRILL STEAKS ON AN OUTDOOR GRILL



ALWAYS HAVE A GROWN UP IN THE KITCHEN!

Including your children in the kitchen helps them feel included in family mealtime, teaches responsibility, and makes cooking fun.

MEAL PREP

dinnertonight.tamu.edu

YOUR WAY TO A HEALTHY WEIGHT



3
for a
healthy
me!

1

2

3

VEGETABLES

Asparagus • Broccoli
Carrots • Green Beans
Kale • Peppers
Spinach • Squash

PROTEIN

Skinless Chicken Breast
Turkey Breast
Salmon • Pork
Lean Beef • Egg

STARCH

Whole Grain Pasta
Quinoa • Couscous
Sweet Potatoes
Brown Rice • Beans

Slow Cooker Safety:

- **Basics**-Start with clean cooker, utensils and work area. Wash hands before food prep, especially after handling raw meat and poultry. Spray the inside of the crock with non-stick cooking spray before adding ingredients to keep the food from sticking.
- **Keep perishable foods refrigerated until prep time.** Meat and vegetables should be stored separately in the fridge in covered containers. Always thaw meat or poultry before putting it into slow cooker. Never put frozen meat or chicken in a slow cooker.
- **Check your model**-depending on the age of your slow cooker, the size of meat or poultry you cook in the slow cooker matters. The newer models of slow cookers are larger and more powerful than the older ones, so it is safe to cook larger pieces of meat and poultry. If you have an older model, continue to cut your meat or poultry into smaller pieces before cooking.
- **Fill properly.** Fill the slow cooker properly and make sure there is enough liquid to create a tasty slow cooker meal. Fill between 1/2 and 2/3 full. Potatoes and carrots cook slower than meat so place them at the bottom of the cooker. Liquid should cover ingredients which is needed to generate the steam that cooks the food.
- **By peeking**-each time the lid is raised the internal temp drops 10-15 degrees, and slows the cooking process by 20 to 30 minutes.
- **Use food thermometer** to cook food to the correct temperature. Store leftovers in shallow, covered containers and refrigerate within two hours of cooking. Reheat foods to 165 degrees using an oven, microwave or stovetop.

Meal prep is the perfect way to get creative. Making a healthy meal ahead is a fun way to include different foods and make different combinations every week! This simple infographic will help you save time and create filling, healthy meals that you will be excited to eat.

Make Your Favorite Recipe in the Slow Cooker

Have a family favorite recipe that you really wish you could make in the slow cooker? Here are some tips that will help you convert most recipes to cook in the slow cooker.

1. **Find a Similar Recipe:** The amount and volume of meat and vegetables it calls for, plus the cooking time, heat setting, and amount of liquid you add to the pot.
2. **Time:** Slow cookers cook slowly because they are set at lower temperatures. Most hit about 190° on low and 300° on high.
1 hour of simmering on the stove or baking at 350°=8-10 hours on low or 4-6 hours on high in a slow cooker.
3. **Liquids:** Because slow cookers trap steam, you may need to reduce the liquid measurements in your new recipe. If the original calls for 6-8 cups of water, for example, start with 5 cups. Do not leave liquid out entirely, though. If the base recipe doesn't include any liquid at all, add 1/2 cup of water or broth for some steam in the crock.

Source: Texas A&M AgriLife Extension
dinnertonight.tamu.edu

Recommended Temperatures for Slow Cookers:

165 degrees-Poultry

160 degrees-Ground Beef and Pork

145 degrees-Beef Steaks and Roasts

Banana Smoothie

What you need:

Utensils:

- Measuring cups & spoons
- Stirring spoon
- Blender

Ingredients:

- 4 very ripe, medium bananas, sliced
- 1 tablespoon sugar
- 1 teaspoon vanilla extract
- 1½ cups instant non-fat dry milk
- 1 cup crushed ice

What to do:

1. Wash your hands and clean your cooking area.
2. Wash, peel, and slice bananas.
3. Put all ingredients into a blender and blend until smooth.
4. Serve immediately or store in the refrigerator. If stored in the refrigerator use within 24 hours. Stir before serving.



Prep Time: 10 minutes

Cost per serving: \$0.45

Nutrition Facts	
Serving Size 3/4 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 250	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 210mg	9%
Total Carbohydrate 51g	17%
Dietary Fiber 3g	12%
Sugars 38g	
Protein 16g	
Vitamin A 20%	Vitamin C 20%
Calcium 50%	Iron 2%

Serving suggestions: If very ripe bananas are not available, you may substitute 1-16 ounce bag of frozen fruit or 1-16 ounce can of fruit (package in its own juice/no sugar added). If using frozen or canned fruit, a blender will be required.



Program Funded by the USDA
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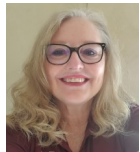
Karen DeZarn, CEA/FCS

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Lampasas County News

Free Virtual Workshop on Adequate Sleep

12:15—12:45, Wed., August 11.

Contact Abigail.prichard@ag.tamu.edu.

Gardening Class to begin August 12 at 6:30 pm at the Co. Annex Conference Rm. Series of 6 classes.

A Matter of Balance Class to be offered 8 Mondays beginning Aug. 30, 1-3:30 p.m. at the Co. Annex. Class is free. Do you have a fear of falling? Learn what you can do to manage your fear. Call Karen to reserve a spot.

There will be a Lampasas County **Health and Wellness Partnership** meeting on Thursday, August 12 in the County Annex Conference Room. The Vision of the group is: Through partnership and teamwork, the Lampasas County Health & Wellness Partnership seeks to identify health needs, provide education and facilitate solutions-focused initiatives

Family and Community Health “Connections” is provided by the following AgriLife Extension *Family and Community Health Agents:*

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