

BETTER LIVING FOR TEXANS

TEXAS A&M AGRILIFE EXTENSION



JANUARY 2024

**HAPPY HEALTHY
NEW YEAR**



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It's a great time to focus on healthy eating and physical activity. Not sure how? *Read more on page 2*

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Spicy Ginger Mushroom Noodles

A delicious and adaptable celebration of traditional Asian flavors! *page 4*



**RECIPE OF
THE MONTH**

**MAKING HEALTHIER
CHOICES WITH A
PLAN**

»»» PAGE 6

Healthy eating habits are easier with a plan. *Read more on page 6*



Happy New Year!

It's a great time to focus on healthy eating and physical activity. Not sure how? 5 ways for you to be healthier in the new year.



Happy New Year! It's a great time to focus on healthy eating and physical activity. Not sure how? Better Living for Texans can help! We have resources to help you kick off 2024! **Here are 5 ways for you to be healthier in the new year:**

➤➤➤ CUT BACK ON ADDED SUGARS

1. Cut back on added sugars. Too much sugar can lead to weight gain and obesity, type 2 diabetes, and heart disease. Reduce your sugar by including more whole foods rather than packaged foods. Also consider drinking water instead of sugary beverages. Learn more about added sugars with this Connecticut SNAP-Ed agency.

<https://www.snap4ct.org/added-sugar>

➤➤➤ LIMIT SALTY SNACKS

2. Limit salty snacks. Many people have too much salt in their diet, which can lead to high blood pressure and cause stress on the heart. Learn more about low-salt snacking with SNAP-Ed New York.

<https://snapedny.org/videos/low-salt-snacking-grades-5-8/>

➤➤➤ HALF FRUITS AND VEGETABLES

3. Fill half your plate with fruits and vegetables. Eating more fruits and vegetables can improve your health and reduce your risk of certain diseases. These [recipes](#) from a New York SNAP-Ed agency may help increase your daily intake.
<https://jsyfruitveggies.org/recipes/>

➤➤➤ HALF WHOLE GRAINS

4. Make at least half your grains whole grains. Whole grains have fiber, that helps with digestion and may assist with weight management. SNAP-Ed in Iowa has lots of [tips](#) on how to eat more whole grains.
<https://spendsmart.extension.iastate.edu/shop/aisle-by-aisle/grains/>

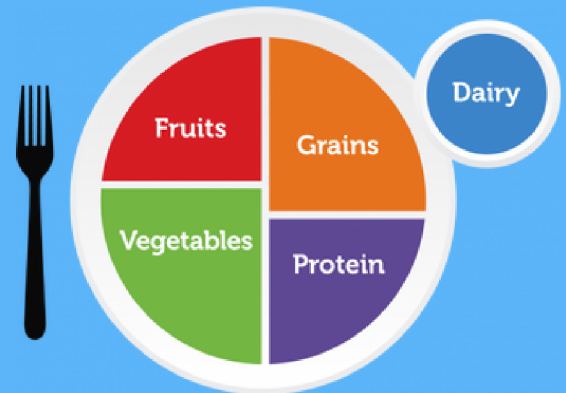
➤➤➤ STAYING ACTIVE

5. Commit to staying active all year long. If you haven't been active before, you can start with small amounts of time and work up to about 30 minutes a day of moderate activity. SNAP-Ed in Virginia has some great ideas and [exercises](#) you can try at home.
<https://eatsmartmovemoreva.org/move-more/>



Shared from article by SNAP-Ed Connection News "5 Ways to Be Healthier in the New Year!"

Take time to celebrate the small victories along the way.



HAPPY HEALTHY NEW YEAR

RECIPE OF THE MONTH *January*

Recipe adapted from www.fruitsandveggies.org.

>>> SPICY GINGER MUSHROOM NOODLES

A delicious and adaptable celebration of traditional Asian flavors!

>>> DIRECTIONS

1. Precook noodles according to package instructions, and rinse with cold water. Set aside.
2. For the sauce, whisk together vegetable broth, soy sauce, vinegar, red chili flakes, 1 tablespoon minced garlic, and cornstarch in a medium bowl. Set aside.
3. Preheat wok or skillet to high heat and add oil. Add the carrots and mushrooms to the wok or skillet. Allow to cook for 3 minutes.
4. Remove carrots and mushrooms and set aside. Add the bok choy, white parts of the green onions, ginger, and 1 teaspoon garlic. Cook for 3 minutes. Add the sauce, and stir in the noodles.
5. Return the cooked mushrooms and carrots back to wok or skillet, and combine all the ingredients. Garnish with sliced green onions and sesame seeds.

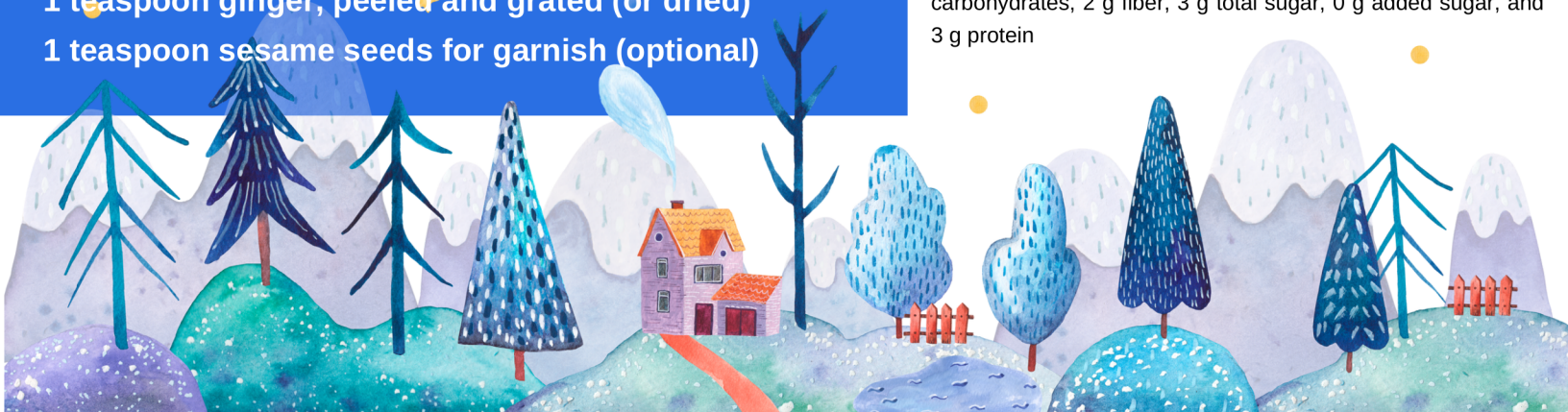
INGREDIENTS

- 8 ounces ramen-style noodles (or any noodle)
- ¼ cup low-sodium vegetable broth
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon vinegar
- 2 teaspoons red chili flakes
- 1 tablespoon + 1 teaspoon garlic, minced
- ½ tablespoon cornstarch (or 1 tablespoon flour)
- 1 tablespoon peanut oil (or oil of choice)
- 1 cup carrots, shredded or thinly sliced
- 12 ounces mushrooms, any variety, sliced
- 6 ounces baby bok choy (about 2 heads) (or cabbage)
- 4 ounces green onions (about 1 bunch), sliced thin with green tops separated from the white parts
- 1 teaspoon ginger, peeled and grated (or dried)
- 1 teaspoon sesame seeds for garnish (optional)



SERVES: 6

Nutrients Per Serving: 200 calories, 3 g total fat, 0 g saturated fat, 0 mg cholesterol, 240 mg sodium, 41 g carbohydrates, 2 g fiber, 3 g total sugar, 0 g added sugar, and 3 g protein





➤➤➤ EVENTS

JANUARY 1- New Year's Day
Potter County Office Closed

JANUARY 3- Communities Unlimited Zoom
planning meeting-*Fresh Start to a Healthier You!*
9:00AM

JANUARY 15- Martin Luther King Day
Potter County Office Closed

JANUARY 17- Head Start Policy Council
Region 16 Education Service Center via Zoom
9:30AM

JANUARY 23- Communities Unlimited Zoom
planning meeting-*Fresh Start to a Healthier You!*
9:00AM

JANUARY 24- Forest Hill Elementary Pre-K
Steps to He4lth Color Me Healthy Session 9
8:30AM

Healthy eating habits are easier with a plan. Making healthier food choices can lead to a healthy lifestyle.



➤➤➤ TAKE SMALL STEPS

Decide on one thing to change at a time. For example, if your goal is to eat more vegetables, choose which meal of the day and a vegetable you enjoy. As it becomes easier to do this over time, try adding in new vegetables one at a time and celebrate learning about new foods.

Set a timeline, then choose when and how you would like to achieve your goal. Since new habits and behaviors don't usually happen immediately, small, consistent changes can make a big impact in the long run.

➤➤➤ PREPARE MEALS AHEAD

Make it easy to have better food choices! Prepare and store meals ahead of time for those days when your schedule is busier. If some meals are difficult to prepare entirely in advance, think about the ingredients and steps involved and choose which parts to prep ahead of time.

Snacks can be a great way to add nutrients to your day that you may have missed during mealtimes. Keep healthier snack options such as whole grain foods, fruits and vegetables, and low-fat dairy easily available and within reach. For example, try placing bowls of fruit in a convenient location in your home, having portioned servings of popcorn in reach, a refrigerator drawer designated for cut and prepped easy-to-eat vegetables, or frozen fruits and vegetables ready to be blended with some low-fat milk or yogurt. However you choose to include healthier snacks, have a plan to make it happen.

➤➤➤ **BE FLEXIBLE AND
 STAY ENCOURAGED**

Everyday life situations can sometimes make it hard to stay on track. Know they may happen and stay positive. This can also be an opportunity to reset and refocus on your goals. Take time to celebrate the small victories along the way.

Find practical ways to make healthier eating work for your schedule and lifestyle. A healthy lifestyle is a lifelong process, so keep it fun and enjoy the food you eat. Make healthy eating a celebration!

**Take time to
 celebrate the small
 victories along the
 way.**



Written by: Priscilla Ofori, Project Specialist –
 Better Living for Texans.

HOSTED BY:
POTTER COUNTY COMMISSIONER,
PRECINCT 2, BLAIR SCHAFFER



El Barrio Neighborhood &
Surrounding Areas

TOWNHALL MEETING

THIS EVENT WILL BE HELD ON



**SATURDAY
JANUARY 20, 2024**



11:00AM - 1:00PM



**AMARILLO PUBLIC LIBRARY
DOWNTOWN LOCATION
413 SE 4TH AVE.
AMARILLO, TX 79101**



• CIVICS 101
PRESENTED BY LEAGUE OF WOMEN
VOTERS AND OTHER SPEAKERS.

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ONSITE TO PROVIDE FREE OR
LOW COST VACCINES

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BETTER LIVING FOR TEXANS

PROGRAM 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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