

MEDINA COUNTY FAMILY & COMMUNITY HEALTH NEWSLETTER



AUGUST 2023



Hi everyone! I am Elyse Hernandez the Family and Community Health Extension agent for Medina County. Give our page a follow to see a monthly newsletter on a variety of health topics, along with upcoming programs! As summer ends and school begins I wish you and your family a successful, FUN and healthy school year! :)



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UPCOMING HEALTH PROGRAMS

**EARLY CHILDHOOD LEARN, GROW, EAT
and GO! (Ages 4-6 years old)**



HEALTHY CARBOHYDRATES



Driscoll Library in Devine, TX

Tuesday 8/15, 8/22, 8/29, 9/5 @ 10:30 AM

First United Methodist Church
Fellowship Hall - Hondo, TX

Mondays - 9/11, 9/18, 9/25, 10/2 @ 11AM

Packing a safe lunch

BACK - TO - SCHOOL FOOD SAFETY!



TIP 1. Fruit juice boxes can also be used as freezer packs. By lunchtime, the juice should be thawed and ready to drink!



TIP 2. Perishable food can be unsafe to eat by lunchtime if packed in a paper bag. Use an insulated box or bag instead



TIP 3. Children should wash their hands for 20 seconds with warm soapy water before eating. Have them sing the ABCs twice while washing if they sometimes finish early.



TIP 4. If you are packing a hot lunch, like, soup, chili or stew, use an insulated container to keep it hot. Fill the container with boiling water, let stand for a few minutes, empty, and then put in the piping hot food. Tell your child to keep the insulated container closed until lunchtime to keep the food hot - 140 F or above



TIP 5. After lunch, discard all leftover food, used food packaging, and paper bags. Do not reuse packaging because it could contaminate other food.

Source: www.foodsafety.gov

HEALTHY **back to SCHOOL** HABITS

Source: National Institutes of Health

EAT RIGHT LEARN THE ABCS OF SAVING CALORIES AND MONEY WHEN YOU SHOP FOR GROCERIES

A - Always use ads and store bonus cards, which may offer discounts on healthy foods like fruits & veggies.

B - Buy produce in season to cut costs. Fall is often the best time of year to find a wide range of local produce

C - Compare brands and package sizes to find the best buy. Be sure to read the Nutrition Facts label on packaged food to choose products with lower numbers for calories, saturated and trans fats, sodiums and sugars.

HEALTHY **back to SCHOOL** HABITS

Source: National Institutes of Health



GET ACTIVE – FIND TIME TO BE ACTIVE AS A FAMILY

KEEP TRACK of how your family spends time for one week

START SMALL Find two 30 minute time slots when your family can be active together after school or on the weekends.

WAYS TO BE ACTIVE AS A FAMILY - Walk kids to school, ride bikes after dinner, play basketball, jump rope, shoot baskets, dance, walk the dog, play tag, or rake leaves.



REDUCE SCREEN TIME – HELP YOUR CHILDREN SPEND LESS TIME IN FRONT OF THE SCREEN WITH AND MORE TIME HAVING FUN AS A FAMILY WITH THESE TIPS

TURN OFF TV during mealtime and talk with your children about what they learned in school that day. Families who eat together tend to be healthier.

LIMIT SCREEN TIME to 2 hours each day

SUGGEST PLAYING OUTSIDE after school and join in the fun.

TURN ON SOME MUSIC and have a family dance party!

If you reduce your screen time and move more, your kids will too! :)



LOOKING FOR HEALTHY RECIPES THAT YOU AND THE FAMILY WILL LOVE?



VISIT [HTTPS://DINNERTONIGHT.TAMU.EDU/FAMILY-MEALTIME/](https://dinnertonight.tamu.edu/family-mealtime/)



MEDINA COUNTY 4-H OPEN HOUSE

**September 14. 2023
5:00 - 7:00 PM**

**Hondo Public Library
2003 Avenue K
Hondo, Tx 78861**

**Come out and see what 4-H is all about!
Meet other 4-H members and see what
programs Medina County 4-H has to
offer your family!**

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.

**COME AND FIND OUT WHAT 4-H HAS
TO OFFER YOUR FAMILY! WE HAVE
SOMETHING FOR EVERYONE!**

**IF YOU HAVE INTEREST IN
PHOTOGRAPHY, FASHION, SHOOTING
SPORTS, LIVESTOCK
RAISING/JUDGING, FOOD CHALLENGE
AND SO MUCH MORE THIS IS FOR YOU.
COME AND GO AS YOU PLEASE**

FOOD AND NUTRITION PROJECT KICKOFF MEETING

**Open to
all 4-H
ages!**

**Please attend if you are new to 4-H or
interested/planning on participating in Food
Show or Food Challenge.**

We will discuss:

- 🍴 Food Show Theme
 - 🍴 Project Meetings
 - 🍴 Contest Opportunities
- AND make a fun recipe together!**

DATE	LOCATION	TIME
Monday September 18th	Hondo Public Library 2003 Avenue K Hondo, TX	6:00-7:30 PM

**Please RSVP to Medina County Extension office -
830-741-6180 or elyse.hernandez@ag.tamu.edu**

**INTERESTED IN 4-H FOODS AND
NUTRITION PROJECT? JOIN US
NEXT MONTH AND LEARN ALL
ABOUT THE GREAT
OPPORTUNITIES AVAILABLE IN
MEDINA COUNTY FOR THOSE IN
3RD - 12TH GRADE!**