

»»» NEWSLETTER «««

BETTER LIVING FOR TEXANS

TEXAS A&M AGRILIFE EXTENSION



JULY 2023

A SWEET AND SAFE GRILLING SEASON



PAGE 2

Are you looking for something new to throw on the grill this year? Try grilling your favorite fruit!

Read more on page 2

PAGE 4



Grilling fruit brings out its sweetness and is an awesome way to include more fruits into your meal as a sweet treat.

Read more on page 4

RECIPE OF THE MONTH GRILLED PEACHES

Are you looking for something new to add onto the grill this year? Try grilling your favorite fruit! According to the Dietary Guidelines for Americans 2020-2025, more than 80% of the U.S. population does not eat the recommended amount of fruit. Grilling fruit can be a great way to include more fruit into your meal as a healthy snack, side, or dessert. From peaches and watermelon to apples and pineapples, the possibilities are endless! Grilling fruit brings out its natural sweetness and locks in the flavor – yum! This summer, use your creativity by adding something new to the grill, and be sure to follow the FightBAC™ principles to avoid cross-contamination and foodborne illness. Keep reading to learn more.

➤➤➤ CLEANING

Wash your hands with warm water and soap for at least 20 seconds and wash cutting boards, dishes, utensils, and countertops before beginning preparation. Wash fruit under clean, running water, including those with skins and rinds that are not eaten. Rub firm-skinned fruit with a clean vegetable brush.

➤➤➤ SEPARATE

Always keep fruit separate from raw meat, poultry, and seafood items; use separate grocery bags and cutting boards. Pay attention to utensils and do not use the same tongs on your grilled fruit as you used for raw meat or poultry. Never place grilled fruit on a plate that previously held raw meat, poultry, or seafood items.

➤➤➤ COOK

Grilled fruit does not have a safe minimum internal temperature like meat, poultry, and seafood, but different fruits will have different cooking (or grilling) times. To cook more evenly, cut fruit into smaller pieces and use medium to low grill temperature to avoid burning. Be careful – due to the high-water content of many fruits, they can become very hot when grilled, let them cool for a few minutes before diving in

➤➤➤ CHILL

After the meal, handle leftovers safely to prevent foodborne illness. Never let grilled fruit sit at room temperature for more than two hours before refrigerating or freezing, and not more than one hour if the temperature is 90°F or above. Leftovers? Divide into shallow containers for quicker cooling in the refrigerator and consume leftovers within 3-4 days and reheat to 165°F before eating.



Written by: Katie McGill, Extension Agent – Better Living for Texans, Brazos County
Content Source: 2020-2025 Dietary Guidelines for Americans, and The Core Four Practices, FightBac.org
Photo From: Canva



Lunch & Learn

Fresh Start to a Healthier You!

Treat yourself to a complimentary lunch! Enjoy a food preparation demo and take home an educational item used in the lesson.

Program promotes: Balanced/Nutritious Meals & Snacks, Food Safety, Saving money at the grocery store, and increasing daily physical activity.

Potter County Extension Office
3301 SE 10TH AVE, BLDG 1
Monday, July 17
12:00-1:00 PM

Use QR code or email to register
mica.malacara@ag.tamu.edu

Contact Mica Malacara for more information
806-373-0713

RECIPE OF THE MONTH

Recipe from Shirley Sears, North Region Project Specialist – Better Living for Texans

➤➤➤ GRILLED PEACHES

Grilling fruit brings out its sweetness and is an awesome way to include more fruits into your meal as a sweet treat. You can grill pineapples with pork, cantaloupes as a kabob, and bananas as a snack.

INGREDIENTS

SERVES 4

1 teaspoon olive oil

**2 medium peaches, pitted
and cut in half**

**1 cup low-fat vanilla Greek
yogurt**

**4 tablespoons slivered
almonds**

➤➤➤ DIRECTIONS

1. Heat grill. Brush peaches with olive oil and place cut-side down on the grill. Grill for 4 minutes.
2. Remove peaches and place on a serving dish. Top each half with $\frac{1}{4}$ cup of yogurt and 1 tablespoon of almonds. Note: If you do not have access to a grill, this can be done in the broiler or on a griddle.

Nutrients Per Serving: 140 calories, 6g total fat, 1.5g saturated fat, 5mg cholesterol, 25mg sodium, 15g carbohydrates, 2g fiber, 13g total sugar, 0g added sugar, and 8g protein.



»»» EVENTS

JULY 3- Potter County Extension Office Closed

JULY 4- Potter County Extension Office Closed

JULY 10- BLT/FCH Advisory Board Community Conversation

JULY 11-Sharing Hope Ministry
Growing & Nourishing Healthy Communities-
Guest speaker-Blair Schaffer
Leo Caiafa Jr. Center for Advancement 5:30PM

JULY 17- LUNCH & LEARN
Fresh Start to a Healthier You!
Potter County AgriLife Extension Office
12:00-1PM

JULY 18-Sharing Hope Ministry
Growing & Nourishing Healthy Communities
Leo Caiafa Jr. Center for Advancement 5:30PM

JULY 20- Growing & Nourishing Healthy
Communities
Potter County Extension Office 5:30PM

JULY 20- North Region On-Board Training

JULY 22- Growing & Nourishing Healthy
Communities
Potter County Extension Office 10:00AM

JULY 25-27- Agents in Action:Texas Extension
Association of Family & Consumer Sciences
Annual Conference

»»» THE PROGRAM

BETTER LIVING FOR TEXANS offers nutrition and physical activity programs to limited-resource audiences. Our mission is to provide research and evidence-based nutrition, health, and wellness knowledge to empower individuals, families, and communities.

The BLT program helps people make healthy meals, improve their physical fitness, save money at the grocery store, grow their own foods, and adopt better food safety habits.



»»» POTTER COUNTY AGENT

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