

Family and Community Health “Connections” in Lampasas County



The fact that we are all different is the one thing we all have in common.

~ Justin Young

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"Today me will live in the moment unless it's unpleasant in which case me will eat a cookie"
Cookie Monster



Cleaning Products You Can Make at Home

You can pretty much make any cleaning product you might need from these three ingredients: lemons, baking soda and vinegar.

Lemons

Lemons are acidic and therefore contain antiseptic and anti-bacterial properties, plus they cut grease, dissolve soap scum and hard water deposits and can be mixed with baking soda and vinegar to make a nifty cleaning paste. Lemon juice is also very effective for removing stains from countertops and for cleaning copper and brass, especially if you add a little salt to the mix.

Vinegar

Vinegar is another extremely effective cleaning agent and disinfectant and can be used as an all-purpose cleaner by combining one part vinegar and one part water in a spray bottle. If you don't like the smell, you can mellow it by adding lemon juice.

Baking Soda

Then there's baking soda, which appears to be the Universal Cleanser. You can use it in your dishwasher, on your counter tops, on bathroom tile, even in the toilet. You can use it to freshen and unclog drains, as a furniture polish, to clean pots and pans and microwaves and as a deodorizer for the fridge, the garbage, shoes, laundry, the list goes on. And of course, you can brush your teeth with it .

All Purpose Cleaner

Make a solution of 1/4 cup of baking soda, 1/2 cup of vinegar, and 1 gallon of hot water to clean grease and grime as well as eliminate odor.

Unclogging and Freshening Drains

Option #1

Pour 1 cup of baking soda down the drain followed by 1 cup of hot vinegar. Try heating the vinegar in the microwave before adding it to the drain. Wait 5 minutes before flushing the drain with 2 quarts of hot water. You can repeat this process a few times if it is necessary. If this is the first time you have cleaned your drain in a long time it may be necessary to repeat the baking soda flush a couple of times.

Option #2

Try pouring 1 Cup of baking soda and 1/2 Cup of salt down the drain. Let this mixture sit in the drain for several hours, overnight is best, before flushing the drain with 2 cups of boiling water.

Clean the microwave

Mix a few tablespoons of baking soda with water in a microwave safe cup. Boil in the microwave for a few minutes. The insides of the microwave will be damp and easy to clean with a paper towel or dishcloth. This has the added benefit of removing odors that may be clinging to your microwave oven.

Making your own cleaning products means less impact from shipping and production and fewer plastic bottles. But we understand that people are busy so do what works for you. Buying ready made, eco-smart products are certainly greener than buying toxic chemicals any day.

Source: [Cornell Cooperative Extension | Cleaning Products You Can Make at Home](#)



Childhood obesity is a complex disease with many contributing factors, including genetics, eating patterns, physical activity levels, and sleep routines. Conditions where we live, learn, work, and play can make healthy eating and getting enough physical activity difficult if these conditions do not support health.

About 1 in 5 American children has obesity. Compared to children with healthy weight, children with overweight or obesity are at a higher risk for asthma, sleep apnea, bone and joint problems, type 2 diabetes, and heart disease. Adults with obesity have higher risks for stroke, many

types of cancer, premature death, and mental illness, such as clinical depression and anxiety.

Though there is no one solution to addressing obesity, there are many ways parents and caregivers can help children have a healthy weight and set up lifelong healthy habits at home.

Model a Healthy Eating Pattern—Adopting healthy eating patterns as a family helps children reach and maintain a healthy weight as they age. Eating a variety of vegetables and fruits, whole grains, lean protein foods, and low-fat and fat-free dairy products follows nutrition guidelines and sets your family up for optimal health.

Help your children get the nutrients they need by making half their plate fruits and vegetables. Help kids rethink their drink by replacing sugary drinks, such as soda, fruit drinks, and flavored milk, with water, 100% juice, or plain low-fat milk.

Move More as a Family—Physically active youth have stronger muscles and bones, better cardiovascular fitness, and lower body fat than those who are inactive. Children aged 3–5 years should be physically active throughout the day. Children aged 6–17 years need at least 60 minutes of physical activity every day.

Help your children move more and meet the Physical Activity Guidelines for Americans by making it a family affair. Walking the family pet before and after school, riding bikes, and having races in the yard all count toward physical activity. Active chores, such as washing the car, vacuuming a room, or raking leaves, also count.

Set Consistent Sleep Routines—Good sleep helps prevent type 2 diabetes, obesity, injuries, poor mental health, and problems with attention and behavior. Kids who don't get enough sleep are at risk for unhealthy weight gain. Researchers are still trying to learn how sleep is linked to weight gain. Some reasons might include causing a child to eat more or to be less physically active because of a lack of energy.

How much sleep do kids need?

Preschoolers need 11–13 hours of sleep per day, including naps. Children 6–12 years old need 9–12 hours of uninterrupted sleep a night, and youth 13–18 need 8–10 hours. Sticking to a consistent sleep schedule, including on weekends, can help children sleep better.

Replace Screen Time with Family Time—In young people, too much screen time can lead to poor sleep, weight gain, lower grades in school and poor mental health. Reducing screen time can free up time for family activities and can remove cues to eat unhealthy food.

Turning screens off an hour before bed and removing screens from children's bedrooms can help reduce screen time and improve sleep. The American Academy of Pediatrics recommends creating a family media plan with examples of how to reduce screen time.

Source: [Preventing Childhood Obesity: 4 Things Families Can Do | DNPAO | CDC](#)

Easy Steps to Prevent Food Waste

Everyone is shopping smarter these days. It is important for the environment to keep food waste out of landfills where it produces methane, a powerful greenhouse gas.

Use these tips to save on groceries and help the environment.

1. Plan ahead



Before you go to the grocery store or order online, make a list so you don't buy more than you need.

2. Serve smart



Portion control is good for your waistline, and good for reducing plate waste.

3. Love your leftovers



Pack leftovers in small portions in shallow containers, mark the contents and date, refrigerate and use within 3 to 4 days or freeze immediately.

4. Compost, don't trash



Food scraps can be recycled into compost, an organic material that can be added to soil to help plants grow. Set up a home compost bin or drop your food waste at a local compost center.

Learn more about food loss and waste prevention at www.usda.gov/foodlossandwaste.



AVOID CROSS CONTAMINATION

Cutting Board Safety Tip

Use different color cutting boards to help separate and avoid cross contamination.



CANNED FOOD SAFETY



STORING CANNED FOOD PRODUCTS:

- Store canned foods in a cool, dry place
- Do not store in places exposed to high or low temperature extremes or excessive moisture, such as under a sink or above the stove.

SELECTING CANNED FOOD PRODUCTS

- Select items that are tightly sealed and do not have any leaks
- Do not select cans that are heavily rusted, swollen or dented as this can be possible sign of bacteria and can therefore be a health hazard.



Reheat Leftovers Safely

WHEN REHEATING LEFTOVERS, BE SURE THEY REACH 165° F AS MEASURED WITH A FOOD THERMOMETER. REHEAT SAUCES, SOUPS AND GRAVIES BY BRINGING THEM TO A ROLLING BOIL. COVER LEFTOVERS TO REHEAT. THIS RETAINS MOISTURE AND ENSURES THAT FOOD WILL HEAT ALL THE WAY THROUGH.

Source: USDA www.fsis.usda.gov



Karen DeZarn
County Extension Agent:
409 S. Pecan St., Suite 102
Lampasas TX 76550
512-556-8271
kjdezarn@ag.tamu.edu

The Texas A&M AgriLife Extension Service is a unique education agency that provides programs, tools, and resources on a local and statewide level that teach people how to improve agriculture and food production, advance health practices, protect the environment, strengthen the economy, and enrich youth. Online courses are conveniently offered through:

<https://agrilifelearn.tamu.edu>

Melon Smoothie

- 1 1/2 cup plain yogurt low-fat
- 3/4 cup orange juice
- 1/2 cup cantaloupe diced
- 1/4 cup watermelon diced
- 1/4 cup honeydew diced
- 2 teaspoons honey
- 6 - 8 ice cubes

1. Wash your hands, preparation area, and produce.
2. Chop cantaloupe, watermelon, and honeydew into large, diced pieces.
3. Add all ingredients to the blender.
4. Secure the blender lid. Pulse until smooth.



Source: [Melon Smoothie \(tamu.edu\)](https://agrilifelearn.tamu.edu)



LAMPASAS COUNTY NEWS

A Matter of Balance

series to be offered in Lampasas at the Estates of Lampasas!! Eight Mondays beginning Oct. 17 - Dec. 5. Classes are free. Do you have a fear of falling? Learn what you can do to manage your fear. Call to reserve a spot.

4-H Food & Nutrition Workshop—Sept. 19 at 5:00 in the County Annex Conference room. Come learn (or help teach) kitchen skills, recipes and the about various 4-H contests available to the youth. Call Karen if you have questions.

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

Family and Community Health Agents:

- Courtney Parrott, Brown County
- Kailey Roberts, Burnet County
- Chanie Schaffner, Coleman County
- Milissa Wright, Concho Valley
- Kelli Maberry, Jones County
- Karen DeZarn, Lampasas County
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- Barbara Brown, BLT Reg. Project Specialist