

DECEMBER 2022

# Newsletter

BETTER LIVING FOR TEXANS

## HOLIDAY FOOD SAFETY TIPS

The holidays are coming up and with family and friends getting together for parties, we have to remember to practice food safety tips to not the end with foodborne illnesses! Definitely not our idea of fun!



A great way to encourage family time in the kitchen is to have children help with preparations for holiday dinners! Children between the ages 2-3 can help wash produce or throw things in the trash. Children between the ages of 4-5 can help set the table, peel eggs or fruits, and measure ingredients! Sharing the kitchen is a great way to have fun and educational family time!

## UPCOMING PROGRAMS AND EVENTS:

Healthy Carbohydrates  
Fernando Salinas  
Community Center  
Dec.1st, 10:30 am

Farmer's Market Booth  
The Outlet Shoppes  
Dec 10, 11am-3pm



# BUFFETS AND LEFTOVERS



## LET'S LEAVE BACTERIA BEHIND!

Buffets normally calls for leaving food out for long periods of time and the formation of bacteria that causes foodborne illnesses!

- Always wash your hands with soap and water!
- Keep your kitchen, dishes and utensils clean.
- Always serve food on clean plates!

Bacteria grows when food is left out for more than 2 hours at room temperature.

- Use slow cookers and warming trays to keep food hot on your buffet table.
- Use nesting dishes of ice or use small serving trays and replace them often with cold foods.
- Bacteria can multiply quickly in moist desserts that contain dairy products.

Eat leftovers within three to four days. When freezing leftovers, use within 2-6 months for best quality.

## LOW-COST HOLIDAY MEAL TIPS:

- MAKE A SHOPPING LIST
- A WHOLE TURKEY IS LESS EXPENSIVE
- PLAN FOR SIMPLE SIDE DISHES
- SERVE WATER INSTEAD OF HIGH-SUGAR BEVERAGES



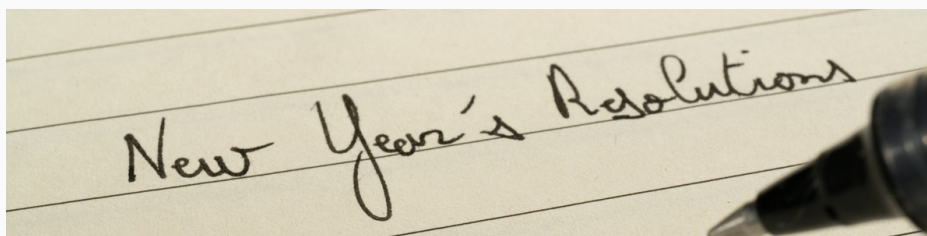
JANUARY 2023

# Newsletter

BETTER LIVING FOR TEXANS- WEBB COUNTY

## NEW YEAR, NEW YOU!

With New Year resolutions coming up, its tough to get started! Whether you're looking to improve your health by losing weight, getting fit, or eating healthier, here are some useful tips to get started!



**Tip #1:** Establish the right amount of calories for you this will depend on your age, gender, height, weight, and level of physical activity.

**Tip #2:** Build a healthy plate with half a plate of fruits and vegetables, low-fat dairy, half of your grains should be whole grains, and vary your protein routine, sticking to lean meats instead of fatty meats.

**Tip # 3:** Choose an eating style low in Saturated Fat, Sodium, and Added Sugars. Drink water instead of sugary drinks! Eat high sodium foods in moderation.

**Tip#4:** Be physically active your way. Start doing what you can. Adults should aim for least 2hrs and 30 mins of aerobic activity

## ONGOING PROGRAMS AND EVENTS:

Get the Facts  
Fernando Salinas  
Community Center  
Jan. 10th, 10:30 am

Healthy Carbohydrates  
& Walk N Talk  
Virtual Class  
Tuesdays/Thursdays at 10am

Farmer's Market Veggie Fiesta!  
The Outlet Shoppes  
January 21, 11am-3pm

Healthy Carbohydrates &  
Walk N Talk  
Virtual Class  
Tuesdays/Thursdays at 10am

# NEW YEAR, NEW YOU!



## MAKE YOUR GOALS S.M.A.R.T

Specific. Measurable. Attainable. Realistic. Timely.

**Make goals measurable:** Set criteria for knowing whether you reached your goal. How will you measure progress and if your goal is attainable.

**Break up large goals into small ones:** Big goals probably means the results won't be quick, which can discourage you to continue. Try smaller goals and feel the success of accomplishing little by little.

**Put goals on a timeline:** Push yourself forward by setting a date for smaller and larger goals. Each goal will have a different timeline and that's okay!

### **Reward yourself in healthy ways!:**

Accomplishing small or big goals is a big deal so reward yourself in ways that reinforce your goals! Stay away from constant cheat days regarding your diet or exercise.

## NEW YEAR RESOLUTIONS TO TRY:

- **SIT LESS, MOVE MORE**
  - INCREASE YOUR PHYSICAL ACTIVITY DURING THE DAY!
- **EAT A HEALTHIER DIET**
  - INCLUDE MORE FRUITS AND VEGETABLES
  - MAKE HALF YOUR GRAINS, WHOLE GRAINS
  - CHOOSE LOW-FAT OR FAT-FREE DAIRY PRODUCTS
  - INCORPORATE LEAN PROTEIN INSTEAD OF FATTY PROTEIN



FEBRUARY 2023

# Newsletter

BETTER LIVING FOR TEXANS- WEBB COUNTY

## SWEET IDEAS WITHOUT ADDED SUGAR

Holidays always call for something sweet like candies, chocolates or cookies. This year, let's try to make our holidays a little healthier but just as sweet!



**Fruity Love:** Fruit is a quick and healthy Valentine's day treat for your loved ones. Fruit cocktails, parfaits, and smoothies are great treats

**Hearty Snacks:** Using heart-shaped cookie cutters can create fun snacks! A heart-shaped toast, pancake or English muffin is the perfect snack for your loved ones. Top with peanut butter and red jam or jelly!

**Parfaits:** Yogurt parfait with yogurt, a red fruit and sprinkled with granola or your favorite cereal is a cute way to show your love and friendship!

**Pizza of my heart:** Having a homemade pizza is a great idea as a date or just for some family quality time! Try a cauliflower crust and add veggie toppings

## ONGOING/ UPCOMING PROGRAMS AND EVENTS:

Be Well, Live Well  
Ladrillito Activity Center  
Jan. 18th- Feb 27th  
10:00 am

Healthy Carbohydrates  
Ligarde Elementary  
Feb 2nd- Feb 23  
10am

Be Well, Live Well  
Fasken Senior Center  
Feb 16th- March 14th  
10am

Farmer's Market Event  
The Outlet Shoppes  
February 11, 11am-3pm

# A SMOOTHIE FOR YOUR



# SWEETHEART

Yield: 1 serving

## Ingredients:

- 1/4 cup low-fat yogurt (vanilla or strawberry)
- 1/2 cup frozen strawberries
- 1/2 frozen banana
- 1/3 cup fat-free milk

## Directions:

Wash hands with soap and water  
Combine all ingredients in a blender  
Blend until smooth and enjoy!

## Nutrition Information:

Calories: 160  
Total Fat: 1g  
Saturated Fat: 0.5g  
Cholesterol: 5mg  
Sodium: 75mg  
Total Carbohydrates: 33g  
Fiber: 3g  
Total Sugars: 23g



**Note: you can substitute strawberries with any other fruit of your liking!**

## NON-FOOD VALENTINE IDEAS

Here are some great ideas on how to fill valentine's boxes this year!

- FRIENDSHIP BRACELETS
- TOY CARS
- BUBBLES
- SIDEWALK CHALK
- GLOW STICKS
- BOUNCY BALLS
- PENCILS
- ERASERS
- STICKERS



MARCH 2023

# Newsletter

BETTER LIVING FOR TEXANS - WEBB COUNTY

## TOP REASONS TO STOCK UP ON FROZEN FRUIT

Frozen fruit is delicious and versatile! It's a stress free option as you don't need to wash it or peel it!



**Baked Goods:** Frozen fruit can be substituted for fresh fruit in any baked recipes such as muffins.

**Simple Desserts:** Add frozen fruit to your ice cream or yogurt to add a little fruity touch

**Smoothies:** Add any type of frozen fruit with yogurt, milk, or juice to make a deliciously healthy smoothie for breakfast or a snack

**Pancakes and Parfaits:** Add thawed fruit to your pancakes, waffles or parfaits for the perfect, healthy topping

**Freezer Pops:** Stay cool with this upcoming heat by blending thawed fruit with natural fruit juice into some pop molds and enjoy!

## LET'S BE A HEALTHY ROLE MODEL!

- SHOP TOGETHER AS A FAMILY
- COOK TOGETHER AND INTRODUCE FOOD SAFETY
- KEEP THINGS POSITIVE IN HEALTHY FOODS
- OFFER SAME FOOD FOR EVERYONE
- SET A GOOD EXAMPLE FOR PHYSICAL ACTIVITY

Farmer's Market Event  
The Outlet Shoppes  
March 18, 11am-3pm



# CLOVER POWER



## S M O O T H I E

Yield: 5 cups

### Ingredients:

- 2/3 cup 100% apple juice
- 1/2 cup fresh baby spinach
- 2 cups frozen pineapple chunks, no sugar added
- 1 cup low-fat vanilla yogurt

### Directions:

- Wash hands with soap and water
- Add juice and washed spinach leaves to a blender
- Blend first to help make it smooth and avoid leafy chunks
- Place the remaining ingredients into a blender
- Blend until smooth and serve

### Note:

- Substitute 100% white grape juice for the apple juice, if preferred.
- Use kale instead of spinach. Kale has a stronger flavor than spinach.

## ADD SPINACH TO OTHER FOODS!

Here are some ideas!

- ADD TO STIR-FRY VEGGIES
- ADD TO AN OMELET
- TRY BAKED SPINACH WITH CHEESE AND ONION STUFFED CHICKEN BREASTS!
- MAKE INTO A PESTO WITH OLIVE OIL AND GARLIC. TOP PASTA OR PROTEIN WITH IT!





APRIL 2023

# Newsletter

BETTER LIVING FOR TEXANS - WEBB COUNTY

## LET'S GET MOVING!

April is national "Move More" month which was created by the American Heart Association to help people commit to being more active! Here are some tips on how to get started!



**Be an active family:** Taking a walk or any exercise as a family can be more fun and can motivate each other to being more physically active.

**Indoor Fitness:** With April showers coming up, try to play games and have dance parties inside to keep kids engaged and not bored!

**Walking Games:** Going out for a walk is fun but sometimes kids need an extra fun factor! Try playing some games like tag, scavenger hunts, or I Spy!

**Pet Companion:** Pets are a great motivator to get kids outside. Taking your pet out for a walk can give you or your children a sense of purpose.

## ONGOING/ UPCOMING PROGRAMS AND EVENTS:

A Fresh Start to A Healthier You  
Buenos Dias Adult Daycare  
Apr 4th- May 2nd  
10:00 am

A Fresh Start to A Healthier You  
Health Department  
Apr. 19th- May. 10  
11:00am

Walk N Talk  
Salinas Community Center  
starting April 3rd  
10:30am

Farmer's Market Event  
The Outlet Shoppes  
April 15, 11am-3pm



# A SPLASH OF FLAVOR

## Infused Water Basics

Infused water is a combination of fruits, herbs, and vegetables mixed into water!

- First you pick out your produce, use just one or a combination of flavors!
- Pick a garnish such as mint
- You'll need at least 4 cups for every 1 cup of fresh produce.
- You can add less or more depending on how you want to sweeten your water!
- Infusion takes about 2 hours, depending on the temperature
  - Warm climates: 1 hour for infusion
  - Cold climate: 2 hours for infusion
- Some combo ideas:
  - 4 mix combo: veggie, citrus, berry, herb
  - 3 mix combo: citrus, berry, herb
  - 2 mix combo: citrus, melon

## REMEMBER TO COOL DOWN!

- After a good workout or walk, it's important to stretch out your muscles.
- Stretching can help your body transition back to normal and helps reduce muscle soreness and improve relaxation





MAY 2023  
*Newsletter*

BETTER LIVING FOR TEXANS - WEBB COUNTY

## ITS STRAWBERRY MONTH!

Strawberries are a good source of vitamin C, which help heal cuts and wounds. They are a good source of potassium to help with muscle contractions and regulating fluid balance.



### Berry helpful hints:

- Berries, like strawberries, have a short shelf life. Try buying frozen berries enjoy them year round!
- You can freeze your own berries. Make sure to wash, drain, and pat dry with a paper towel. Place them in a baking sheet to freeze before placing them in a freezer bag or container.
- When adding berries to pancakes, you can add them as soon as the batter has been poured on the griddle. This will make the pancakes prettier and easier to flip!

## ONGOING/ UPCOMING PROGRAMS AND EVENTS:

Healthy Carbohydrates  
Family Matters Resource Center  
Thursdays, until May 25th  
9:00 am

A Fresh Start to A Healthier You  
Health Department  
Apr. 19th- May. 10  
11:00am

Walk N Talk  
Salinas Community Center  
Mondays, until May 15th  
10:30am



## Strawberry Banana Mango Smoothie Bowl

### Ingredients:

- 1 banana, fresh or frozen
- 1 cup frozen strawberries
- 1 cup frozen mango chunks
- 2/3 cup low-fat milk

Toppings: granola, chia seeds, fresh fruit, nuts, coconut flakes

### Directions:

Wash hands

Place bananas, mango and milk in a blender and process on high until smooth

Pour smoothie into a bowl

Top with desired toppings

Note: Based on desired thickness and blender, you may need to add more milk.

If smoothie is too thin, add more frozen fruit.

## DON'T FORGET BREAKFAST!

Sometimes we miss breakfast as we rush out to work or school so smoothies are a great and fast way to have breakfast on the go!

Try adding more fruits and vegetables in your smoothie!

Select low-fat milk and yogurts to help keep your smoothies a bit healthier!



JUNE 2023

# Newsletter

BETTER LIVING FOR TEXANS- WEBB COUNTY

## JUNE IS ABOUT TO BE LEGEN-DAIRY

This month, let's try to make sure we are including the dairy group into our meals. Dairy includes milk, yogurt, cheese, and fortified soymilk. Dairy provides calcium, vitamin D, potassium, protein and other nutrients.



### Just in queso you can't have lactose, try this:

- Have food with small amounts of milk to improve tolerance. (But try to stay away from the cookies)
- Give Greek yogurt a try which has less lactose due to its unique straining process.
- Don't forget about lactose-free cow's milk! This type of milk has been made by filtering out the lactose from dairy milk. It's still real cow's milk so you'll still get nutrients and that same, delicious taste!

## ONGOING/ UPCOMING PROGRAMS AND EVENTS:

A Fresh Start to a Healthier You  
Rio Bravo Community Center  
Thursdays, until June 29th  
10:30am

Balancing Food & Play  
Las Promesas de Laredo CYD  
Wednesdays, starting June 7th  
11:30am

Walk N Talk  
Ladrillera Community Center  
Tuesdays, until July 3rd  
10:00am

Healthy Carbohydrates  
Santa Teresita Community Center  
Tuesday, until June 20th  
12:00pm



## Vegetable Quesadilla

### Ingredients:

- 1 TBSP vegetable oil
- 1/4 cup red onion, chopped
- 1 tomato, chopped
- 1/2 green pepper, chopped
- 1 small zucchini, shredded
- 1/2 cup Cheddar cheese
- 4 whole wheat tortillas
- non-sticky cooking spray
- 1/2 cup salsa (optional)

### Directions:

1. In a small skillet, heat oil over medium heat and cook onions until tender
2. In a medium bowl, mix cooked onions, tomato, green pepper, zucchini, and Cheddar cheese
3. Spray one side of the tortilla with cooking spray, place the tortilla, sprayed side down onto a hot skillet.
4. Spread 1/4 of the veggie/cheese mixture on the tortilla. Fold and flip.
5. Cook until cheese is melted. Repeat with other tortillas.

## ALL ABOUT QUESADILLAS!

Quesadillas are quick and easy meals that let you be creative by incorporating other food groups.

### Try adding:

vegetables  
beans  
lean ground beef  
chicken



JULY 2023

# Newsletter

BETTER LIVING FOR TEXANS - WEBB COUNTY

## LET'S TALK BLUEBERRY BASICS!

The month of July is Blueberry month so lets learn about some berry cool facts and tips! Blueberries are an excellent source of vitamin C, which promotes a healthy immune system. Here are some ideas to help you add blueberries into your meals this month!



### Top Ways to Enjoy your Blueberries:

- Add some blues to your green salad, toss some spinach, blueberries, strawberries, and nuts together and enjoy!
- Juice...but make it **blue**! Add some blueberries, blackberries and a splash of orange juice and blend!
- Berry delicious toppings: use blueberries to top your yogurt, oatmeal or cereal for a perfect pop of color!
- Blue Smoothie: combine milk, low-fat yogurt and blueberries for a tasty treat!

## ONGOING/ UPCOMING PROGRAMS AND EVENTS:

A Fresh Start to a Healthier You  
Rio Bravo Community Center  
Thursdays, until July 6th  
10:30am

Balancing Food & Play  
Las Promesas de Laredo CYD  
Wednesdays, ending August 2nd  
11:30am

Walk N Talk  
Ladrillera Community Center  
Tuesdays, until July 20th  
10:00am

Healthy Carbohydrates  
Santa Teresita Community Center  
Tuesdays, until July 18th  
11:00am



# BLUEBERRY BASICS

Fresh blueberries are available year round but they're peak season is July to September.

**Blueberry Math:**  
12 ounces of blueberries = 2 cups  
10 ounces frozen = 1 cup and a 1/2

## Kid-Approved Super Sundae

### Ingredients:

- 1 cup low-fat vanilla yogurt
- 2/3 cup chopped peaches, fresh, frozen or canned
- 2/3 cup blueberries, fresh or frozen
- 2 Tablespoons granola

### Directions:

1. Divide yogurt between 2 glasses or dishes
2. Spoon half of the peaches and blueberries on top of yogurt in each glass.
3. Sprinkle each sundae with granola.
4. Refrigerate leftovers within 2 hours

## Kids can help!

When kids help make healthy snacks, they are more likely to try it! Kids can help rinse blueberries or add to their cereal and yogurt.





AUGUST 2023

# Newsletter

BETTER LIVING FOR TEXANS - WEBB COUNTY



## TIPS FOR PACKING HEALTHY LUNCHES FOR SCHOOL

With the school year starting up again, it is important to remember to keep school (or work) lunches healthy. Here are some tips and tricks to keep lunches delicious and varied by incorporating different textures, colors, and tastes.



### Lets prep some lunch:

- **Focus on fruits and veggies:** adding sliced fruits or veggies are easy to pack and very healthy options.
- **Whole Grain Goodness:** Try using whole grain options when using bread or rice.
- **Choose 100% juice:** if your child likes to have lunch with juice, select juice with no added sugars, always check your food label!
- **Calcium Counts:** Including low-fat dairy is important to get your calcium intake! Calcium-rich foods include milk, yogurt, and cheese!

## ONGOING/ UPCOMING PROGRAMS AND EVENTS:

Get the Facts

Laredo Manor Apartments

Wednesdays, starting Aug 2nd  
12:00pm-1:00pm

Be Well, Live Well


Bruni Community Center

Thursdays, starting August 3rd  
10:00am-11:00am

Walk N Talk

La Presa Community Center

Tuesdays, starting August 8th  
10:30am-11:30am



## HEALTHY EATING MODELING

When packing your child's lunch, follow similar healthy patterns to **encourage** healthy eating.

School **and** work lunches can be planned and prepped as a family!



### Easy Black Bean Quesadillas

#### Ingredients:

- 1 tablespoon vegetable oil
- 1/2 small onion, diced
- 1 cup low-sodium canned black beans
- 1/4 teaspoon seasoned salt
- 1/2 cup Monterey Jack cheese, shredded
- 4 whole wheat tortillas
- Non-stick cooking spray

#### Directions:

1. Wash hands and clean cooking/prep area
2. Heat skillet over medium heat and add oil.
3. Add onions and seasoned salt to oil and sauté until onion is tender
4. Add beans and heat through about 2-3 minutes and then transfer to a bowl.
5. To make the quesadilla, spray non-stick spray on a skillet, add tortilla and spread 2 tablespoons of cheese, 1/2 bean mixture then 2 more tablespoons of cheese.
6. Top with second tortilla. When cheese is melted and bottom of tortilla is golden, flip to the other side and brown.
7. Cut into wedges and serve. Repeat with remaining ingredients.





SEPTEMBER 2023

# Newsletter

BETTER LIVING FOR TEXANS - WEBB COUNTY

## MOVE YOUR BODY-SHAPE YOUR FUTURE

Physical activity is an important part of active living, it provides health benefits for everyone, no matter the age, sex, ethnicity, or fitness level. Staying active can be achieved through many different ways and yet **80%** of adults are not meeting physical activity recommendations for aerobic and strengthening activity.



### What are the health benefits to being active?

- Physical activity improves quality of **sleep** by reducing the time it takes to go to sleep, increasing time in deep sleep and reduces daytime sleepiness.
- Physical activity improves physical function by enabling them to live daily tasks with **energy** and without fatigue.
- Increase **physical function** reduces the risk of falls or fall-related injuries for older adults.
- Improves **heart, bone, and muscle health**, such as reducing blood pressure.

## ONGOING/ UPCOMING PROGRAMS AND EVENTS:

Walk N Talk

La Presa Community Center  
Tuesdays, 10:30pm-11:30pm

Be Well, Live Well

Bruni Community Center  
Thursdays, 10:00am - 11:00am

Better Living for Texans  
Program Presentation  
Las Promesas de Laredo (CYD)  
September 11th, 2023  
5:30 pm

El Centro de Laredo Farmers  
Market  
The Outlet Shoppes at Laredo  
September 16th, 2023  
11:00am



## Physical Activity Guidelines for Adults

For substantial health benefits, adults should do **aerobic physical activity** at least:

- **2 hours and 30 minutes** to **5 hours** a week of *moderate-intensity*
- **1 hour and 15 minutes** to **2 hours and 30 minutes** a week of *vigorous-intensity*

Besides aerobic physical activity, adults should also include muscle strengthening activities of **moderate or greater** intensity **2 or more days a week**.

**Muscle-strengthening** activities should target all major muscle groups which are **legs, hips, back, chest, abdomen, shoulders, arms**.

Always remember to **warm-up** and **cool-down** when exercising! This helps your heart gradually adjust to your start or end of the activity. Try stretching exercises for this segment, which will also improve your flexibility!

## PHYSICAL ACTIVITY INTENSITY

### Light-intensity:

- leisure walking
- cooking activities
- light household chores

### Moderate-intensity:

- walking briskly
- slow biking
- general yard work
- ballroom or line dancing

### Vigorous-intensity:

- jogging/running
- Zumba dance classes
- jumping rope
- fitness classes (HIIT)

