

# Family and Community Health “Connections” in Lampasas County



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## Sesame is the newest major allergen in the U.S.

Sesame is the newest major allergen in the U.S. On April 23, 2021, the Food Allergy Safety, Treatment, Education, and Research (FASTER) Act was signed into law, declaring sesame as the 9th major food allergen recognized by the U.S., effective January 1, 2023. Sesame has been a concern in the U.S. for many years but was not included in the original 2004 allergen food labeling law because it was unclear how many Americans were allergic to sesame. Since then, it's estimated that more than one million Americans are allergic to sesame.

Sesame and sesame containing foods have become popular in American diets. For example, hummus—which contains sesame in the form of tahini—is present on 13.7% of U.S. restaurant menus, and restaurants that use hummus as a central ingredient, such as Roti, Cava, and Hummus & Pita Co., are popular in many American cities.

Increased sesame exposure, regulatory requirements, and overall consumer desire for food transparency will increase the need for restaurants to have sesame allergen and ingredient information on-hand and update allergen training. Five states already require restaurant allergen disclosure or training and many restaurants provide allergen information voluntarily.

Sesame is popular for its deep savory flavor and is found in many common foods including sesame seeds, sesame oil, breads, bread crumbs, baked goods, sauces, soups, dipping sauces, and dressings. Sesame can cause mild to life-threatening allergic reactions like many food allergens. To avoid an allergic reaction people with a sesame allergy must avoid sesame and sesame products.

Sesame goes by many different names. Look for these food names as sesame containing ingredients:

benne (benne seed, benniseed)	gingelly (gingelly oil)	gomasio (sesame salt)
Halvah	sesame seed	sesame flour
sesame oil	sesame paste	sesamol
sesamum indicum	sesmolina	sim sim
Tahini	tehina	

Look closely at sesame oil. Studies show that most people with specific food protein allergies can safely eat highly refined oils made from those foods (examples include highly refined peanut and soybean oil). However, sesame oil is not highly refined, which means people who are allergic to sesame should avoid it.

*Source: ServSafe—<https://www.foodsafetyfocus.com>*

## *Tips to Manage Stress Eating*

Have you ever felt like eating a piece of chocolate cake or a bag of chips after a stressful day at work? If so, you're not alone. Studies show that stressful events activate systems associated with metabolism, cognition and reward.

What does this mean for your waistline? It means that the candy bar you are reaching for after a stressful event (or a series of stressful events) may be driven by a combination of physiological and psychological factors.

### **How does stress affect your appetite?**

Studies show that women with high chronic stress levels tend to engage in emotional eating. In addition to psychological responses to stress, there may also be physiological responses. During a stressful event, the body releases cortisol, a hormone that helps the body protect itself. However, if cortisol levels are elevated for a prolonged period of time, such as during repeated and constant stressors, this can lead to increased food consumption, fat storage and weight gain.

### **Does timing matter?**

According to a study from the Johns Hopkins Department of Psychiatry and Behavioral Sciences, timing may play a role in appetite and gut hormone responses to meal and stress challenges. (A challenge is used in research studies to see how people react to different foods or stress factors.) This study showed that the "afternoon/evening may be a high-risk period for overeating, particularly when paired with stress exposure, and for those with binge eating." This means that your commute home or evening meal may be a time period when you have a greater likelihood to eat more than you should.

To help curb this increased chance, pay attention to snacking habits after a long day of work to help prevent weight gain. Try preparing snacks in advance to control portion size or even using a food journal to track what you eat, how much of it and when.

### **How can you manage stress eating?**

1. Practice mindful eating. Know that your craving may be a result of a stressful event, and then ask yourself, are you truly hungry? Wait a few minutes before eating.
2. Find healthier options. If you still feel the need for a snack, consider a lower-calorie, lower-fat option than what you may have previously chosen. Here are some healthy snacks to enjoy:

Something sweet: Cut up an apple and spread some nut butter on it. The combination of carbohydrates, protein and healthy fat should help curb your appetite and satisfy your need for a sweet.

Something savory: Consider adding hummus to deviled eggs for a lower-calorie, high-protein snack option.

3. Watch portion size. Instead of taking the whole box with you, put a snack-size amount on a plate. Check the package to see what one serving size is, and try to stick to that.

It's always a good idea to consult your doctor or a dietitian when you make changes to your diet.

There's no doubt that power outages occur all over the state of Texas. Rather it's from a natural disaster, inclement weather or accidental/ coincidental, it's necessary to keep our food safe.

## Sensory Gardens

Sensory gardens are designed specifically to center around the visitors' five senses as they explore plants (Figure 1). A sensory themed garden might have herbs that can be smelled or eaten, plants of various textures (such as lambs' ears or African violets) that can be touched and many different colors and sizes of flowers for a visually appealing space. A sensory garden could also have a noise element like flowing water or wind chimes. This type of sensory garden space is meant to encourage both active and passive engagement within the garden and create a sense of calmness within its visitors.



Figure 1: Sensory garden at The Botanic Garden at Oklahoma State University (photo by David Hillock)

Source: <https://extension.okstate.edu>



### KEEP YOUR FOOD SAFE DURING POWER OUTAGES



-  Keep the refrigerator and freezer doors closed as much as possible.
-  A refrigerator will keep food cold for about 4 hours if the door is kept closed.
-  A full freezer will hold its temperature for about 48 hours (24 hours if half-full).
-  If the power has been out more than 4 hours, throw out refrigerated foods—including meat, poultry, fish, eggs and milk.
-  Once power is restored, use appliance thermometers to keep the freezer at 0 °F or below, and the refrigerator at 40 °F or below.
-  Use dry ice or freeze containers of water and gel packs to help keep food cold if the power goes out.

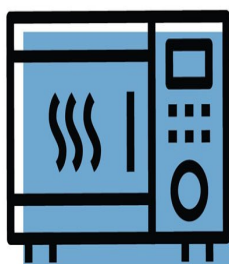
**WHEN IN DOUBT, THROW IT OUT.**



CS310575

The microwave is a very handy household appliance, but it's important to remember to cook and reheat foods properly in the microwave based on the wattage and cooking and standing times.

## PREVENT FOOD POISONING



- Know** your microwave's wattage.
- Check** for wattage inside the door, in the owner's manual, or on the manufacturer's website. Lower wattage means longer cooking time.
- Follow** recommended cooking and standing times to allow for additional cooking after microwaving stops.
- When reheating**, use a food thermometer to make sure food reaches an internal temperature of 165°F.



CS#328811-A



Sheet Pan Chicken Tostadas



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**Nutrition Facts**

2 Tostadas servings per container  
Serving size (258g)

Amount per serving  
**Calories 340**

	% Daily Value*
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 540mg	<b>23%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 28g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 123mg	<b>10%</b>
<b>Iron</b> 1mg	<b>6%</b>
<b>Potassium</b> 591mg	<b>15%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:**

- 12 Yellow Corn Tortillas
- 14 ounces canned refried black beans
- 1 cup low fat cheddar cheese, shredded
- 1/4 cup red onion, diced
- 12 cherry tomatoes, chopped
- 3 Tablespoons Olive Oil
- 1 pound chicken breast, shredded
- 1/3 cup nonfat plain Greek yogurt
- 1/4 cup cilantro, chopped

**Instructions:**

Preheat oven to 450 degrees F. Brush both sides of the tortillas with oil and place on the prepared baking sheet. Bake for 8-10 minutes, or just until they start firming. Remove the baking sheet from the oven.

Flip the tortillas over and spread each one with refried beans and top with chicken and cheese. Return the tostadas to the oven and bake for an additional 5 to 6 minutes or until the beans and chicken are heated through and the cheese is melted. Top each tostada with a teaspoon of nonfat plain Greek yogurt, diced onion, diced cherry

**Lampasas County News**

**Healthy Carbohydrates class will meet on 4 Saturday mornings 9:30 a.m. beginning Sept. 9 in the County Annex Conference Room. RSVP to Karen**

**Emergency Preparedness Dinner Tonight Healthy Cooking School will be Monday, Sept. 25 at the Showbarn. Cost is \$20 or \$25 at the door. RSVP to Karen (see attached flyer)**

**Lampasas Community Gardens Fall Y'all fundraiser will be Saturday Sept. 30 at the garden, 501 E. North Ave. (see attached flyer)**

**Texas Extension Education Association fundraiser selling spices from Marion-Kay Spices (Since 1922). Contact Karen or a member to get your spices for the Holidays.**

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
- Whitney Whitworth, Llano County
- Carrie Ross, McCulloch County
- Staci Winders, Nolan County
- Kandice Everitt, Runnels County
- McKinley Armstrong, San Saba County
- Kim Miles, Taylor County
- Courtney Redman, Tom Green County
- Stacy Drury, D7 Regional Program Leader

# EMERGENCY PREPAREDNESS



Be prepared for severe weather and other emergencies with preparedness tips and recipes for your family.

## WHAT

Topics include:

- Generator safety
- Building emergency supply kits
- Food demonstrations and recipes
- Q&A with guest presenters!

Guest Presenters:

- **Jeff Fant** - West Region Unit Chief - Disaster Assessment and Recovery
- **FCH Agents** - Karen DeZarn, Kailey Roberts and McKinley Armstrong

## WHEN

**Monday, September 25, 2023**  
**6:00 PM - 7:30 PM**

## WHERE

**Youth Livestock Center**  
**283 N Hwy 183, Lampasas**

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.



**\$20 Per Person**  
**includes:**

- 3 Recipe samples
- *Dinner Tonight Emergency Preparedness Cookbook*
- Related handouts
- Entry to win door prizes!

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Please RSVP by 9/22  
(Cost is \$25 at door )

For More Information:

**512-556-8271**

Karen DeZarn  
CEA-FCH  
LAMPASAS CO.

TEXAS A&M  
**AGRI LIFE**  
EXTENSION

LAMPASAS COMMUNITY GARDENS



# Y'all Fall Festival

501 E NORTH AVE;  
BEHIND HANNA SPRINGS  
POOL

**September 30th**  
**From 4-7pm**

SILENT AUCTION  
AMAZING ZUCHINI RACE  
FACE PAINTING  
LINE DANCING  
PROFESSIONAL PHOTOS  
FOOD  
& MORE!



TICKETS  
AVAILABLE ON  
SQUARE OR AT  
DOOR

SINGLE- \$10  
COUPLES-\$15  
GROUP OF 4- \$25  
ADDITIONAL-\$5



LAMPASASCOMMUNITYGARDENS@GMAIL.COM

# Healthy Carbohydrates

BETTER LIVING FOR TEXANS IS EXCITED TO OFFER A NEW CLASS SERIES FOCUSED ON **HEALTHY CARBOHYDRATES**.

This **4 session series** discusses:

how to find the right number of carbohydrates for your health goal

how to incorporate carbohydrates into your meals

To learn more, contact your local agent!



BETTER LIVING  
FOR TEXANS

TEXAS A&M AGRILIFE EXTENSION

USDA is an equal opportunity provider and employer.  
This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife