



HEALTHY HACKS FOR 2023 July

BETTER LIVING FOR TEXANS TEXAS A&M AGRILIFE EXTENSION SERVICE

A Sweet and Safe Grilling Season

Are you looking for something new to add onto the grill this year? Try grilling your favorite fruit! According to the Dietary Guidelines for Americans 2020-2025, more than 80% of the U.S. population does not eat the recommended amount of fruit.

Grilling fruit can be a great way to include more fruit into your meal as a healthy snack, side, or dessert. From peaches and watermelon to



apples and pineapples, the possibilities are endless! Grilling fruit brings out its natural sweetness and locks in the flavor – yum! This summer, use your creativity by adding something new to the grill, and be sure to follow the FightBAC™ principles to avoid cross-contamination and foodborne illness. Keep reading to learn more.

Clean: Wash your hands with warm water and soap for at least 20 seconds and wash cutting boards, dishes, utensils, and countertops before beginning preparation. Wash fruit under clean, running water, including those with skins and rinds that are not eaten. Rub firm-skinned fruit with a clean vegetable brush.

Separate: Always keep fruit separate from raw meat, poultry, and seafood items; use separate grocery bags and cutting boards. Pay attention to utensils and do not use the same tongs on your grilled fruit as you used for raw meat or poultry. Never place grilled fruit on a plate that previously held raw meat, poultry, or seafood items.

Cook: Grilled fruit does not have a safe minimum internal temperature like meat, poultry, and seafood, but different fruits will have different cooking (or grilling) times. To cook more evenly, cut fruit into smaller pieces and use medium to low grill temperature to avoid burning. Be careful – due to the high-water content of many fruits, they can become very hot when grilled, let them cool for a few minutes before diving in.

Chill: After the meal, handle leftovers safely to prevent foodborne illness. Never let grilled fruit sit at room temperature for more than two hours before refrigerating or freezing, and not more than one hour if the temperature is 90°F or above. Leftovers? Divide into shallow containers for quicker cooling in the refrigerator and consume leftovers within 3-4 days and reheat to 165°F before eating.

Written by: Katie McGill, Extension Agent – Better Living for Texans, Brazos County
Content Source: 2020-2025 Dietary Guidelines for Americans, and The Core Four Practices, FightBac.org
Photo From: Canva



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Figure 1: Students from AV Cato Elementary's afterschool Garden and Cooking Club, tasting Swiss Chard.

Learning to Eat Nutrient Dense Foods with Learn Grow Eat and Go!

With area schools being out for summer, I'm taking time to reflect on seven after school programs who participated in Learn Grow Eat and Go! (LGEG) What a great experience for me to visit with the students and teachers and hear their joy and excitement after participating in this 10-week

program. They loved trying new foods, learning new recipes, learning about nutrition, and sharing all that information with their friends and families.

Using this amazing curriculum from the Jr. Master Gardeners, our students tried 10 new vegetables or revisited them to see if they liked them. Several large changes in vegetable preference were noted from the pre-survey to the post-survey. Students increased Sugar Snap Peas preference from 18% to 40%, a 22% increase.



Figure 2: Students from Holiday Heights Elementary School ASPIRE program mixing our first recipe, Cinnamon Carrot Crunch.



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Students also increased Bok Choy preference from 9% to 30%, a 21% increase. And finally, students increased Cauliflower preference from 31% to 49%, an 18% increase. For many kids, it's scary to try new foods but they tried these 10 vegetables, and some found new foods to enjoy!

Students also tried these vegetables in 10 recipes, focusing on nutrient dense vegetables. Of the 191 students, 41% indicated they made at least one of the LGEG recipes at home. During the after-school program, many students learned basic skills to make these recipes, including chopping, washing, measuring, mixing, grating, and using an electric skillet. When asked, "What is the most important thing you learned in LGEG?" a participant



Figure 3: Students from WJ Turner Elementary making our third recipe, Spinach Quesadillas.

responded, "How to make food healthy and to be healthy."

Several nutrition lessons were taught including limiting sodium, added sugars, and saturated fats. One student learned, "That you do not put too much salt in your food and don't eat more sugar." The kids must have been listening since the average number of times a youth drinks sweetened beverages per day



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decreased from the pre-survey to the post-survey, from 1.6 to 1.5. I am confident that these numbers will continue to decrease as they continue to practice healthy eating and drinking habits.

Food safety is always taught in conjunction with nutrition education. “Wash your hands before you eat!” is what one student considers the most important lesson from LGEG. The surveys also indicate that more students are washing fruits and vegetables at home from a pre-survey of 67% to a post survey of 75%. Proper knife skills, organization, and kitchen safety are also taught as students help prepare the recipes.

The 191 students that participated in LGEG are now on a path to making healthier food choices by choosing nutrient dense foods, limiting adding sugars, limiting sodium, and limiting saturated fats. Ms. Kaminski, one of the two teachers at AV Cato who taught LGEG, explains, “This is our first year doing the LGEG program; our students love it. We keep having new students wanting to join after hearing about the program from other students. We have one student from class who has health problems; he has been enjoying the



Figure 4: Students from David E. Smith Elementary ASPIRE program portioning out a recipe.



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healthy foods he is learning about that he can make at home with his mom, and he is excited to eat healthy foods now, which he had not wanted to do before. My students have learned a lot about gardening, giving them a feeling of ownership in our school they did not have before and realizing that even though they are little, they can do things with their parents to have fun outside and live a healthier life.”

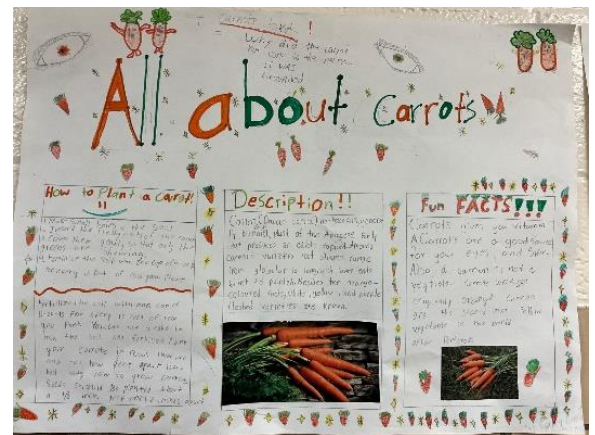


Figure 5: Group project from WJ Turner Elementary.

These students are also sharing what they learned with their friends, families, and community. I am so excited to see what youth we can educate and empower in the upcoming school year.

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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Masalas recalled in 10 states over Salmonella contamination & Frozen fruit sold at Kroger recalled over Listeria contamination - Both distributed in Texas

<https://www.foodsafetynews.com/2023/06/masalas-recalled-in-10-states-over-salmonella-contamination/>

Masalas recalled in 10 states over Salmonella contamination

Distributed to retail stores in Georgia, North Carolina, Ohio, Maryland, Tennessee, Texas, Mississippi, Florida, Virginia, New Jersey and New York.

<https://www.foodsafetynews.com/2023/06/frozen-fruit-sold-at-kroger-recalled-over-listeria-contamination/>

Frozen fruit sold at Kroger recalled over Listeria contamination

The product was distributed to Kroger Stores in the following states: Alabama, Arkansas, Georgia, Illinois, Indiana, Kentucky, Louisiana, Michigan, Missouri, Mississippi, Ohio, South Carolina, Tennessee, Texas, Virginia, and West Virginia.



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TARRANT COUNTY BETTER LIVING FOR TEXANS

CLASS
Schedule

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 Centre, 6000 Hawk Ave, North Richland Hills, TX 76180, 2:00 pm – 3:30 pm.

Wednesday, Sept 6, 2023

Wednesday, Sept 13, 2023

Wednesday, Sept 20, 2023

Wednesday, Sept 27, 2023

Wednesday, Oct 4, 2023

Wednesday, October 11, 2023

Sign up online at www.nrhcentre.com, Class #18765



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Watauga Public Library, 7109 Whitley Road, Watauga, TX 76148, 4:30 pm – 5:30 pm

Monday, September 11, 2023

Monday, September 18, 2023

Monday, September 25, 2023

Monday, October 2, 2023

Monday, October 9, 2023

Monday, October 16, 2023

Sign up at the Watauga Public Library at 817-514-5865.

Adult Nutrition Series – Get the Facts - During this 4-part adult nutrition series, learn to be more confident at the grocery store, learn how nutrients affect your health, and how to read and understand the Nutrition Facts Label.

Fort Worth Public Library, 4001 Library Lane, Fort Worth, TX 76109, 3:00 pm – 4:00 pm

Tuesday, September 26, 2023

Tuesday, October 3, 2023

Tuesday, October 10, 2023

Tuesday, October 17, 2023

Sign up at the front desk, 817-392-5860.



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Adult Nutrition – Healthy Carbohydrates – This 4 -part series dives into how carbohydrates work in the body, incorporating them into a simple plate, and finding the right amount to eat.

Hurst Senior Activities Center, 700 Heritage Circle, Hurst, TX 76053, 1 pm – 2 pm.

Wednesday, August 2, 2023

Wednesday, August 9, 2023

Wednesday, August 16, 2023

Wednesday, August 23, 2023

Wednesday, August 30, 2023

Sign up at the Hurst Senior Activities Center at 817-788-7710

Watauga Public Library, 7109 Whitley Road, Watauga, TX 76148, 4:30 – 4:30 pm.

Wednesday, August 2, 2023

Wednesday, August 9, 2023

Wednesday, August 16, 2023

Wednesday, August 23, 2023

Wednesday, August 30, 2023

Sign up at the Watauga Public Library at 817-514-5865



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Saginaw Senior Center, 633 W. McLeroy Blvd, Saginaw, TX 76179, 10:30 am - 11:30 am

Thursday, September 21, 2023

Thursday, September 28, 2023

Thursday, October 5, 2023

Thursday, October 12, 2023

Sign up at the Saginaw Senior Center, 817-230-0459.



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Recipe of the Month

Recipe from Shirley Sears, North Region Project Specialist – Better Living for Texans

Grilled Peaches

Grilling fruit brings out its sweetness and is an awesome way to include more fruits into your meal as a sweet treat. You can grill pineapples with pork, cantaloupes as a kabob, and bananas as a snack.

Serves: 4

Ingredients

- 1 teaspoon olive oil
- 2 medium peaches, pitted and cut in half
- 1 cup low-fat vanilla Greek yogurt
- 4 tablespoons slivered almonds

Directions

1. Heat grill. Brush peaches with olive oil and place cut-side down on the grill. Grill for 4 minutes.
2. Remove peaches and place on a serving dish. Top each half with $\frac{1}{4}$ cup of yogurt and 1 tablespoon of almonds. *Note: If you do not have access to a grill, this can be done in the broiler or on a griddle.*



Nutrients Per Serving: 140 calories, 6g total fat, 1.5g saturated fat, 5mg cholesterol, 25mg sodium, 15g carbohydrates, 2g fiber, 13g total sugar, 0g added sugar, and 8g protein.

Total Cost: \$\$\$\$

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