

BETTER LIVING FOR TEXANS

TEXAS A&M AGRILIFE EXTENSION



SEPTEMBER 2023

**START THE DAY
WITH BREAKFAST!**

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Eating breakfast daily can be easy with some planning and preparation!
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Breakfast Vegetable Scramble
Hardy, Healthy, and Scrumptious meal to start your day!
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**RECIPE OF
THE MONTH**

START THE DAY WITH BREAKFAST!

Eating breakfast daily can be easy with some planning and preparation! Try these quick and easy options or come up with ideas that work for you and your lifestyle.

➤➤➤ HELP OUR BODIES

You have likely heard that breakfast is the most important meal of the day. But why? For many, when you wake up it has been about 8-12 hours since your last meal, and by eating breakfast you are not only refueling but fueling your body for a full day ahead. Eating breakfast may help our bodies in a variety of ways, both mentally and physically.

The type of breakfast is also important. Researchers have noted that a breakfast full of nutrients like fiber, vitamins, and minerals can improve concentration, performance, and mood by preventing fatigue and irritability, both of which help you have a more productive day at home, work, or school.

While foods like toaster pastries or donuts are tasty, be mindful to enjoy in moderation as these foods are often high in calories, added sugar, and fat and will likely cause hunger sooner than a balanced nutrient-dense meal.



➤➤➤ SAVE TIME BY PREPING AHEAD

If you don't have time for a sit-down meal, a grab-and-go breakfast can be a great option. Try a piece of whole grain toast with peanut/sunflower butter, along with a cup of yogurt with fruit or enjoy a smoothie on the go. Do you like a hot bowl of oatmeal? Save time by trying overnight oats with blueberries or other fruit. Overnight oatmeal can be prepared the night before and stored in the refrigerator with no cooking needed. When ready to eat, warm it up or enjoy right out of the refrigerator.

Pick one day to prep and portion some food items like whole grain cereal, fruit, nuts, and yogurt. When shopping, some items, like nuts and yogurt, are available in both individual and bulk portions. Look at the unit price to determine the best buy for you and your family. Leftovers from the day before are also a good choice, re-heat as is or add as a topper to your toast. Be creative and start your day with a nutritious quick breakfast!

Written by: Karen DeZarn, Family and Community Health Agent – Lampasas County

Content Source:

https://www.canr.msu.edu/news/benefits_of_eating_breakfast

Photo From: Canva

A grab-and-go breakfast can be a great option. Try a piece of whole grain toast, yogurt, or overnight oatmeal. Pick a day to prep and portion some food items.



START THE DAY WITH BREAKFAST!

COMMUNITY ENGAGEMENT

This month's community spotlight is on Abigail Schleis, a senior psychology major at West Texas A&M University. "Abi" spent the summer interning at the Schaffer Farm in collaboration with Ogallala Commons. Ogallala Commons is a nonprofit education and leadership organization that reinvigorates commonwealth to build vibrant Great Plains communities. Schleis shares about her internship at the Schaffer Farm, "I had the opportunity to learn about agriculture, how beneficial and a necessary it is to our local areas." She also states, "There was opportunity to discover the idea of mental tranquility—ways that are nurturing to the environment, the mind, and the body." Schleis continues, "My biggest achievement this year was finishing my internship with the Schaffer Farm. It was a great honor for all of us to be recognized by Ogallala Commons...I really got to build connections with other people, more than I thought I would do."

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)

Abi was introduced to Better Living for Texans to complete service hours needed for her internship and volunteered time to educate participants at Downtown Women's Center during a recent *Fresh Start to a Healthier You!* program. Schleis feels the most significant attribute of BLT to the community is providing educational resources that are understandable and the time spent "one-on-one with people to help and empathize."

Abigail Schleis

Senior, WTAMU
Psychology



What are you most passionate about?

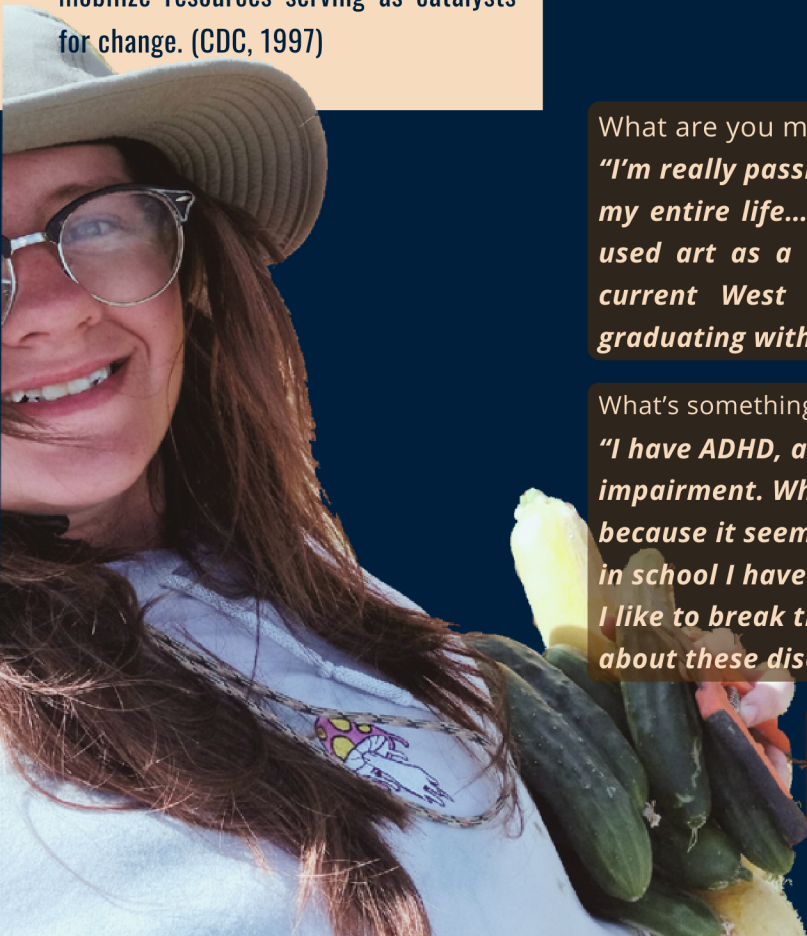
"I'm really passionate about mental health, that has been my focus my entire life...I desire to become an art therapist. I have always used art as a coping mechanism and to share my stories. As a current West Texas A&M student, I am looking forward to graduating with my bachelor's in psychology and a minor in art."

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

"I have ADHD, a learning disability, and a speech/language impairment. When I tell people I have that, they are shocked because it seems I don't have it (but I do). Over the years of being in school I have shocked educators with my academic performance. I like to break the stereotypical assumptions and educate people about these disabilities that actually make me unique."

What three superpowers would you choose to have?

"My three superpowers would be to have the ability to fly, time travel, and go invisible."





RECIPE OF THE MONTH

Recipe from Priscilla Ofori, Project Specialist – Better Living for Texans

➤➤➤ BREAKFAST VEGETABLE SCRAMBLE

For a more balanced breakfast add fruit, whole grain toast, and yogurt for a serving of dairy.

➤➤➤ DIRECTIONS

1. In a medium bowl, whisk the eggs together until well-beaten. Stir in the shredded cheese, Italian seasoning, salt, and black pepper.
2. Heat oil in a large skillet over medium-high heat. Add onion and peppers. Cook 3 to 4 minutes until tender and starting to brown, stirring occasionally. Reduce heat to low. Add spinach. Cook for 30 seconds until wilted. Remove and set aside.
3. On low heat, add egg mixture to skillet. Gently stir the egg mixture constantly until cooked, about 1 to 2 minutes.
4. Add the vegetables to the pan of eggs. Stir together until warm. Serve immediately with avocado slices.

INGREDIENTS

- 3 eggs
- ¼ cup reduced-fat shredded cheddar cheese
- 1 tablespoon Italian seasoning
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons olive or vegetable oil
- ½ medium red onion, diced
- 1 cup frozen red, orange, and green bell pepper mix
(or any available frozen bell peppers)
- 4 cups baby spinach
- 1 avocado, sliced for serving



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



EVENTS

SEPTEMBER 4- Labor Day
Potter County Extension Office Closed

SEPTEMBER 5- Downtown Women's Center Abba House
Fresh Start to a Healthier You! Session 3
5:30PM

SEPTEMBER 8- Women's Coalition Meeting
Leo Caiafa Jr. Center for Advancement
12:30-1:30PM

SEPTEMBER 12- Downtown Women's Center Abba House
Fresh Start to a Healthier You! Session 4
5:30PM

SEPTEMBER 14- Sharing the Hope Resource Fair
Civic Center Regency Room
12:30PM-7:30PM

SEPTEMBER 15-23- Tri-State Fair & Rodeo

SEPTEMBER 16- Preserving the Harvest
(Agent Collaboration)
Potter County AgriLife Extension Office
10:00AM-3:00PM

SEPTEMBER 18- Tri-State Fair Senior Day
Rex Baxter Building
9:00AM-12:00PM

SEPTEMBER 20- Pride of the Panhandle
Tri-State Fair Rex Baxter Building
4:00PM-6:00PM

SEPTEMBER 21- Networking4Kids Meeting
Bridge Children's Advocacy Center
8:30-10:30AM

SEPTEMBER 26-28
BLT Nutrition and Physical Activity Curricula Workshop
Waco, TX



»»» 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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