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November 2022

Budget Friendly Holiday Celebrations

Cooking and preparing for holiday celebrations does not have to be stressful on you or your food budget. Use the tips below to help plan and budget for your holiday celebration.

Set a Budget and Plan Meals First

Set a food budget to help meal plan for the specific holiday meal, week, or entire month. Identifying your budget now will help when deciding what food you want to buy. When budgeting and planning, consider nutrition, cost, and convenience/time. For example, a premade sweet potato casserole might be convenient but cost more while preparing your own mashed sweet potatoes will be cheaper but involve additional prep time at home.



Look at what is already in your pantry or freezer. There may be a few items in the back that could be used for a holiday meal. Remember, the money already spent on this food will be wasted if not eaten before it expires. Using this food as a starting point, you can possibly prepare a full side-dish without needing to buy any extra ingredients.

Make a List and Shop Store Sales

Taking the time to make a list before heading to the store can save you time and money when you

get there. Make an initial list of what you need and then rewrite it, putting the items in the order in which you will find them in the store. This can help keep you focused on the items you need and avoid the "extra" tempting items not on your list.

Another way to save money at the grocery store is to use coupons and sales ads. For an additional savings, try to use coupons when foods are on sale. Keep in mind store brands may still be the better buy over name brand items that are on sale.

Be Creative

Remember the meaning behind the holiday you are celebrating, time spent with friends and family can be priceless and memorable. Consider making the holiday meal a potluck to help divide costs among friends and

family and save prep time in the kitchen. Instead of a full meal, consider making new holiday - traditions by going on a walk at the local park, or preparing an appetizer for a game night. Time together will still be enjoyed while saving money (and stress) that can come with prepping a full holiday celebration.

Written by Brenda Anderson, Southeast Regional Project Specialist – Better Living for Texans and Lindsey Breunig-Rodriguez, Project Specialist – Better Living for Texans
Source: A Fresh Start to a Healthier You! Texas A&M AgriLife Extension Service Better Living for Texans program and <https://extension.umn.edu/save-money-food/holiday-food-budget>
Photo: Microsoft.com



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Its finally November! MY FAVORITE MONTH! Yes, I know it strange that this is my favorite month. It is my favorite because I love to cook, and I get a day off to cook all my favorite family recipes. When I was a kid, I would help my mom make Sweet Potato Casserole, Pumpkin Pie, Pecan Pie, and the cranberries on Wednesday. Then, the next morning, my dad would wake me up early and we would get the turkey ready and in the oven. There may be a few pictures of me making the turkey dance while we drained all the water away...but I'm not telling where those pictures are.

Once we got the turkey roasting, we fixed mashed potatoes, green beans with bacon, opened our canned pickled beets and squash, fruit salad, and started on the homemade rolls. Is it any wonder why I love to cook? I'm not sure I could afford to eat all those amazing dishes if I had to go to the restaurant.

Do you have favorite dishes? Where did they come from? Some of ours came from "grandma". Which grandma, I'm not sure anyone knows anymore. Some came from newspaper clippings, friends, and cookbooks. Some of the ones from my grandmas mean the most to me. They are no longer with me, but when I cook their dishes, I feel like there are in the kitchen with me.

Now, here is the not so good news. A lot of those family recipes aren't super healthy. Yes, the base ingredients are, but not after we add salt, cream, sugar, and fat to them. Yes, I know it's a special occasion, but I still want to eat healthy. It just makes me feel better. I don't want to eat Thanksgiving dinner with my family and then end up snoring on the couch while the football game plays in the background! Talk about a picture I don't need getting around!

Instead of throwing out those favorite recipes, my mom, my daughter, and I've been updating them to help us stick with more fruits and vegetables, less saturated fats, more whole grains, and most importantly, less sugar. The first big step was our cranberry recipe. We don't use the cranberries out of the jar (I do like them and use them other times of the year), we make ours from fresh cranberries. We wash them, then heat them in a pot with some orange juice (squeezed from an orange) until the cranberries "pop". That might sound strange, but if you try this, you'll know exactly what I mean about the "pop". Once they all



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“pop”, we would crush them up using a blender or food processor and then add a TON of sugar and pecans. We all loved it. Who wouldn’t.

Over the last several years, we’ve been cutting the sugar out of the recipe more and more. We started with 1 cup of sugar for 1 bag of cranberries. (Now, it’s more like 2 bags since the bags have gotten so small). Now, we only use 1/3 cup of sugar. Its small changes like this that help me eat and feel healthier over the holidays.

Another recipe change we did was adjust our Sweet Potato Casserole. One recipe called for Sweetened Condensed Milk. We’d add the whole can in. That added 1300 calories, almost all sugar to our casserole and I always ate several large helpings!

We changed that to use regular milk instead of Sweetened Condensed Milk. It took some getting used to, but we now prefer to make it with 1% or 2% milk. It’s obviously not as sweet, but we weren’t using it as desert. Now, we really can taste the flavors of the sweet potato and the pecans that are sprinkled on top. We still have brown sugar mixed in with the nuts...baby steps, right?

Two other easy changes we made were adding more fruits on the shopping list. We would snack on these and have some for dessert. We normally made our fruit salad with whipped cream. Okay, let me be honest. It was more like whipped cream with some

fruit. Now, we just cut up the fruit and leave it on the counter with the other desserts. We’ve also stopped making so many pies. I love a good pumpkin pie, but I’ve found other ways to enjoy pumpkin throughout the year, so I don’t go so crazy over pumpkin pie now.

The other easy change was adding a garden salad to the menu. It’s nothing fancy. Somedays, it’s even straight out of the bag. But it allows us one more way to get some vegetables into our meal.

Watching and monitoring our portion size is another way to be healthier. In 2019, USA Today posted, “Accounting for appetizers and desserts, the average American consumes a little over 3,000 calories and 150 grams of fat in a Thanksgiving meal, according to the



Figure 1 Graphic from <https://www.kroger.com/p/kroger-sweetened-condensed-milk/0001111088310>

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider and employer.

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Calorie Control Council. And that's without going back for seconds!" Remember, for most of us, we try to consume 2,000 per day...this shows 3,000 in one meal.

So, how can we help ourselves manage our portion sizes. The Center for Disease Control and prevention (CDC) and the Cleveland Clinic list several great recommendations:

Plate Sizes

Plate Size	Each plate contains
8.5 inch	3 oz Tuna
10-inch	1 cup Carrots
11-inch	1/2 cup Wild Rice
12-inch	

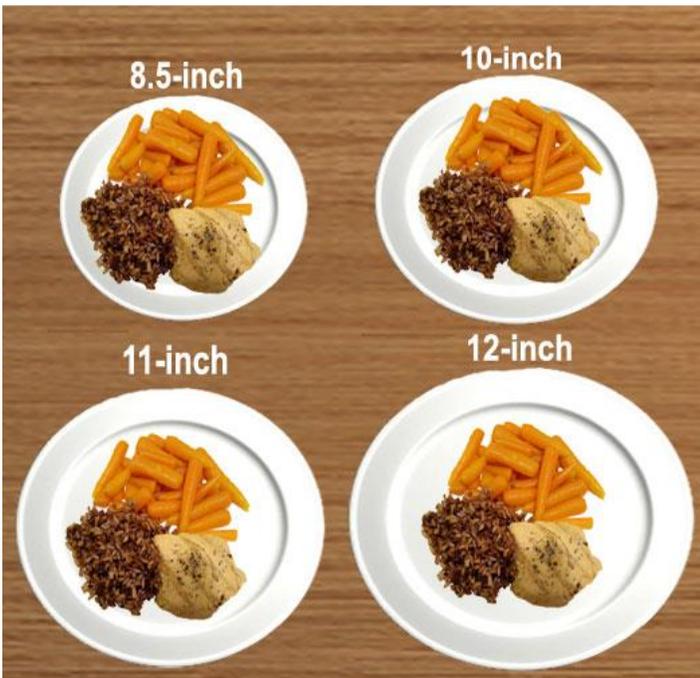


Figure 2 Graphic from <https://www.thegymkc.com/blog/easy-to-follow-diet-tips-change-your-plate-size>

- Try using smaller dishes. Use a lunch size plate (9 inches) rather than a dinner size plate (which is typically 11 inches). You can trick your mind into eating less by simply using a smaller plate.
- To minimize the temptation of second and third helping, serve the food on individual plates, instead of putting the serving dishes on the table. Keeping the excess food out of reach may discourage overeating; you are more likely to "pick" at it or have a second serving without even realizing it.
- As children we were told not to snack before a meal for fear of "spoiling our dinner." Forget that rule. If you feel hungry while you're waiting for Thanksgiving, eat a healthy snack, like a piece of fruit or small salad, to avoid overeating during the meal.
- People tend to consume more when they have easy access to food. So, once everyone is done eating, put the leftovers away. This will also help prevent bacteria from forming on your food that might not be kept at the correct temperature.



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When you start planning your Thanksgiving meal, try to make some of these healthy, small changes. It could change how you eat and how you feel. Let me know if you tried any of these suggestions!

My Family's Old Cranberry recipe

- 1 Bag Fresh Cranberries
- 1 cup Sugar
- 1 cup Chopped Pecans
- Juice from 1 Orange

My Family's Updated Cranberry recipe

- 2 Bags Fresh Cranberries
- 1/3 cup Sugar
- 1 cup Chopped Pecans
- Juice from 1 Orange

Directions: Wash Cranberries. Add Cranberries to a sauce pot with juice from 1 orange. Heat pot with med-high heat, stirring constantly until the Cranberries "pop". Remove from heat and let cool. Smash with potato masher or use blender/food processors. Then add sugar and pecans. Move Cranberries to bowl you're serving in. Cover and refrigerate until ready to serve.

Sanci Hall is the Tarrant County Better Living for Texan's Texas A&M AgriLife Extension Agent. Contact her at sanci.hall@ag.tamu.edu & visit our webpage: tarrant.agrilife.org and agrilife.org/urbantarrantnutrition/blt

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Twice Baked Sweet Potatoes

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What you need:

Utensils:

- Cutting board & knife
- Medium bowl
- Spoon
- 15 inch x 10 inch baking dish
- Potato masher or fork
- Measuring cups & spoons
- Can opener

Ingredients:

- 5 medium sweet potatoes
- 1 8-ounce can mandarin oranges, drained and chopped.
- 1 cup dried cranberries or raisins, chopped
- 2 tablespoons margarine, softened
- ½ cup chopped nuts

What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Preheat oven to 350°F.
4. Scrub and wash sweet potatoes. Push fork into potatoes several times and wrap each potato in a wet paper towel. Place in microwave on high for 5 to 8 minutes each.
5. Cut each potato in half from top to bottom.
6. Using a spoon, scoop inside of potato half, leaving a ½ inch space from the outside of the potato, forming a shell. Set potato shells aside.
7. Place inside of potatoes in a medium bowl, and mash with a fork.
8. Stir in oranges, cranberries, and margarine.
9. Fill each potato half with potato and fruit mixture.
10. Place potato shells in baking dish. Sprinkle with nuts.
11. Bake for 25 to 35 minutes.

Prep Time: 10 minutes

Cook Time: 30 minutes

Cost per serving: \$0.35

Nutrition Facts

Amount Per Serving		% Daily Value*
Calories 170	Calories from Fat 60	
Total Fat 6g		9%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 60mg		3%
Total Carbohydrate 27g		9%
Dietary Fiber 4g		16%
Sugars 17g		
Protein 2g		
Vitamin A 70%	Vitamin C 30%	
Calcium 2%	Iron 6%	

Note: Stuffed potatoes can be made ahead of time. Cover and chill up to 24 hours. When ready to cook, preheat oven to 350°F, and bake potato shells for 25 minutes.



Program Funded by the USDA
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Revised: June 9, 2016



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Fruit Highlight: Cranberries

Cranberries are an amazing fruit! Small, round, tart berries. They have a high antioxidant value and provide vitamin C, dietary fiber, manganese, and phytonutrients. Cranberries are a cholesterol free, fat free and low sodium food, and help maintain a healthy heart. Red cranberries are light to dark red and sold fresh and sent to the processors. White cranberries have a milder flavor and are mostly sent to the processors. At the processors, cranberries are dried, made into juice, sauce, jelly, and powder. Sugar or other sweeteners are often added to offset the tartness so make sure to check those food labels close!

Now, some fun facts:

- Roughly 20 percent of cranberries will be consumed during the holiday season.
- Cranberries were originally stored and shipped in wooden barrels weighing 100 pounds each. They aren't shipped in wood barrels anymore, but the 100 pound "barrel" standard is still used today.
- Europeans named the fruit "crane berry" because they thought the cranberry blossom looked like the head of a sandhill crane.
- Cranberries score among the highest of all fruits in antioxidants. Diets including fruits and vegetables with high antioxidant values, like cranberries, may help support memory function and coordination.

<https://www.wiscran.org/media/155484/interesting-cranberry-facts.pdf>

Local Events

- **Adult Gardening Series - Growing and Nourishing Healthy Community Gardens.** Learn how to: Choose A Garden Location, Soil and Compost, Raised Bed and Container, Maintaining Your Garden, Diseases and Insects, and Harvesting Your Garden
 - North Richland Hills Recreation Center, 6000 Hawk Ave, North Richland Hills, TX 76180, 1 pm – 3 pm

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- Wednesday, January 4, 2023 - Lesson 1
- Wednesday, February 1, 2023 - Lesson 2
- Wednesday, March 1, 2023 - Lesson 3
- Wednesday, April 5, 2023 - Lesson 4
- Wednesday, May 3, 2023 - Lesson 5
- Wednesday, April 3, 2023 - Lesson 6
- Register at: www.nrhcentre.com
- Keller Senior Activities Center, 640 Johnson Rd Building C, Keller, TX 76248. 1:30 pm – 2:30 pm
 - Monday, March 6, 2023- Lesson 1
 - Monday, March 13, 2023- Lesson 2
 - Monday, March 20, 2023- Lesson 3
 - Monday, April 3, 2023- Lesson 4
 - Monday, April 10, 2023- Lesson 5
 - Monday, April 17, 2023- Lesson 6
 - Register at: <https://secure.rec1.com/TX/keller-tx/catalog>



- **Adult Nutrition Series – A Fresh Start to a Healthier You.** Learn how to: Create Safe and Healthier Meals, Balance Your Day - Meal Planning, Save More at the Grocery Store, and Celebrate Small Bites
 - Keller Library, 640 Johnson Rd, Keller, TX 76248– Details coming soon!!!
 - Haltom City Senior Center, 3201 Friendly Ln, Haltom City, TX 76117, 1:00 pm – 2:00 pm
 - Tuesday, February 14, 2023 – Lesson 1
 - Tuesday, February 21, 2023 – Lesson 2
 - Tuesday, February 28, 2023 – Lesson 3
 - Tuesday, March 7, 2023 – Lesson 4
 - Register at: Haltom City Senior Center
 - Watauga Public Library, 7109 Whitley Road, Watauga, Tx 76148 4:00 pm – 5:30 pm
 - Tuesday, January 10, 2023 – Lesson 1
 - Tuesday, January 17, 2023 – Lesson 2
 - Tuesday, January 24, 2023 – Lesson 3

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- Tuesday, January 31, 2023 – Lesson 4
- Register at: call 817-514-5265

- **Adult Nutrition Series – Healthy Carbohydrates.** Learn how carbohydrates can be incorporated into a healthy meal plan. This series dives into how carbohydrates work in the body, incorporating them into a simple plate, and finding your right amount.
 - Editions of Saginaw Independent Senior Living, 824 West McLeroy, Saginaw, TX, 1 pm – 2 pm.
 - Thursday, January 19, 2023 – Lesson 1
 - Thursday, January 26, 2023 – Lesson 2
 - Thursday, February 2, 2023 – Lesson 3
 - Thursday, February 16, 2023 – Lesson 4
 - Register at: call 817-884-1294

 - Keller Library, 640 Johnson Rd, Keller, TX 76248– Details coming soon!!!
 - Watauga Community Center, 7901 Indian Springs Rd, Watauga, TX 76148, 9 am – 10 am
 - Wednesday, March 22, 2023
 - Wednesday, March 29, 2023
 - Wednesday, April 5, 2023
 - Wednesday, April 12, 2023
 - Wednesday, April 19, 2023
 - Wednesday, April 26, 2023
 - Wednesday, May 3, 2023
 - Wednesday, May 10, 2023
 - Wednesday, May 17, 2023
 - Register at: <https://forms.gle/wMRJDLJCXmFVYHHV9>

- **Senior Nutrition Series – Be Well, Live Well.** Learn how to: Be Independent, Eat Well, Be Able, Read the Label, Be Safe, Eat Safe, Be Creative, Meal Plans, and Be Fit, Move More
 - Haltom City Senior Center, 3201 Friendly Ln, Haltom City, TX 76117
 - Thursday, January 5, 2023 – Lesson 1

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- Thursday, January 12, 2023 – Lesson 2
 - Thursday, January 19, 2023 - Lesson 3
 - Thursday, January 26, 2023 - Lesson 4
 - Thursday, February 2, 2023 - Lesson 5
 - Register at: Halton City Senior Center
 - Keller Library, 640 Johnson Rd, Keller, TX 76248– Details coming soon!!!
-
- **Adult Gardening/Composting Serries – Get a Taste for Food Waste.** Learn how to: Learn how much food gets throw away, how to plan and prepare meals that minimize food waste, improve your ability to store foods and extend their life and quality, how to compost uneaten/spoiled food, reduce the amount of money that is lost due to food waste
 - Haltom City Senior Center, 3201 Friendly Ln, Haltom City, TX 76117, 1 – 2 pm
 - Friday, January 6, 2023 – Lesson 1
 - Friday, January 13, 2023 – Lesson 2
 - Friday, January 20, 2023 - Lesson 3
 - Friday, January27, 2023 - Lesson 4
 - Register at: Halton City Senior Center
 - Watauga Public Library, 7109 Whitley Road, Watauga, Tx 76148, 4:45 pm – 5:45 pm
 - Wednesday, January 4, 2023 – Lesson 1
 - Wednesday, January 11, 2023 – Lesson 2
 - Wednesday, January 18, 2023 - Lesson 3
 - Wednesday, January 25, 2023 - Lesson 4





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THANKSGIVING KITCHEN SAFETY TIPS

- 1. BE CAREFUL WITH WATER**
Make sure to keep electrical appliances away from water, as water and electricity are a deadly duo.
- 2. KEEP YOUR INGREDIENTS SEPARATE**
You could place different meats in separate plastic bags to avoid having their liquid spill on other ingredients. That way, their bacteria won't contaminate other foods.
- 3. USE A THERMOMETER**
It's easy to get carried away by the plastic pop-up timers that already come with the turkey. But opting for a food thermometer is ideal to get rid of any doubts on whether the turkey is fully cooked or not.
- 4. BE PREPARED WITH BAKING SODA**
If dealing with a grease fire, remember not to pour water on it, and instead use baking soda to put out the flames.
- 5. WATCH THE KIDS**
Taking care of small details, such as keeping knives out of reach and keeping matches and lighters locked and hidden, helps minimize the chances of having the little ones in danger.
- 6. SHARPEN YOUR KNIVES**
Dull knives require more movement and force to cut food, which could lead to an unwanted cut.
- 7. DON'T DISCONNECT THE SMOKE DETECTOR**
As tempting as that may be, the fact that 5 out of 5 deaths from home fires are due to not having a working smoke detector is alarming, and should make some think twice before disconnecting the alarm.
- 8. USE A TIMER**
Simply use it to keep track of how long you have things in the oven, and to prevent you from forgetting that you actually have food on the stove or oven.
- 9. HAVE A LID WITHIN REACH**
Always have a lid within reach while cooking. In the event of a fire, just slide the lid over the pan and proceed to turn off the stove.
- 10. DON'T RUSH!**
Unless you're a professional cook, hurrying to get everything done in the kitchen is a recipe for disaster.

FOUR TIPS FOR A HEALTHY THANKSGIVING

<p>START WITH VEGETABLES, FRUIT AND LOW-FAT DIP</p> 	<p>ADD BALANCE AND SATIETY TO TRADITIONAL DISHES WITH CRUCIFEROUS & DARK GREEN LEAFY VEGETABLES</p>
<p>BE MINDFUL OF PORTION SIZES OF TRADITIONAL DESSERTS & DON'T FORGET A LIGHT TOPPING</p> 	<p>PROVIDE WATER, TEA, OR DRINKS WITHOUT SUGAR</p>  <p>TEXAS A&M AGRILIFE EXTENSION</p>

Figure 3 Graphic from <https://www.infinityauto.com/knowledge-center/daily-life-and-family/thanksgiving-safety-tips>



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Healthy Thanksgiving Tips for National Diabetes Month

November is the start of the holiday season and National Diabetes Month. While Thanksgiving dinner and other celebrations of the season are often not balanced, those living with diabetes can enjoy traditional dishes while incorporating a few ideas to balance out some high fat and high carbohydrate plates. Texas A&M AgriLife Extension Health Specialist, David Leal, has some tips to help make our holiday meals healthier without skipping our family favorites.

Add Balance with Fruits and Vegetables

If you imagine your Thanksgiving plate, you will notice that vegetables are likely scarce. While sweet potatoes and green beans are present, they are prepared with marshmallow, butter, bacon, or sauces, which add sugar, sodium, and fat. “The idea is that we have some vegetables or fruit on our plate that are prepared with minimal fat and sodium so that we can balance traditional high calorie foods”, Leal states. “The fiber in fruits and vegetables helps us feel satisfied and they also add variety in texture and color”, he continued.

When family arrives to your holiday, you can start with crispy raw vegetables for an appetizer; those can be paired with a low-fat ranch dip, salsa, or a delicious bean dip like hummus. For the main meal, cruciferous vegetables like broccoli, cauliflower, or brussels sprouts are very filling, while dark green leafy vegetables like spinach, kale, or mustard greens pair well with sweeter dishes like sweet potatoes, corn, and cranberries.



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Provide Light Drink Options

You can think of sugary drinks like soft drinks, punch, or fruit juice as a celebration drink and enjoy them on your holiday, especially if you abstain from them throughout the year. However, these beverages contain sugar and are very often consumed in larger portions.

Remember that two cans of regular soda will contain around 300 calories and the equivalent of about nineteen teaspoons of sugar. Also, juice contains nutrients like vitamin C and calcium, but a portion of juice is only four ounces.

There are numerous options for a drink with little to no sugar. Iced tea with an artificial sweetener, diet sodas, sugar-free drinks, and water, are all good options when we decide to reserve our dinner calories for what's on the plate instead of in our glass.

Top Off Dessert

Pecan pie is a staple during the fall and winter and there is a reason it tastes so good, it is made with sugar, butter, and of course pecans. While pecans provide a healthy fat, they are still very calorie dense. One strategy to achieve balance in our desserts is to choose a traditional dessert, like pecan pie, and be very mindful of the portion size. Low-fat or sugar free dessert topping is light and makes any mindful portion decadent. It can also be used to top a fruit salad. Also remember that pumpkin pie is a Thanksgiving mainstay for which numerous lighter recipes have been developed. Fortunately, our Dinner Tonight website has several options for desserts featuring pumpkin. You can also sign up for weekly newsletters discussing recipes, healthy eating tips, and food safety at dinnertonight.tamu.edu.

David Leal, Texas A&M AgriLife Extension Program Specialist -Healthy Texas



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Make It to the Table This Thanksgiving Buzzed Driving Is Drunk Driving

This Thanksgiving holiday, the Texas Department of Transportation (TxDOT) and the National Highway Traffic Safety Administration (NHTSA) is teaming up with Texas A&M AgriLife Extension Service's Watch UR BAC program to make sure you make it to the Thanksgiving table. With the Thanksgiving holiday kicking off a very merry time of year, it's essential to take some time to remember that Buzzed Driving Is Drunk Driving. If your plans to celebrate include alcohol, plan for a sober driver. You may have heard of the popular trend during the Thanksgiving holiday, "Blackout Wednesday," which occurs on the eve of Thanksgiving. Unfortunately, this trend encourages the heavy consumption of alcohol, which is why we're working hard to keep drunk drivers off the roads.

According to TxDOT In 2021, there were 1,077 people killed in motor vehicle traffic crashes where a driver was under the influence of alcohol. This is why Texas A&M AgriLife Extension is working to remind drivers that drunk driving is not only illegal, it is a matter of life and death. As you head out to festivities during this Thanksgiving holiday, remember: Buzzed Driving Is Drunk Driving.

We know friends and families will be especially excited to gather around the Thanksgiving table this year. Unfortunately, drunk driving is a real threat to our community, and that threat increases during holidays like Thanksgiving. We want our drivers to take Blackout Wednesday seriously. This is a dangerous trend. Driving under the influence is deadly and illegal, and no one should ever take that risk.



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The bottom line is this: If you know you're headed out for a night of drinking, make sure you plan for a sober ride home. It is never safe to get behind the wheel of a vehicle while drunk or otherwise impaired. Remember: Buzzed Driving Is Drunk Driving.

Thanksgiving Holiday Safety Tips

If you're planning to head out to the bar or to parties during the Thanksgiving holiday, make sure you plan for a sober ride home. Here are a few tips to help you prepare for a safe night out.

- Remember that it is never okay to drink and drive. Even if you've had only one alcoholic beverage, designate a sober driver or plan to use public transportation or a ride service to get home safely.
- If you see a drunk driver on the road, call 911 as drunk driving IS an emergency.
- Do you have a friend who is about to drink and drive? Take the keys away and make arrangements to get your friend home safely.

By working together, we can save lives and help keep America's roadways safe. Please join us in sharing the lifesaving message Buzzed Driving Is Drunk Driving during the holiday weekend.

For more information, contact Jeffrey Pearce, Watch UR BAC Program, Texas A&M AgriLife Extension Service, by phone 979-321-5333, or email Jeffrey.pearce@ag.tamu.edu please visit <https://www.nhtsa.gov/risky-driving/drunk-driving>

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Recipe of the Month

Recipe and photo source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/mashed-sweet-potatoes>

Mashed Sweet Potatoes

Mashed sweet potatoes are an easy and nutritious side dish that can accompany any entree. A great idea to try in place of traditional mashed potatoes.

Serves: 4

Ingredients:

- 4 small to medium sweet potatoes
- $\frac{3}{4}$ teaspoon dried thyme
or 3 tablespoons fresh
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

Directions:

1. Wash, peel, and cut potatoes into slices that are about $\frac{3}{4}$ inch thick.
2. Place potatoes in a saucepan with enough water to cover the potatoes.
3. Bring the water to a boil on medium heat. Cook the potatoes for 20 to 25 minutes until soft.
4. Drain the water and put the potatoes in a medium bowl. Use a fork or potato masher to mash the potatoes. Mix in the thyme, salt, and pepper.



Nutrients Per Serving:

113 calories, 0 g total fat, 0 g saturated fat, 0 mg cholesterol, 217 mg sodium, 26 g carbohydrates, 4 g fiber, 5 g total sugar, 0 g added sugar, and 2 g protein

Total Cost: \$\$\$\$