

# BACK TO BASICS

JANUARY 2018

## National Nutrition Month

Many of us move about our busy days without a thought of our nutritional wellness. Because of our schedules we make choices based on convenience and ease rather than what is best for us nutritionally. Let us make a concerted effort this month to plan for our meals and to equip our pantries with nutritious choices. This begins in the home, at the grocery store and with our schedules in mind. Let us start with the purge, clean out the refrigerator and empty the cookie jar. Yes, we are all going to get rid of the bad choices, toss them out! Second, hit the grocery store with healthy choices on your list. Pass by the sodas and juices and choose water instead. Fill the cookie jar up with granola bars, purchase carrots, berries, cheese sticks, and meat slices for your refrigerator, and if you need to have goodies: choose apples, mandarin oranges or celery with peanut butter to stave off your cravings. I wash and freeze grapes for a quick snack while I am cooking dinner. Third, plan your meals. If you have a plan and the items available to make a healthy dinner for the family at home, you are more likely to build the meal than to stop by the fast food joint to grab and go dinner for the family. Let's make the effort!

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. The theme for 2017 is "Put Your Best Fork Forward", which acts as a reminder that each bite counts. Making just small shifts in our food choices, can add up over time. The 2015-2020 Dietary Guidelines for Americans suggest starting with small changes in order to make healthier lasting changes you can enjoy. Continued on page 2

*If your cake recipe calls for nuts, heat them first in the oven, then dust with flour before adding to the batter to keep them from settling to the bottom of the pan .*



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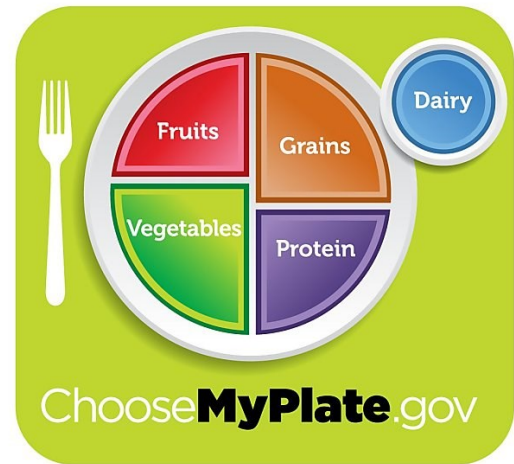
## National Nutrition Month (Continued from page 1)

Next year's theme for National Nutrition Month® inspires us to start with small changes in our eating habits – one forkful at a time. So whether you are planning meals to prepare at home or making selections when eating out, Put Your Best Fork Forward to help find your healthy eating style.

Key Messages:

1. Create an eating style that includes a variety of your favorite, healthful foods.
2. Practice cooking more at home and experiment with healthier ingredients.
3. How much we eat is as important as what we eat.
4. Eat and drink the right amount for you, as MyPlate encourages us to do.
5. Find activities that you enjoy and be physically active most days of the week. Manage your weight or lower your health risks by consulting a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

Source: <http://www.eatright.org/resource/food/resources/national-nutrition-month>



## PREPARE YOUR EMERGENCY FOOD SUPPLY

**PREPARE YOUR EMERGENCY FOOD SUPPLY** If a disaster strikes your community, you may not be able to get food, water, or electricity for several days. Take steps now to stock up on long lasting foods that don't spoil, so that you will be prepared if something happens.

**STEP 1: GATHER YOUR EMERGENCY FOOD SUPPLY** You will need at least a 3-day supply of food per family member, including pets. You may want to store more than this amount. Remember, it is better to have extra food that you can share than to run out of food during an emergency. Choose foods that last a long time, do not need to be refrigerated, and are easy to make. Also, try to pick items that are high in calories and nutrition. Check out the box below for ideas of foods to use, and how long they last! Try to use as many familiar foods as possible! These foods can help lift the mood, and provide comfort to your family during stressful times. Plan ahead for family members with special diets and allergies, including babies and elderly people. Look for special canned foods, juices, and soups for them. Nursing mothers should have formula, in case they are unable to breastfeed during the emergency. Make sure you have a manual can opener and disposable utensils. Foods that last for about 6 months: boxed potatoes, dried fruit, dry, crisp crackers, powdered milk Foods that last for about 1 year: canned food like soups, fruits, vegetables, canned fruit juices, canned nuts, peanut butter and jelly, ready-to-eat cereals and uncooked instant cereals Foods that can last many years (in proper containers and conditions): bouillon products, seasoning packets, dried corn, dry pasta, instant coffee, tea, and cocoa, rice

**STEP 2: TAKE CARE OF YOUR EMERGENCY FOOD SUPPLY** Keep food in a dry, cool spot. If possible, choose an area out of the sun. Check your food supply at least every 6 months. Use foods before they expire, and replace them with fresh items. Immediately throw away canned goods that look swollen, dented, or rusty.



## IS YOUR CHILD HUNGRY OR JUST BORED?

If you suspect your child is eating out of boredom, you may need to steer him or her toward other activities as a distraction. What Can you do..... Make sure your child is eating 3 well-balanced meals and 1 snack a day. This will prevent feelings of hunger between meals. Help your child choose other things to do instead of eating, such as: Walking the dog, playing outside, planting a flower in the garden, flying a kite, joining you for a walk through the mall (without stopping at the ice cream shop) Offer healthy snacks such as raw vegetables, fruit, light microwave popcorn, vegetable soup, sugar-free gelatin, and fruit snacks. Snacks such as chips and candy bars have empty calories that will not make your child feel full. You pick the snack. When children are allowed to pick their own snacks, they often make unhealthy choices. Talk to your child about why healthy snacks are important. Come up with a list of snacks that you can both agree on and have them on hand.



Source: <https://www.healthychildren.org/English/healthy-living/nutrition>

## PREVENTING THE FLU

**Get Vaccinated.** Vaccination is the best protection against contracting the flu. Everyone 6 months of age and older should get vaccinated against the flu as soon as the vaccine is available in your area.

If you do contract the flu, talk to your doctor about antivirals. Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that can be used for prevention or treatment of flu viruses. If you get sick, antiviral drugs can make your illness milder and make you feel better faster.

Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

Wash your hands often with soap and water, especially after you cough or sneeze.

You can also use an alcohol-based hand cleaner or hand sanitizer.

- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Stay home if you are sick until at least 24 hours after you no longer have a fever (100°F or 37.8°C) or signs of a fever (without the use of a fever-reducing medicine, such as Tylenol®).

While sick, limit contact with others as much as possible to keep from infecting them.



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## KNOX COUNTY EXTENSION & 4-H



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# SLOW COOKER CORNED BEEF & CABBAGE

- \* 4 large carrots peeled and cut into matchstick pieces
- \* 10 baby red potatoes, quartered
- \* 1 onion , peeled and cut into bite size pieces
- \* 4 cups water
- \* 1 (4pound) corned beef brisket with spice packet
- \* 6 ounces beer or vegetable stock
- \* 1/2 head cabbage, coarsely chopped

1. Place the carrots, potatoes and onion into the bottom of the slow cooker, pour in the water, place the brisket on top of the vegetables. Pour the beer or stock over the brisket and sprinkle on the spices from the packet. Cover and set cooker on high.

2. Cook the Brisket for about 7 hours. An hour before serving, stir in the cabbage and cook one more hour. Serve hot.



Prep time: 15 minutes / Ready in: 8 Hours