

# BETTER LIVING FOR TEXANS

TEXAS A&M AGRILIFE EXTENSION



Photo by: Jeanette Douglass  
-GNHC Participant

## AUGUST 2023

### PACKING LUNCH & SAVING MONEY!

#### »»» PAGE 2

With proper planning and preparation packing a lunch can be quick, help us make healthier choices, and save money.  
*Read more on page 2*

#### PAGE 6 «««

Preparing lunch at home is often cheaper and healthier for us!  
*Read more on page 6*

### RECIPE OF THE MONTH MYPLATE LUNCHBOX

## PACKING LUNCH & SAVING MONEY!

Lunchtime is often enjoyed at work and unless provided, something we need to pack before leaving for the day. When busy, it can be tempting and convenient to opt for the drive-thru which can be expensive.

### ➤➤➤ MEAL PLAN & SAVE

Include lunch when making a meal plan for you and your family. Use your meal plan to create a grocery list of needed ingredients. A plan helps keep things organized and eliminates any unnecessary spending. Look for weekly discounts and buy in bulk the foods eaten most often.

### ➤➤➤ LEFTOVERS

Plan to eat leftovers or make extra of your dinnertime meal to include in a few lunches throughout the week. This may help reduce the number of ingredients needed to purchase when shopping.



## ➤➤➤ HAVE KIDS HELP

If you are making lunches for kids, let them be part of the meal plan. Kids are more likely to eat things they help prepare or make decisions about. This can also help reduce any food waste throughout the week.

## ➤➤➤ LUNCH IDEAS

In addition to saving money, packing lunch can also be nutritious! Try to include the five main food groups when planning your lunch. The five main food groups are **vegetables**, **fruits**, **grains**, **protein**, and **dairy**. Here are lunch ideas that include all the food groups.

- Deli ham or turkey slices with reduced-fat cheddar cheese cubes, whole grain crackers, sliced cherry tomatoes, apple slices, and low-fat yogurt.
- A peanut butter and banana sandwich served on whole grain bread with celery sticks, fresh strawberries, and low-fat milk.
- Cheese quesadillas on whole wheat tortilla with a side of bell pepper sticks, guacamole, mixed berries, and low-fat string cheese.

With proper planning and preparation packing a lunch can be quick, help us make healthier choices, and save money. Here are some helpful tips when packing a lunch for you or someone else.



Written by: Christina Fakhoury, Extension Agent – Better Living for Texans, Parker County  
 Content Source: <https://www.strong4life.com/en/feeding-and-nutrition/mealtimes/10-tasty-packed-lunch-ideas-for-school-aged-kids>,  
 Photo From: BLT program.

**PACKING LUNCH & SAVING MONEY!**

## COMMUNITY ENGAGEMENT

Better Living for Texans has served approximately fifty participants in collaboration with Sharing Hope Ministry since February 2023. The collaboration has served the community well and helped to transform mindsets.



The success of the partnership is widely due to the stewardship and friendships of Kim Lester and Susan Hill. Read on to get to know a little bit about these two FABULOUS women!

### Kim Lester

Resource Coordinator,  
Lucille and Leo Caiafa Jr  
Center for Advancement

**Community Engagement** is the process of working collaboratively with and through groups of people affiliated by geographic proximity or special interests to address issues affecting the well-being of people. It is a powerful vehicle for bringing about environmental and behavioral changes that will improve the health of the community. It often involves partnerships that help mobilize resources serving as catalysts for change. (CDC, 1997)

What is your most significant achievement?

***"I have achieved nothing apart from Christ. With His help I have played a small part in the growth and outreach of Sharing Hope Ministry."***

What do you love most about your job?

***"Helping women find hope for a brighter future through the services we offer at the Center for Advancement."***

What are you most passionate about?

***"Serving—being the hands and feet of Christ."***

What movie have you seen the most times?

***"It's a Wonderful Life...every Christmas."***

What's something surprising that not many people know about you?

***"I love football! I know more about it than a lot of men I know."***

What three superpowers would you choose to have?

***"Healing, Healing, Healing. I have too many loved ones that have suffered with chronic and terminal diseases."***



## Susan Hill

Support Staff,  
Lucille and Leo Caiafa Jr  
Center for Advancement

What is your most significant achievement?

***"Getting out of debt and trusting the Lord to get me there."***

What do you love most about your job?

***"Being able to see women's lives changed."***

What are you most passionate about?

***"Being a servant for the Lord."***

What movie have you seen the most times?

***"Gone with the Wind."***

What early setbacks later gave you an advantage?

***"Being in debt. Now I can share with others how important it is to learn to live on a budget."***

What one piece of advice would you have given your younger self?

***"That saving money is very important. Learn to live on a budget and I don't have to live like the 'Jones' when I don't have the income they do."***



"We share a common thread in that we cherish service to others. I cannot explain how valuable it is to have friends that are uplifting and help one to be better! I would like others to know how special these two ladies are and remind Kim & Susan that the work they do is so appreciated."

-Mica Malacara, BLT Agent

# RECIPE OF THE MONTH

Recipe from Lindsey Breunig-Rodriguez, Project Specialist – Better Living for Texans

## MYPLATE LUNCHBOX

Lunches during the school day or the workday often need to be easy to take with you and require little to no preparation when ready to eat. Preparing lunch at home is often cheaper and healthier for us!

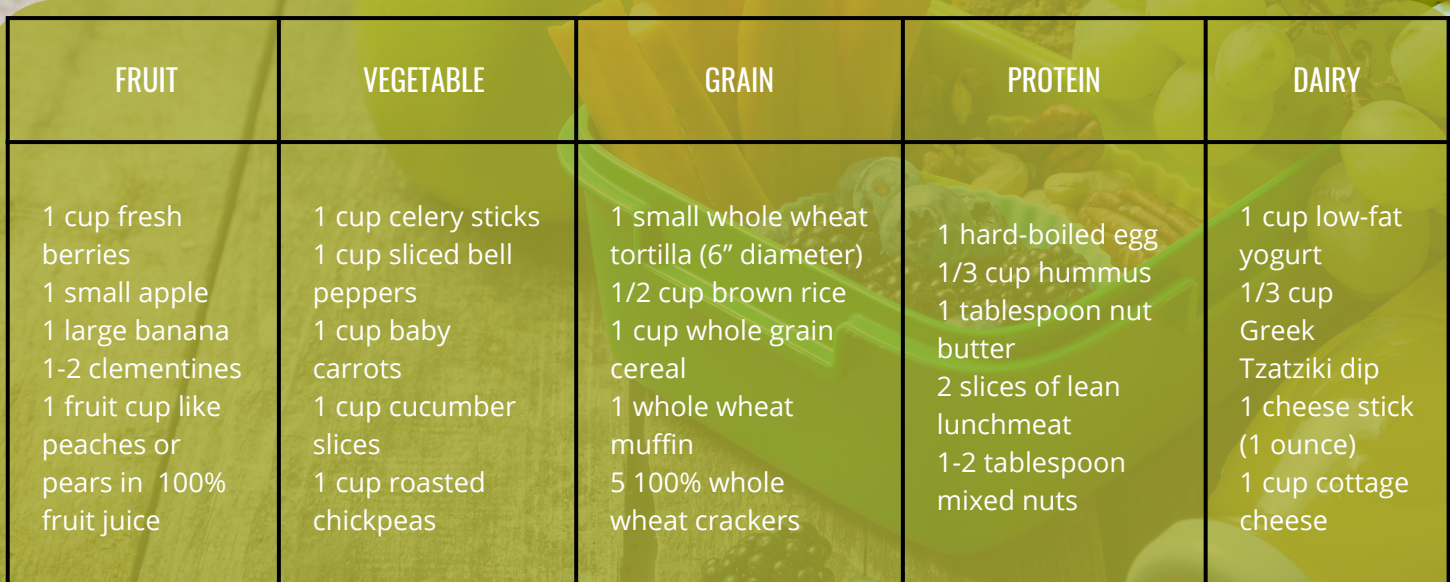
### EXAMPLE

1 cup berries,  
1 cup sliced bell peppers,  
5 100% whole wheat crackers,  
1 hard-boiled egg,  
1/3 cup Greek tzatziki dip

### DIRECTIONS

Choose one food from each MyPlate food group. You can cut, slice, or pre-portion several items once and enjoy throughout the week. If a refrigerator is unavailable for your lunch, keep your MyPlate Lunchbox stored in an insulated container with an ice pack or frozen water bottle. Note: Nutrition content will change as ingredients are substituted.

Nutrients Per Serving (from example): 280 calories, 9 g total fat, 2 g saturated fat, 165 mg cholesterol, 330 mg sodium, 41 g carbohydrates, 4 g fiber, 16 g total sugar, 0 g added sugar, and 13 g protein



FRUIT	VEGETABLE	GRAIN	PROTEIN	DAIRY
1 cup fresh berries 1 small apple 1 large banana 1-2 clementines 1 fruit cup like peaches or pears in 100% fruit juice	1 cup celery sticks 1 cup sliced bell peppers 1 cup baby carrots 1 cup cucumber slices 1 cup roasted chickpeas	1 small whole wheat tortilla (6" diameter) 1/2 cup brown rice 1 cup whole grain cereal 1 whole wheat muffin 5 100% whole wheat crackers	1 hard-boiled egg 1/3 cup hummus 1 tablespoon nut butter 2 slices of lean lunchmeat 1-2 tablespoon mixed nuts	1 cup low-fat yogurt 1/3 cup Greek Tzatziki dip 1 cheese stick (1 ounce) 1 cup cottage cheese



## EVENTS

AUGUST 3- *Growing & Nourishing Healthy Communities*  
Potter County Extension Office  
6:00PM

AUGUST 5- *Growing & Nourishing Healthy Communities*  
Potter County Extension Office  
10:00AM

AUGUST 8- Downtown Women's Center  
*Fresh Start to a Healthier You! Session 1*  
Abba House  
5:30PM

AUGUST 11- Women's Coalition Meeting  
Leo Caiafa Jr. Center for Advancement  
12:30-1:30PM

AUGUST 21- LUNCH & LEARN  
*Fresh Start to a Healthier You!*  
Potter County AgriLife Extension Office  
12:00-1PM

AUGUST 22- Downtown Women's Center  
*Fresh Start to a Healthier You! Session 2*  
Abba House  
5:30PM

AUGUST 24- *Growing & Nourishing Healthy Communities*  
Follow-Up 5:30PM  
Preserving the Harvest-Part 1  
(Agent Collaboration)  
Sharing Hope Ministry 6:00PM

AUGUST 30 & 31- Texas A&M AgriLife District Meetings

# BETTER LIVING FOR TEXANS-ADULT PROGRAMS



## **NUTRITION PROGRAMS** **A FRESH START TO A HEALTHIER YOU!**

- This 4-session series promotes increasing fruit and vegetable intake, nutritious meals and snacks, food safety, food resource management (meal planning and saving money on food purchases), and daily physical activity.
- A self-paced, online course is available.

## **HEALTHY CARBOHYDRATES**

- This 4-session series promotes a healthful eating pattern to prevent or delay diet related chronic diseases that includes building a healthy plate, carbohydrate counting, and active living.

## **BE WELL, LIVE WELL**

- This 5-session series encourages healthy aging for adults over 50 years of age by addressing ways to remain independent through dietary choices and physical activity.

## **GET THE FACTS**

- This 4-session series focuses on how to read the Nutrition Facts label to make healthy food choices and identify portion sizes, fat, sodium, and added sugars found in foods.

## **GET A TASTE FOR REDUCING FOOD WASTE**

- This 4-session series focuses on reducing food waste through meal planning, storing foods to prevent spoilage, and composting.



## **GARDENING PROGRAM** **GROWING AND NOURISHING HEALTHY COMMUNITIES GARDEN COURSE**

- This 6-session series engages participants as they learn how to garden and grow fruits and vegetables to increase their access to fresh produce.

## **PHYSICAL ACTIVITY PROGRAMS** **WALK ACROSS TEXAS! (WAT!)**

- This online 8-week program encourages team members to increase physical activity by tracking mileage for a combined team goal of 832 miles.
- WAT! is a fun, health-promoting competition for a work place, community group, or any location where teams can be formed.

## **WALK N TALK**

- Similar to WAT!, this 8-week program meets weekly to discuss one of the following nutrition topics...
  - **Fruit & Vegetable:** to encourage increasing consumption, each week a different fruit or vegetable is introduced.
  - **Rethink Your Drink!:** focuses on staying hydrated and reducing the intake of sugar sweetened beverages.



## **TO LEARN MORE, CONTACT AN EXTENSION AGENT IN YOUR COUNTY**

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## **CREATING OPPORTUNITIES, CHANGING LIVES.**

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AgriLife Extension is an equal opportunity provider.



# TEXAS EXTENSION ASSOCIATION OF FAMILY & CONSUMER SCIENCES CONFERENCE HIGHLIGHTS





## »»» 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.

**OUR FOCUS AREAS...**

-  **NUTRITION**
-  **PHYSICAL ACTIVITY**
-  **GARDENING**



## »»» POTTER COUNTY AGENT

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