

# BETTER LIVING FOR TEXANS

TEXAS A&M AGRILIFE EXTENSION



## Holiday EDITION NOVEMBER/DECEMBER 2023

### MOVE AND GROW!



#### »»» PAGE 2

What is the recommended weekly activity goal for adults?

*Read more on page 2*

#### PAGES 5 & 9 <<<

#### Fall Harvest Sheet Pan Dinner (NOV)

Use seasonal fruits and vegetables for a variety of options. *page 5*



#### Pear and Cranberry Crisp (DEC)

Whole grain oats, warm brown sugar, and sweet fruit make this a flavorful treat for breakfast or dessert. *page 9*

### RECIPE OF THE MONTH

### HOLIDAY FOOD SAFETY!

#### »»» PAGE 6

Don't let bacteria (germs) crash your holiday parties!

**For adults,** it is recommended to engage in 150 minutes or more a week (30 minutes a day for 5 days a week) of moderate aerobic activity

## ➤➤➤ PHYSICAL ACTIVITY

Engaging in physical activity is good for our bodies and important at every stage of life. Specifically, physical activity strengthens our muscles and keeps our heart strong. For adults, it is recommended to engage in 150 minutes or more a week (30 minutes a day for 5 days a week) of moderate aerobic activity and two days a week of muscle-strengthening movement. Activity should be at least 10 minutes in length and can be spread out during the day. Walking, biking, or lifting weights are common physical activities and garden activities like prepping, planting, harvesting, and winterizing can also count towards reaching your physical activity goals!



Large muscle groups in our body are activated when doing garden activities like digging, weeding, raking, lifting, and planting. For example, we use arm muscles when lifting tools or a watering can, abdominal (core) and back muscles when shoveling or raking leaves, and leg and rear muscles when squatting to pick up a bag of soil or while weeding and planting. Additionally, bending or stretching through garden movements increases flexibility and strengthens our joints.

## ➤➤➤ GARDENING

Try to do the garden activity for a counted repetition or continuously for 15 to 30 seconds. Repetitions or reps are the action of completing one movement. For example, 5 lunges while weeding is equal to 5 reps. The number of counted or timed repetitions to complete a movement is 1 set. It is recommended to complete 2 to 3 sets during one session. Your safety is important with all physical activities. Be cautious and understand your physical limits when trying to lift a heavy object. Note, for all types of physical activity, a person's age and fitness level may determine the level of intensity. Consider warming up with a walk around the garden or moving small hand tools before starting more intense activity.

Gardening is not only a way to be physically active but also provides a sense of achievement, can improve your mental health, and provides an opportunity to be outside and enjoy nature. Gardening also allows you to grow your favorite fruits and vegetables or try something new!

Gardening is not only a way to be physically active but also provides a sense of achievement



Written by: Michele Scaife, Extension Agent – Better Living for Texans, Montgomery County and Lindsey Breunig-Rodriguez, Project Manager – Better Living for Texans.

Content Source: <https://njaes.rutgers.edu/home-lawn-garden/gardening-for-physical-activity.php>

Photo From: AgriLife Marketing and Communications

**MOVE AND GROW!**

## COMMUNITY ENGAGEMENT

Potter County Extension is home to many great programs, one being 4-H. The program motto "Learn by Doing" illustrates the philosophy behind its 100+ year history of advancing youth development and is available to all youth, 8 to 18 years old, from urban, suburban, and rural areas. 4-H believes in the power of young people and that every child has valuable strengths and real influence to improve the world. Meet Colleen Schoenenberger, Potter County Program Assistant, whose work influences the lives of our young Texans. Schoenenberger states, "Through the 4-H program we provide youth with the opportunity to learn and develop important life skills through a variety of hands-on learning experiences. The 4-H program has a variety of project areas for everyone's interest. 4-H members participate in many activities which can include everything from food & nutrition to showing livestock."

Colleen feels that her most noteworthy achievement with Potter County is the Egg to Chick Program. She states, "I go into Potter County schools and teach about the life cycle of chickens. Many of these schools are very urban, so the Egg to Chick program gives these students a first-hand experience at livestock." For more information about the Egg to Chick program contact Colleen at the Potter County Office or visit <https://potter.agrilife.org>.

**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)

When asked what she felt was the most significant attribute of BLT to the community, Schoenenberger stated, "Better Living for Texans biggest asset to the community is teaching families to make positive changes for a healthier lifestyle—whether that be nutrition or staying active and fit."

What movie have you seen the most times?  
**"Pride and Prejudice."**

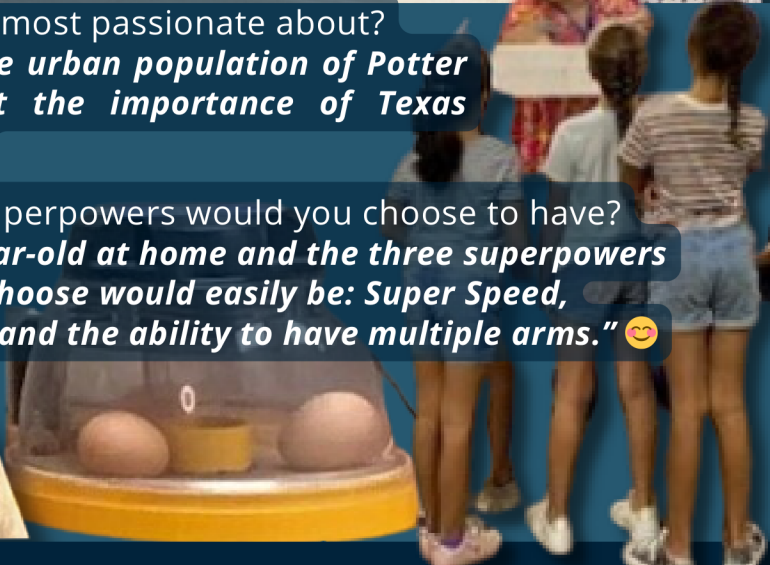
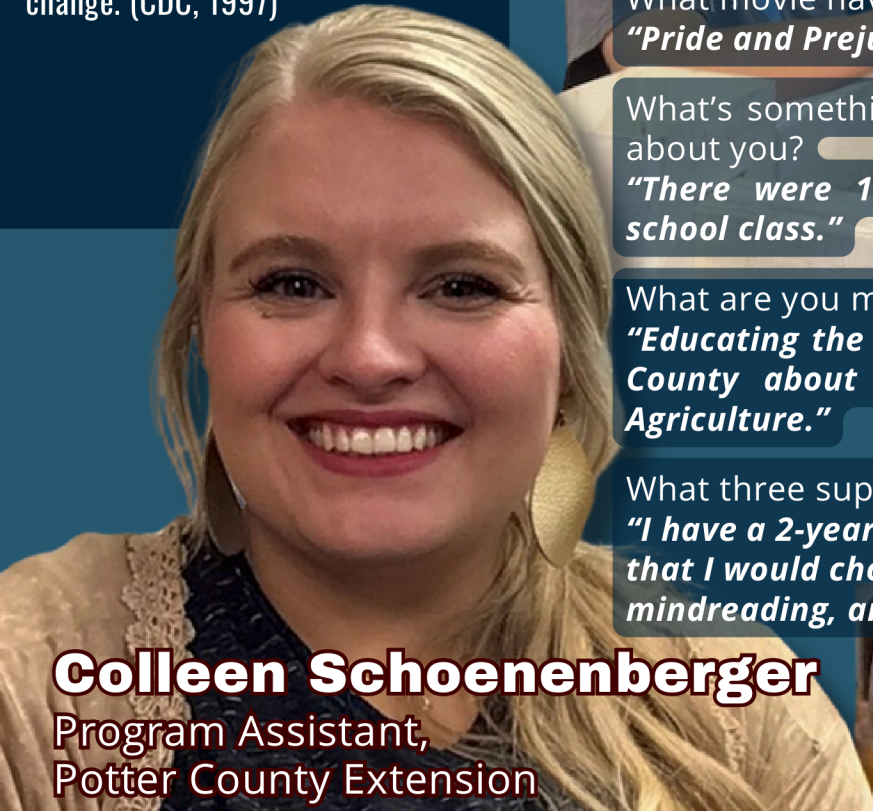
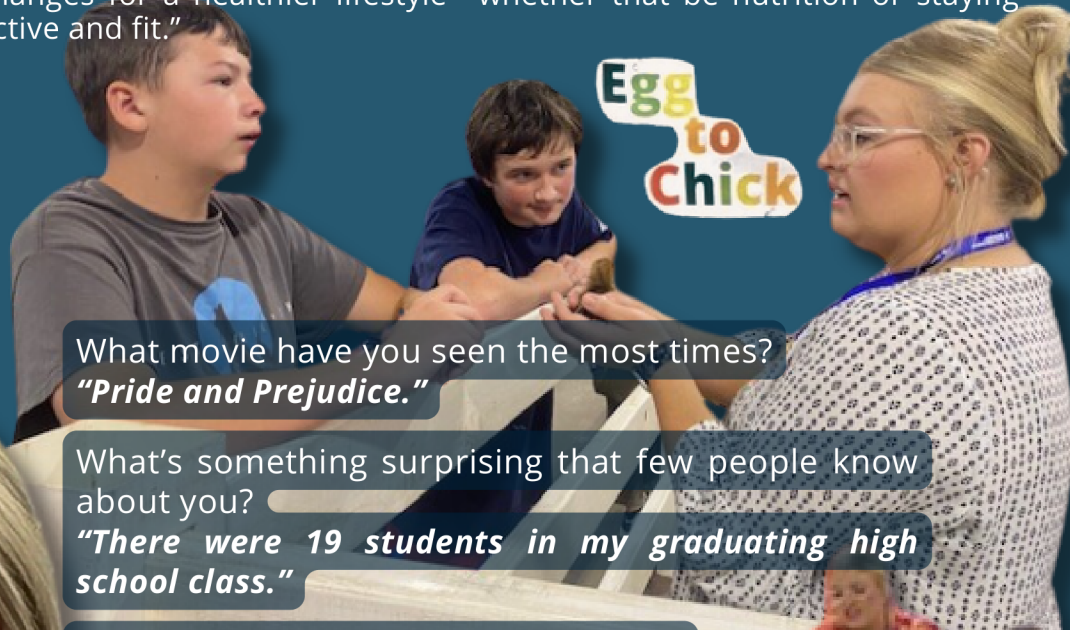
What's something surprising that few people know about you?  
**"There were 19 students in my graduating high school class."**

What are you most passionate about?  
**"Educating the urban population of Potter County about the importance of Texas Agriculture."**

What three superpowers would you choose to have?  
**"I have a 2-year-old at home and the three superpowers that I would choose would easily be: Super Speed, mindreading, and the ability to have multiple arms." 😊**

**Colleen Schoenenberger**

Program Assistant,  
Potter County Extension



# RECIPE OF THE MONTH *November*

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

## ➤➤➤ FALL HARVEST SHEET PAN DINNER

Use seasonal fruits and vegetables to get a variety of options throughout the year and save more money at the grocery store. Try using sweet potatoes in this month's recipe.

## ➤➤➤ DIRECTIONS

1. Preheat oven to 400°F.
2. Add sausage, potatoes, broccoli, onions, and apples to a 17x12-inch sheet pan.
3. Drizzle oil and sprinkle Italian seasoning over ingredients. Gently toss to combine.
4. Roast in oven for 30 to 45 minutes. Stir once while baking.

*Note: Baking time can vary depending on thickness of chopped and sliced ingredients.*

## INGREDIENTS

- 1 12-ounce turkey sausage link, sliced
- 2 cups potatoes, chopped (about 1 to 2 potatoes)
- 2 broccoli crowns, chopped (about 1 pound)
- 1 cup large onion, thinly sliced (about ½ onion)
- 1 large apple, chopped
- 2 tablespoons vegetable oil
- 1 teaspoon Italian seasoning



## SERVES: 4

**Nutrients Per Serving:** 260 calories, 11g total fat, 2g saturated fat, 50 mg cholesterol, 440 mg sodium, 25g carbohydrates, 5g fiber, 8 g total sugar, 0g added sugar, and 17g protein

# HOLIDAY FOOD SAFETY!

**The holidays** are fun and joyous occasions when family and friends get together for parties and food galore! The last thing you want to invite to your party is foodborne illness. Use these tips to keep your family and friends from becoming sick. Don't let bacteria (germs) crash your holiday parties!



## »» BUFFETS

Buffets are a popular way to celebrate holidays with family and friends. This type of food service, where foods are left out for long periods, leaves the door open for uninvited guests, bacteria that cause foodborne illness. Festive times should not include sharing foodborne illness. Here are some tips for preparing for your party:

- Always wash your hands with soap and water before and after handling food.
- Keep your kitchen, dishes and utensils clean.
- Always serve food on clean plates, never use plates used for holding raw meat and poultry for cooked food.

## »» PARTY CRASHER

Prevent harmful bacteria from crashing your party. Bacteria grows when the food is left out for more than 2 hours at room temperature. Follow these tips to keep your family and friends from getting sick:

- Keep cooked foods hot at 140°F or higher. Use chafing dishes, slow cookers and warming trays to keep foods hot on your buffet table.
- Keep cold foods at 40°F or colder. Keep foods cold by nesting dishes in bowls of ice or use small serving trays and replace them often.
- Cool foods quickly in your refrigerator. Divide large portions of cooked foods into smaller portions to cool quickly in your refrigerator.
- Bacteria can also multiply quickly in moist desserts that contain dairy products. Keep eggnog, cheesecakes, cream pies and cakes with whipped cream or cream cheese frostings refrigerated until serving time.
- Prepare extra serving platters and dishes ahead of time; store them in the refrigerator or keep them hot in the oven (set at approximately 200 to 250°F) before serving. Then replace empty platters rather than adding fresh food to a dish that already had food in it.

## »» LEFTOVERS

There are limits on how long you can safely keep leftovers. When heating and storing leftovers keep the following in mind:

- Wash hands with soap and water before and after handling food.
- Divide leftovers into smaller portions and store in shallow containers in the refrigerator.
- Refrigerate cooked leftovers within 2 hours. Use an appliance thermometer in your refrigerator to keep your refrigerator at 40°F or below.
- Reheat cooked leftovers to 165°F; use a food thermometer to measure the temperature. Sauces, soups and gravies should be reheated by bringing them to a boil. When microwaving leftovers, make sure there are no cold spots in food (where bacteria can survive). Cover food, stir and rotate for even cooking.
- Eat leftovers within three to four days. When freezing leftovers, use within 2-6 months for best quality.

### Cold Storage Guidelines for Selected Holiday Foods

Product	Refrigerator (40 °F)	Freezer (0 °F)
Fresh Eggs, in shell	3 to 5 weeks	Do not freeze
Soups & Stews	3 to 4 days	2 to 3 months
Fresh Turkey, whole	1 to 2 days	1 year
Fresh Turkey, pieces	1 to 2 days	9 months
Giblets	1 to 2 days	3 to 4 months
Casseroles	3 to 4 days	2 to 3 months
Gravy & Broth	3 to 4 days	2 to 3 months
Stuffing, cooked	3 to 4 days	1 month

Adopted from article "Holiday Food Safety Tips" from the University of Nebraska-Lincoln Extension  
 Source:

- Albrecht, J. A. (2008). Food Safety for Families Parent Newsletter. University of Nebraska-Lincoln Extension. This newsletter was developed as part of the Food Safety for Families with Young Children Project, USDA-CSREES Project 2008-51110-19237.
- [USDA Explains Why Food Safety Should Be at the Top of All of Our Holiday Lists](#), United States Department of Agriculture (USDA)
- [Cold Food Storage Chart](#), USDA

Content Source: <https://njaes.rutgers.edu/home-lawn-garden/gardening-for-physical-activity.php>

Photo From Canva

**HOLIDAY FOOD SAFETY!!**



# THANKSGIVING TURKEY FOOD SAFETY

Having a turkey on your Thanksgiving table is a timeless American tradition. Use this information when purchasing, preparing, handling and serving your Thanksgiving turkey.

## BUYING YOUR THANKSGIVING TURKEY

### Fresh Turkey

- Check packaging for leaks and separate from other items in the cart
- Leave turkey in bag and place in a pan or on a tray to prevent dripping
- Store on bottom shelf of fridge at or below 41°F

### Frozen Turkey

- Keep turkey in the freezer (0°F) until it's ready to thaw and be cooked
- Thawing in refrigerator will take ~24 hours for every 5 pounds

**If you receive a donated fresh or frozen turkey from a food pantry, non-profit organization, etc. past its expiration date, it is still safe to eat, if handled and cooked properly.**

### Thawing

- Thaw turkey quickly with the following methods:
  - Cool water: Submerge in sink or container of cool water, changing every 30 minutes. Allow 30 minutes per pound.
  - Microwave: Read manual instructions. Remove wrapping. Rotate several times. Cook turkey immediately after thawing. Allow 6 minutes per pound.
  - Cook: Use method if turkey is partially thawed. Allow at least 50% longer time to cook through.

### Preparing

- You do not need to wash your turkey. Washing raw poultry won't kill bacteria, but cooking to the proper internal temperature will. However, when washing, harmful bacteria like Salmonella and Campylobacter can be sprayed up to 3 feet on nearby surfaces.
- To prevent the spread of bacteria, clean and sanitize utensils and work surfaces and wash hands after preparing raw poultry.

### Cooking

- When the juices run clear or the turkey is a golden brown color it does not necessarily indicate the turkey is done. The only way to tell is by using a verified food thermometer to check the internal temperature.
- Poultry, like turkey and chicken, must be cooked to an internal temperature of at least 165°F for safety. Check temperature in three spots including:
  - Thickest part of the breast
  - Innermost part of the wing
  - Innermost part of the thigh
- For safety, stuffing must also reach 165°F checked in multiple places. This could cause the turkey to be cooked to over 165°F.
  - To avoid overcooking, consider making stuffing separately



# RECIPE OF THE MONTH *December*

Recipe from Oregon State University, Food Hero

## ▶▶▶ PEAR AND CRANBERRY CRISP

Whole grain oats, warm brown sugar, and sweet fruit make this a flavorful treat for breakfast or dessert.

## ▶▶▶ DIRECTIONS

1. Preheat oven to 400°F.
2. In a medium bowl, combine oats, brown sugar, flour, cinnamon, and applesauce.
3. Combine pears, cranberries, and cornstarch in an 8x8-inch baking dish. Sprinkle with oat mixture.
4. Bake uncovered until bubbling and topping is browned, about 20 minutes.

*Note: Try adding other spices such as nutmeg.*

## INGREDIENTS

- ½ cup old fashioned rolled oats
- 1 Tablespoon packed brown sugar
- 2 Tablespoons flour
- ¼ teaspoon cinnamon
- 2 Tablespoons applesauce
- 4 cups cubed pears (about 3 pears)
- 1 cup cranberries, fresh or frozen
- 1 Tablespoon cornstarch



### SERVES: 4

**Nutrients Per Serving:** 90 calories, .5g total fat, 0g saturated fat, 0 mg cholesterol, 0mg sodium, 21g carbohydrates, 4g fiber, 11g total sugar, 2g added sugar, and 1g protein



Thankful  
Grateful  
blessed



It's the  
**Season**  
to  
**Sparkle**





## »»» NOVEMBER EVENTS

NOVEMBER 1- River Road High School  
*CHOOSE HEALTHY* Session 5  
9:14AM-10:04AM & 11:56AM-12:46PM

NOVEMBER 2- Wesley Community Center  
*Be Well, Live Well* Session 4  
1:00PM

NOVEMBER 3- Forest Hill Elementary Pre-K  
*Steps to Health Color Me Healthy* Session 3  
8:30AM

NOVEMBER 6- Forest Hill Elementary Pre-K  
*Steps to Health Color Me Healthy* Session 4  
8:30AM

NOVEMBER 13-15- Forest Hill Elementary Pre-K  
*Steps to Health Color Me Healthy* Sessions 5-7  
8:30AM

NOVEMBER 14- Head Start Policy Council  
Region 16 Education Service Center  
10:00AM

NOVEMBER 22-24- Thanksgiving Holiday  
Potter County Office Closed

NOVEMBER 27- Court Interpretation  
Potter County Commissioners' Court Room  
9:00AM

NOVEMBER 27- (Tentative) Lunch & Learn  
Potter County Extension Office  
*Get the Facts* Session 2  
12:00-1:00PM

NOVEMBER 28-30- Amarillo Farm & Ranch Show  
Civic Center

NOVEMBER 29- Forest Hill Elementary Pre-K  
*Steps to Health Color Me Healthy* Session 8  
8:30AM

NOVEMBER 30- Texas Extension Association of  
Family & Consumer Sciences District 1 Cookie  
Exchange

## »» DECEMBER EVENTS

DECEMBER 1-Potter County Family and Community Health/Better Living for Texans Board Zoom Meeting  
10:00AM

DECEMBER 4- Forest Hill Elementary Pre-K  
*Steps to Health Color Me Healthy* Session 9  
8:30AM

DECEMBER 5-Potter County Leadership Advisory Board. All agents  
12:00PM

DECEMBER 6- Sunshine Community Garden Update  
Zoom Meeting  
9:00AM

DECEMBER 7- Wesley Community Center  
*Be Well, Live Well* Session 5  
1:00PM

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

DECEMBER 11- Lunch & Learn  
Potter County Extension Office  
*Get the Facts* Session 3 (Possibly Session 2)  
12:00-1:00PM

DECEMBER 12- Against All Odds  
Potter County Extension Office  
*Fresh Start to a Healthier You!* Session 1  
2:30PM

DECEMBER 14-Potter County Performance Appraisal  
Potter County Extension Office  
8:00AM-2:00PM

DECEMBER 19-21- OUT OF OFFICE

DECEMBER 22-26- Christmas Holiday  
Potter County Office Closed

DECEMBER 27-29- OUT OF OFFICE





## »» 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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