

The Official Newsletter of the Bell County Texas A&M AgriLife Family and Community Health (FCH) Extension Agent

TEXAS A&M AGRI LIFE EXTENSION



HELPING TEXANS BETTER THEIR LIVES



MAKING SMALL CHANGES

Most of us can identify changes we can make in our diet and lifestyle to improve our health. Some of the things that generally come to mind include:

- ✓ Improving our food selections
 - Increasing intake of fruits and vegetables, whole grains and fiber
 - Limiting intake of foods high in saturated fats and cholesterol, salt (sodium) and added sugars
- ✓ Obtaining and/or maintaining a healthy weight – reducing caloric intake and increasing physical activity if you are above your healthy weight
- ✓ Being physically active on a regular basis – generally, 30 minutes of moderate-intensity exercise is recommended daily or 2½ hours weekly
- ✓ Limiting intake of alcohol – no more than 1 drink a day for women and 2 drinks a day for men
- ✓ Not smoking – don't start smoking or quitting if you do smoke quit
- ✓ Getting enough sleep – strive for 7 – 9 hours of sleep each night
- ✓ Reducing stress – high stress levels can affect our mental and physical health

And, while we may recognize that we need to make changes, it is often difficult to remain committed to those changes for extended periods of time. Making positive changes do not happen overnight. Making small changes over several weeks or months are generally the better approach. Small successes add up over time.

One mistake that many of us make is trying to change everything at once. Instead, focus on only one or two areas where you want to make changes.

Goal setting can be helpful when making these changes. Set goals that are realistic and obtainable. You can always revise them to maintain momentum and stay motivated.

Strive to build activities into your day. This will help you to stay on track with your goals. Be patient with yourself and understand that the fastest way forward isn't always the smartest way forward. The goal is to create lifestyle changes, not to get to the finish line as quickly as possible. The goal is to build habits that are sustainable in your everyday life. Give yourself time to start small and build on your successes so that the end results can be achieved and maintained.

Source: *10 Ways to Make Lifestyle Changes Easy.*
@<https://chear.ucds.edu/>



Recipe of the Quarter

Tangy Fruit Salad

Ingredients

- 2 tablespoons sugar-free vanilla instant pudding mix
- 1 cup fat-free vanilla yogurt
- 1-15 ounce can pineapple chunks, in juice, drained
- 1-11 ounce can mandarin oranges, in juice, drained
- 1 cup grapes
- 2 medium bananas, sliced



Instructions

Wash your hands and clean your cooking area.

Clean the tops of canned food items before opening them.

Combine pudding mix and yogurt in a medium bowl.

Mix fruit into yogurt mixture.

Refrigerate mixture and serve when chilled.

Nutrition Facts	
Serving Size	½ cup
Servings Per Container	6
Amount Per Serving	
Calories 170	Calories from Fat 0
% Daily Value*	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 220 mg	9%
Total Carbohydrate 40 g	13%
Dietary Fiber 3 g	12%
Sugars 30 g	
Protein 3 g	
Vitamin A 15%	Vitamin C 50%
Calcium 10%	Iron 2%

Source: EFNEP/BLT Recipe USDA



In mid-February, Texas A&M AgriLife Extension – Bell County teamed up with Hector P. Garcia Elementary School in Temple and Hay-Branch Elementary School in Killeen for *Learn, Grow, Eat & Go!* We currently have 48 students enrolled across the two programs. Graduation is scheduled for later this month.

Learn, Grow, Eat & Go! is a ten-session series developed for 3rd through 5th graders. Each session incorporates gardening and other fun activities that encourage students to increase physical activity and understand the importance of fruits and vegetables in their diet. Basic nutrition information, stewardship of resources and sampling of fruits and vegetables help students to broaden their understanding of the importance of making healthy lifestyle choices.

While the core curriculum is included, sessions can be tailored to meet the needs of the specific location and the needs of the students. In Bell County, the Texas A&M AgriLife Extension agents work closely with the Bell County Master Gardeners to provide research-based, hands-on learning experiences for each participant while introducing new skills and confidences into the students. Additionally, Bell County Master Gardeners are available to make recommendations for garden preparedness before the start of the classes.



4-H FASHION SHOW AND DUDS TO DAZZLE CONTEST

The 2023 *District 8 4-H Fashion Show* and *Duds to Dazzle Contest* was held on Monday, April 17, 2023, at the Cleburne Conference Center in Cleburne, Texas.

Bell County 4-H was well represented by our out-standing contestants with the following results:

FASHION SHOW

JUNIOR

BUYING

Dressy

Julia Fiala – 5th place

Special Interest

Molly Zajicek – 1st place

Everyday Living

Harlow Zajicek – 2nd place

Fantastic Fashion under \$25

Shayah Champion – 4th place

CONSTRUCTION

Dressy

Avery Payne – 3rd place

Everyday Living

Jake Czerwinski – 1st place

Re-Fashion

Paisley Young – 1st place

Special Interest

Lila Bratton – 2nd place

INTERMEDIATE

BUYING

Fantastic Fashion under \$25

Sophie Anderson – 3rd place

CONSTRUCTION

Dressy

Amberly Whittington – 2nd place

Re-Fashion

Annabelle Haddad – 1st place

Special Interest

Hailey Czerwinski – 1st place

Everyday Living

Caroline Wood – 5th place

SENIOR

BUYING

Business/Interview Attire

Rebekah Sutton – 3rd place

Semi-Formal to Formal

Jane Gauntt – 2nd place

CONSTRUCTION

Everyday Living

Anne-Marie Haddad – 1st place

Re-Fashion

Andrew Haddad – 3rd place

Semi Formal to Formal

Emily Anderson – 2nd place

Theater/Costume

Penny Parmer – 1st place

COTTON

Emily Anderson – 1st place

WOOL/ALPACA/MOHAIR

Anne-Marie Haddad – 1st place

MODEL AWARD

Anne-Marie Haddad

DUDS TO DAZZLE

INTERMEDIATE

JEWELRY/ACCESSORY

See What We Can Do Crew – 2nd place
(Caroline Wood, Harlow Zajicek, Julia Fiala, Molly Zajicek, Paisley Young)

WEARABLE

Bump Up the Junk – 3rd place
(Amberly Whittington, Annabelle Haddad, Avery Payne, Lila Bratton, Maren Morris)

SENIOR

NON-WEARABLE

Sew Over It – 1st place
(Andrew Haddad, Anne-Marie Haddad, Avery Sutton, Jane Gauntt, Rebekah Sutton)



*All 1st place Senior Winners will advance to State Competition!!!





BELL COUNTY 4-H AWARDS BANQUET

The 2023 *Bell County 4-H Awards Banquet* is scheduled for Saturday, August 27, 2023, at the Bell County Expo Center at 301 West Loop in Belton. The meal will be served at 6:00 PM. Award presentations and recognitions will follow.

Please join us as we celebrate the outstanding accomplishments of this year's Bell County 4-H members and volunteers.



WHAT IS THE TEXAS EXTENSION EDUCATION ASSOCIATION?

The Texas Home Demonstration Association was organized in August 1926 by 399 women attending a Farmer's Short Course at A&M University.

In 1979, the organization changed its name to Texas Extension Homemakers Association. In 1993, the name was changed to the Texas Association for Family and Community Education. In 2000, the name was changed to the Texas Extension Education Association, Inc (TEEA).

The mission of the TEEA is to work with the Texas A&M AgriLife Extension Service to strengthen and enrich families through educational programs, leadership development and community service.

The county Texas Extension Education Association, Inc. chairmanship was established in 1948 as a connecting link between clubs in the county and the state association through the director of the county.

There are three active clubs in Bell County – Leedale, Tanglefoot and Tejas. Each club holds monthly meetings. There are both county-wide projects, as well as club-specific initiatives.

The Bell County EEA clubs remain active in the growth and financial support of our 4-H club members through annual scholarships and charitable projects.

If you are interested in making new friends, improving your family unity, serving your community, personal growth and fulfillment or improving your leadership skills, you may consider joining a Bell County TEEA Club.

To find a TEEA Club near you, please feel free to contact me.



Upcoming Educational Opportunities

DO WELL, BE WELL WITH TYPE 2 DIABETES



This program explores the basics of diabetes education and diabetes management and explores how food affects your glucose, the importance of physical activity, improving glucose control with medication, learning the right number of carbohydrates your body needs and how to incorporate special occasions into your meal planning.

Killeen Senior Center at Lions Park

Classes (in English) begin Tues., June 5th at the Killeen Senior Center at Lion's Park at 10:00 AM. The address is:
1400 E Stan Schlueter Loop, Killeen, TX

Please contact me at the number below or Babe Fa'alata at the Killeen Senior Center at (254)501-6362.

Harker Heights Public Library

Classes (in Spanish) will be conducted Sat., June 3rd at the Harker Heights Public Library starting at 10:00 AM. The address is :
400 Indian Trail, Harker Heights, TX

Please contact me at the number below or the HH Public Library at (254)953-5491.

Classes (in English) will be conducted on Sat., June 17th at the Harker Heights Public Library starting at 10:00 AM.

Please contact me at the number below or the Harker Heights Public Library at (254)953-5491.

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(254)933-5311

COPING 2 CONTROL

A three-session course geared toward empowering and equipping individuals with type 2 diabetes to effectively deal with stress and negative emotions.

Classes begin Tuesday, May 9th at the Killeen Senior Center at Lion's Park at 10:00 AM. The address is :
1400 E Stan Schlueter Loop
Killeen, TX

Please contact me at the number below or Babe Fa'alata at the Killeen Senior Center at (254)501-6362.



Kid Fit Camp

This is sponsored by the City of Temple Parks & Recreation Department. The camp is intended for children 5 – 10 years old. It will help your child gain fitness skills while improving confidence and self-esteem. Each day will consist of a different skilled instructor hosting a group work out. Please send a water bottle each day with your child.

Classes will be held July 17th – 21st at the Gober Party House and will be from 9:00 Am – 12:00 PM. The address is:
1516 W. Avenue H, Temple, TX

Pre-registration is required. For more information call (254)298-5690.



TEXAS A&M AGRILIFE EXTENSION

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.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating