

# PANHANDLE PATH TO HEALTHY LIVING



January 2022



## New Year New You!!

It's time for New Year's resolutions. Making behavioral changes is one of the toughest things a person can do. Breaking old patterns and creating new, healthy habits take time and dedication. This year, let's prepare for the new year by setting *NEW YEAR NEW YOU GOALS* that are meaningful and realistic!

**Be specific and realistic about your 2022 New Year goals:** It's natural to want to start a new year by changing everything. But you'll have better success if you limit the number of New Year's resolutions you make. By being specific about your wellness goals and realistic about what you hope to achieve, you can focus on measurable, attainable results.

**Don't punish yourself for not being perfect.** Don't punish yourself if you're having a hard time establishing new health goals. Studies show that people who are self-compassionate are actually more motivated to improve themselves. Be gentle, forgive yourself, and start again.

**Be grateful for each mini-goal you achieve.** When it comes to new goals/resolutions, progress takes time. Focus on setting and achieving mini-goals—and when you do, take time to appreciate your hard work and dedication. Research shows that cultivating and expressing gratitude builds self-esteem and resilience—two qualities that will reinforce your progress forward.



*Lizbeth Gresham*

# Path to Food Safety

## How Clean is Your Refrigerator?

With the beginning of a New Year, it is a great time to clean the refrigerator! Clean your fridge regularly: The best way to keep your refrigerator from being the source of a bout with foodborne illness is to keep it clean. Two of the “germiest” areas in the kitchen have been found to be the meat and vegetable bins in the home refrigerator. A least weekly—go through your fridge and throw out any perishable foods that are past their prime. Check dates on milk, yogurt and soft cheeses. Toss anything that is moldy, slimy, or just looks or smells spoiled. Take a look at your leftovers: generally, leftovers should be kept no longer than 3-5 days. Throw out those that have been there too long. A thorough, deep cleaning should be done monthly.

## HOW TO DEEP CLEAN YOUR FRIDGE

WITH THESE SIMPLE STEPS

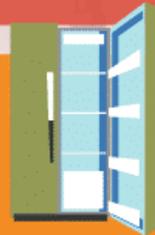


### PREPARATION AND CLEANING

Remove everything from your fridge and freezer

### REMOVE WHAT YOU CAN

Take out any shelves, drawers, and other detachable parts that can be cleaned separately and replaced

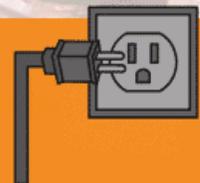


### WASH THE REMOVABLE PARTS

Using hot water and regular dish detergent, wash all of the drawers and shelves that were removed

### IMPORTANT: ALWAYS UNPLUG APPLIANCES

To protect yourself from the risk of electric shock and protect the appliance from damage



### MAINTENANCE IS KEY

Keep it clean on a regular basis: regular wipe-downs and by getting rid of food before it spoils

# Path to Declutter

## The Benefits of Decluttering Your Life

There are many benefits to owning fewer possessions. Even then, it's tough to move into action. That is... until the many benefits of getting rid of clutter reveal themselves:



**Less to clean.** Cleaning is already enough of a chore, less things to clean!

**Less to organize.** Finding things suddenly become easier. Things don't just "disappear" anymore. You can actually move around your home and enjoy the space, instead of moving around things that are in the way.

**Less stress.** Looking around at the clutter is a stressful sight. Wouldn't it be nice to be able to look around and see a home you love?

**Less debt.** Spending less time shopping for material possessions and adding to the clutter means your wallet and bank accounts remain fuller, and your home doesn't get filled with costly things you don't need.

**More financial freedom.** Decluttering can help you build up savings to keep you protected in case of unexpected emergencies.

**More energy for your greatest passions.** With less debt, more financial freedom, and a clean home, you can now focus your energy on the things you enjoy!.

**Use the Four-Box Method.** Get four boxes and label them: trash, give away, keep, or re-locate. Enter any room in your home and place each item into one of the following boxes. Don't skip a single item, no matter how insignificant you may think it is. This may take



## Path to Wellness

# Walk Across Texas Power of Walking Path to 10,000 steps a day!

- 10,000 steps a day, over the course of 100 days, can have a positive impact on mental wellbeing, weight loss, blood pressure and cardiovascular health.

Millions of people experience stress every day – but now we know there is a way to combat the lasting negative impacts by simply moving more.



TEXAS A&M  
**AGRILIFE**  
EXTENSION



# TEXAS A&M AGRI LIFE EXTENSION

TEXAS A&M AGRILIFE EXTENSION SERVICE

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Potter County

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DINNER  
TONIGHT  
HEALTHY COOKING SCHOOL  
TEXAS A&M AGRILIFE EXTENSION

Lizabeth Gresham is a Family and Community Health Agent with Texas A&M AgriLife Extension Potter County. Family and Community Health helps Texans better their lives through science-based educational programs designed to improve the overall health and wellness of individuals, families, and communities. FCH focuses on topics such as child and adult health, nutrition, child care, financial management, and community safety, and building strong families. Our goal is to encourage lifelong health and well-being for every person, every family, and every community. <https://Potter.agrilife.org>

*Lizabeth Gresham*



Enjoy Healthy Recipes  
[dinnertonight.tamu.edu](https://dinnertonight.tamu.edu)

## New Year New You Recipe!

### Black Eyed Pea & Jalapeno Salsa

- 1 15 ½ ounce can black-eyed peas low sodium, rinsed
- ½ cup pickled jalapeño peppers chopped
- ½ cup onion chopped
- ½ cup Tomato diced
- ½ cup olive oil
- ¼ teaspoon garlic powder
- ¼ teaspoon salt & pepper

#### Directions:

Mix the black-eyed peas, jalapeño peppers, onion, tomato and olive oil together in a bowl, add seasonings, mix well & chill 15 min. before serving with whole grain tortilla chips. Enjoy!



Black-eyed peas are more than just a lucky charm on New Year's Day! They are a bean with a pleasant aroma and distinctive taste. Black eyed peas are low in fat and a great source of potassium, iron, and fiber. Although their interesting shape, white skin, and black eye make them a household favorite at the beginning of the year,

