

Family and Community Health “Connections” in Tom Green County



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Charcuterie Boards are very on-trend right now but for good reason, they make sense in a lot of situations! Whether you are looking to create a charcuterie board for a gathering of friends and family, or just looking to put out some snacks to keep hunger away, charcuterie boards are a new go-to. While the concept is fairly simple, we want to provide you with tips to balance your board.

Elements of a charcuterie board:

- Protein – focus on lean, low sodium, and low nitrate proteins
- Dairy
- Fruit
- Vegetables
- Grains



Healthy Swaps

DINNER TONIGHT
TEXAS A&M AGRI LIFE EXTENSION

Try these swaps for a healthier charcuterie board!

REDUCE ADDED SUGARS

- Switch dried fruit with fresh fruit
- Opt for sugar free or no sugar added dips & spreads

LIMIT SODIUM

- Switch salted nuts with unsalted/ raw options
- Select lower sodium cheeses such as swiss, fresh mozzarella, or goat cheese

GO WHOLE GRAIN

- Switch regular crackers with whole grain options such as multi-grain crackers, whole wheat baguettes, or whole grain crostini

ADD HEALTHY FATS

- Add nuts and seeds to add some heart healthy fats to your board

Tips for a Healthy Holiday from AgriLife Extension

Add to your plate

- ◆ Add food from the five food groups to make a well-balanced meal while still enjoying holiday favorites.

Avoid Distracted Eating

- ◆ Set a plate at the table free from distractions and serve yourself a plate

Include a Holiday Exercise Activity

- ◆ Start a fun family tradition of incorporating physical activity this holiday season

Visit Texas A&M AgriLife Extension's Dinner Tonight Program

- ◆ Visit dinnertonight.tamu.edu for healthy holiday recipes

Give a Gift That keeps on Giving

- ◆ Visit agrilifelearn.tamu.edu for great educational gifts such as Texas A&M AgriLife Extension's Cooking Well Exploring Cultures or the Dinner Tonight-Essentials Cookbook.

Healthy Guests: Happy Holidays

Safety Tips for Brilliant Buffets
and Perfect Party Platters



Keep Cold Foods Cold!

Foods on a buffet can be kept cold by placing food dishes in larger bowls of ice. For party trays purchased at the supermarket, remove lid and fill lid with ice. Put the tray on top.

Rather than serve food from one larger platter, arrange food on several small platters.

Refrigerate platters of food until it is time to serve, and rotate food platters within two hours.

Follow the two hour rule!

Chill leftovers within two hours. Keep the refrigerator at 40 °F or below and use a refrigerator thermometer to check the temperature.



Knock BAC! out cold!
Refrigerate or freeze meat, poultry, eggs and other perishable items as soon as you get them home from the store.



Keep Hot Foods Hot!

Hot foods on a buffet can be kept hot with chafing dishes, crock pots, and warming trays and should be at 140 °F or warmer.

Eat leftovers within 3-4 days.

Reheat solid leftovers to 165 °F, as measured by a food thermometer. Reheat liquid leftovers to a rolling boil.

CLEAN
Wash hands and surfaces often.

SEPARATE
Don't cross-contaminate!

COOK
Cook to proper temperatures.

CHILL
Refrigerate promptly!

The Partnership for Food Safety Education is a non-profit organization and creator and steward of the Fight BAC!® consumer education program.

www.fightbac.org



TIPS TO MANAGING HOLIDAY STRESS

The holiday season is often a time that should be surrounded by hope, joy, excitement, and new beginnings. However, the holiday season is also a time of stress for many. Numerous people may deal with financial, family, or personal issues which adds more stress to the holiday season. Also, the increasing numbers and long term fatigue of the pandemic may add to more hardship. It is central to avoid peaking your stress levels because then stress becomes harder to manage. Here are four tips for dealing with holiday stress:

Acknowledge Your Feelings and Reach Out: The holiday season may have you feeling down about not being able to be with family or stressed about finding the perfect gift. Take this opportunity to acknowledge your feelings. By recognizing your emotions and what your grief may be about, you can take the time to heal. This also allows you to reach out to others. By reaching out to close family, friends, or even a professional, you can take a step to improve your feelings.

Strengthen Your Healthy Habits: This is a time to stick and be diligent about all healthy habits. This includes continuing a healthy diet and working out, even if it means taking a walk in the park or around in your neighborhood. Avoid overeating and fast food during this time which leads to weight gain and mood changes. Be careful to avoid oversleeping or sleeping too little.

Stick to a Budget: The holidays can be a financial strain for many. One can easily overspend and deplete their money easily during holiday shopping. The pressure to find a perfect gift or a more expensive one can increase stress levels and leave you feeling defeated. Having a budget ahead of time and shopping smart can help decrease levels of stress. You can also think about more meaningful gifts that are homemade to give to family and friends.

Take a Break and Recharge: Often, the overwhelming hustle and bustle of the holiday season can leave you feeling exhausted and deflated. It is okay to make time to find something you want to do by yourself. Taking a break from various holiday activities and the pressure can help you reset and feel refreshed. As you recharge, think about future goals that you might want to accomplish.

The holiday stress can take a toll on one's wellbeing mentally and physically. Thus, it is critical to pay attention and be aware of how the holidays might be affecting you. It is essential to keep in mind that the season is not about the best gift or showing off. The season is one of hope, kindness, and thankfulness

<https://believeandinspire.org/tips-to-managing-holiday-stress>



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County Website:
<http://tomgreen.agrilife.org/fch/>

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Tom Green EEA News

Veribest Club **CHRISTMAS** Meeting
December 13, 2022
At Main Street Café (Dutch Treat)
11:00 a.m.



Family and Community Health “Connections” is provided by the following Texas A&M AgriLife Extension Service Family and Community Health Agents:

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Kelli Maberry, Jones County
Karen DeZarn, Lampasas County
Whitney Whitworth, Llano County
Carrie Ross, McCullough County
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Kandice Everitt, Runnels County
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Kim Miles, Taylor County
Courtney Redman, Tom Green County
Barbara Brown BLT Regional Project Specialist
Stacy Drury, D7 Regional FCH Program Leader

Praline Crunch

(a holiday must have at our house)

Ingredients:

1 box Quaker Oats Cereal
2 cups pecan halves
1/2 cup brown sugar
1/2 cup Karo syrup
1/2 cup butter
1 tsp. vanilla extract
1/2 tsp. baking soda

Directions:

1. Preheat oven to 250°F
2. In a large bowl combine cereal and nuts
3. Microwave brown sugar, syrup, and butter on high for 2 1/2 minutes, stir
4. Add vanilla and baking soda and microwave for another 2 1/2 minutes on high
5. Pour over cereal mixture, tossing to coat
6. Pour cereal mixture into a 9x13 inch pan
7. Bake for 1 hour, stirring every 20 minutes
8. Pour onto wax or parchment paper to cool. Break into
9. Pieces....Eat and Enjoy!!!!