VOLUME 9• EDITION 2 SUMMER 2022

BRAZOS COUNTY VOLUNTEER NEWS

Family and Community Health/Better Living for Texans
July 6, 2022

Texas A&M AgriLife Extension

Volunteers MAKE A DIFFERENCE

Master Wellness Volunteer Program

IN THIS EDITION

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Dear Volunteer,

Happy summer! In the words of Regina Brett "Summer is the annual permission slip to be lazy. To do nothing and have it count for something. To lie in the grass and count the stars. To sit on a branch and study the clouds." Hopefully, you have had at least one lazy day.

Two more committee meetings are set for 2022. We will not make up the cancelled April meeting. Please save the dates so that we can continue to make a difference. Bring your ideas for events and activities that we can host or collaborate with other agencies on. Our meetings will take place at the Extension office at 3:30 p.m.

- July 18, 2022
- October 17, 2022

Thank you,
Flora Williams and Katie Zender
County Extension Agents
FCH & BLT Brazos County

Better Living for Texans
Texas A&M AgriLife Extension

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.

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

MONTHLY MASTER WELLNESS VOLUNTEER REPORTING

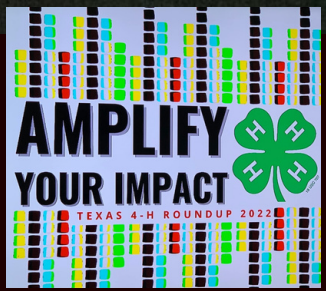
Please remember to report hours to http://agrilife.org/mwv by the 2nd of month. **What should you report?** Meetings, classes, events, training, and any teaching wellness using Extension resources. Thank you to Julie Prouse for reporting this quarter. Only Julie and Pat Pierson have entered data this year. A total of 59 hours have been reported for 2022. Let's see if we can finish the year with 159 hours or more. Report! Report! Report!

CAR SEAT INSPECTIONS BY APPOINTMENT

The Brazos County Car Seat Fitting Station continues inspections by appointment. The magic number of far for 2022 is 36. We have inspected 14 more seats since the last newsletter and provided three school/community events. Thank you to AgriLife staff members Flora Williams and Katie Zender and to Master Wellness Volunteer Julie Prouse, and TxDOT Specialist Julia Davies for serving as technicians. Thank you to Nurse Martha Sanders for referrals. Read on to find out about an upcoming community event where volunteers are needed.

SALUTE TO EXCELLENCE-MERITORIOUS SERVICE AWARD

Brazos County Extension Agent, Flora M. Williams, has a passion for the 4-H program. Flora goes above and beyond to provide opportunities for the 4-H youth. Her tireless dedication to this program is the highlight of her nomination, along with her uniqueness in accomplishing so much in the time she has been employed as the Brazos County Family and Community Health Extension Agent. Her quiet humility makes it easy to overlook her significance and the asset she has been to her community. She consistently demonstrates reliability, quality of work, initiative, and professionalism in all she has accomplished as an Extension Agent, and the successes of Brazos County 4-Hers are her living legacy.



FCH/BLT HAPPENINGS SINCE LAST NEWSLETTER

Spring Community Health Fair at Lincoln Recreation Center

Thank you to Master Wellness Volunteer, Morgan Bradley for coordinating a space for a booth at this event. Our booth helped the community to learn about car seats. We had 60 visitors stop by the "Spring into Community Care Health Fair" on Saturday, March 26th. AgriLife was fortunate to have three booths.

National Nutrition Month Dinner Tonight Cooking School

March is designated as National Nutrition Month. The 2022 theme was "Celebrate a World of Flavor". The Texas A&M University Division of Student Affairs Health Promotions team capped it off with a March 30 Dinner Tonight Healthy Cooking School.

Site coordinators, Deja Jackson and Jon Hill did a phenomenal job! Volunteer Julie Prouse was incredible as well. County Agent Flora Williams instructed the class. The menu consisted of Deep Dish Pizza Casserole, Avocado Mandarin Salad, and Blueberry Apricot Parfaits. The cooking teams made the dishes their own. Yummy!

FCH/BLT HAPPENINGS SINCE LAST NEWSLETTER

Certified Food Managers

June 13, 2022 marked the fourth food managers course of 2022. Since the March newsletter, classes were held on April 7, April 25-26 (Bryan ISD) and June 13. That's 41 new food service employees trained. Thank you to AgriLife's Extension Associate Julie Prouse and Brazos County Health District's Health Inspector Shelly Cmajdalka for co-instructing.

Upcoming classes are set for August 1, October 10, and November 14, 2022 from 9:00 am to 6:00 pm.

County Government Month Appreciation

NATIONAL COUNTY GOVERNMENT MONTH
APRIL 2022

The Brazos County Leadership Advisory Board hosted an appreciation breakfast for county employees on April 5, 2022. One hundred fifteen dropped by for food and fellowship. Dr. Sara Mendez is the chairman of the Board. Thank you Sara and Julie for providing casseroles and Julie for working the car seat booth at this event.

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FCH/BLT HAPPENINGS SINCE LAST NEWSLETTER

Preserving the Harvest Canning Classes

The May 31, 2022 Preserving the Harvest water bath canning class closed out May with plenty of spice and new friendships. Eight people attended session one of three. The class featured instruction, demonstrations, and hands on canning of salsa and jalapeño jelly.

Instructors were AgriLife FCH county Extension agents Flora Williams and Tonya Poncik from Brazos and Lee Counties. Other staff assisting included Master Wellness Volunteer, Julie Prouse and FCH Administrative Assistant, Kyla Kirk.

June 27 marked part two of three of a Preserving the Harvest series. Pressure canning instruction and hands on canning of carrots and beets were key components of the class. Agents Dr. Sonja Davis and Ginger Benson from Harris and Galveston Counties along with AgriLife's Julie Prouse assisted Agent Flora Williams with the class. It was a fun and energetic class.

The final class will be held on July 19. We will talk freezing and drying and will water bath can pickled okra and cucumbers.

FCH/BLT HAPPENINGS SINCE LAST NEWSLETTER

Car Seat Inspections

The Brazos County Extension Office is one of the car seat inspection/fitting stations in Brazos County. If caregivers are not sure if little ones are properly restrained in their car seats, they can receive hands on training by calling 979-823-0129 to schedule an appointment.

Car seats can be confusing! Passenger Safety Technicians can clear the confusion and have children riding:

✔ with the car seat properly rear facing or forward facing
✔with harness straps through the correct slots
✔ with harness straps nice and snug using the pinch test
✔ with the harness chest clip snapped together
✔ with the harness chest clip at armpit level
✔with both harness straps snapped at the crotch buckle
✔with the seatbelt or LATCH belt through the correct path
✔with best practices for the child and vehicle
✔with compliance to Texas law.

Families must bring their child/children, current car seat, and vehicle to the appointment. Buckle every passenger every trip.

FCH/BLT HAPPENINGS SINCE LAST NEWSLETTER

Cottage Food Business

It was an honor to be invited by Jan and Dan Peery to Tanglewood Christmas Trees on April 9, 2022 to serve as the lunch speakers. They hosted the Annual Christmas Tree Growers Association's field day for 40 growers.

An hour long presentation on the Texas Cottage Food Law was provided by Texas A&M AgriLife Extension's Flora Williams and Julie Prouse.

To host a class or learn more about the Texas Cottage Food Law, contact Flora Williams at fewilliams@ag.tamu.edu or 979-823-0129. Online classes are available at https://agrilifelearn.tamu.edu/s/product/cooking-up-a-cottage-food-business/01t4x000002ciNpAAI. The Law allows for certain foods to be sold out of your home kitchen under certain conditions.

The tree farm is on a beautiful 30 acres of land in the Edge Community. To learn about all the Tanglewood Christmas Trees visit https://tanglewoodchristmastrees.com

FCH/BLT HAPPENINGS SINCE LAST NEWSLETTER

FIND Webinar

Spring was in the air! On April 14, 2022, Texas A&M AgriLife Employee Wellness hosted a spring cleaning virtual presentation. County Extension Agents Flora Williams and Z'aundria Warren co presented. The **F**ocusing on **I**mportant **N**ecessities in your **D**welling addressed the important topic of decluttering.

Forty-seven tuned in. They took a clutter personality assessment to determine where they were on the clutter scale. Benefits of and barriers to reducing clutter and tools that can be used right away to reduce and maintaining clutter balance were addressed. The class had a chance to develop an action plan. Please promote this class to groups. It is an one-hour session.

Bryan WIC's Spring Event

WIC hosted a Spring event on April 14th from 9am - 12pm. Master Wellness Volunteer, Julie Prouse set up a car seat booth. Parents who stopped by were educated on passenger safety. Children receive a book about riding safely in the back seat. Thank you Julie!

If you know of any community events, we would love to set up a booth on any family and community health topic. Agencies should give our office a call at 979-823-0129.

FCH/BLT HAPPENINGS SINCE LAST NEWSLETTER

Dinner Tonight Team Building Cooking Event

On June 28, 2022, a TAMU Student Activities group chose a yummy menu. They cooked Deep Dish Pizza Casserole, Avocado Mandarin Tossed Salad, and Blueberry Apricot Yogurt Parfaits. Their teamwork was AMAZING.

Do you know of a small, medium, or large group that would like a food safety and healthy cooking class during working hours? Contact the Brazos County Extension Office. There are a variety of class structures to choose from and a variety of menus. Classes are 1.5-2 hours.

FCH/BLT HAPPENINGS SINCE LAST NEWSLETTER

Super Hero Themed Expo

The City of Bryan, City of College Station, & Brazos County hosted a 2022 Health & Safety Expo. The event had a super hero theme. The Brazos County FCH/BLT Committee had a food safety booth. Thank you to Master Wellness Volunteers Diana Gaytan with Brazos County Health District and Julie Prouse with Texas A&M AgriLife Extension for teaching 110 employees about food safety. Thank you to everyone who stopped by.

Recent BLT Highlights

The Brazos County BLT team was busy on April 6, 2022! The day was filled with favorite things - teaching, cooking, and physical activity

Thanks for hosting us, Project Unity and Meyers Center!

BETTER LIVING FOR TEXANS
TEXAS A&M AGRILIFE EXTENSION

Katie Zender and BLT makes the news!

https://www.kxxv.com/brazos/local-senior-citizens-say-gardening-has-improved-their-mental-health?fbclid=IwAR3Kw-TMZQZQ2WhMSjemcw0QimLEbZHfJB0_ElMDBeYzt7bOaDYj7iJGARo

RECENT BLT HIGHLIGHTS

SPRING 2022

GROWING AND NOURISHING HEALTHY COMMUNITIES

Brazos County Senior Citizens Association

PLANTING VEGETABLES AND HERBS AT HOME

Lincoln Recreation Center

CURRENT & UPCOMING EVENTS

- **Get the Facts - Catholic Charities**
  - 7/18 and 7/25
- **Growing and Nourishing Healthy Communities - St. Joseph Health Assisted Living**
  - 7/19, 7/26, 8/2, 8/9, 8/23, 8/30
- **Get the Facts - Larry Ringer Library**
  - 8/10, 8/17, 8/24, and 8/31

Please reach out to Katie if you would like to assist with BLT classes!

BLT RECIPE TIME!

AVOCADO & CORN SALSA

Better Living for Texans

SERVINGS: 5 COST PER SERVING: $SSS

INGREDIENTS

1 diced avocado
3/4 c. frozen corn kernels, thawed
1/2 c. grape tomatoes, quartered
1 Tbsp. cilantro, chopped
2 tsp. lime juice
1/4 tsp. salt

DIRECTIONS

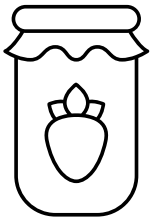
1. Toss avocado, con, tomatoes, cilantro, lime juice, an salt in a medium bowl
2. Chill one hour and then serve

NUTRIENTS PER SERVING

67 calories, 4 g total fat, 1 g saturate fat, 0 mg cholesterol, 119 mg sodium, 8 g carbohydrates, 3 g fiber, 1 g total sugar, 0 g added sugar, and 1 g protein

The avocado and corn are given a flavor boost with the fresh cilantro and lime. Try this salsa with baked chicken for an easy weekday meal!

UPCOMING OPPORTUNITIES

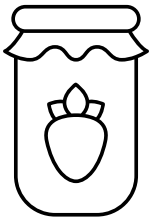


Canning Class

July 19, 2022

Brazos County Extension Office

10:00 am-2:00 p.m. (Volunteers needed)

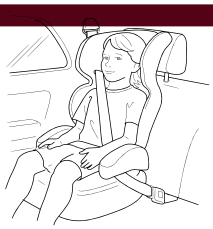


Community Booster Seat Event

July 20, 2022

Bethel Luthern Church

4:00-7:00 pm (Technicians and volunteers needed) See flyer



Car Seat Installations

July 29, 2022

August 3, 2022

August 25, 2022

(Technicians needed)

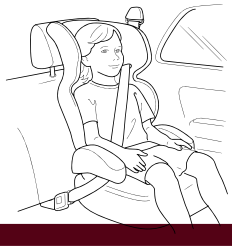
Do Well Be Well with Diabetes Series

Brazos County Extension Office

August 5,12, 19, 26, and September 2, 2022, 11:30 am-1:00 pm

(Volunteers needed)

National Passenger Safety Month Car Seat Event



September 19, 2022

Location and time to be determined

Volunteers and technicians needed

Dinner Tonight School for Living Well at TAMU

at Brookshire Bros

October 19, 2022; 11:30 am-1:00 pm

Onsite set up at 10:00 am

Volunteers need

FLYERS AND ANNOUNCEMENTS

TEXAS A&M AGRILIFE EXTENSION

PRESERVING THE HARVEST PICKLING, DRYING, AND FREEZING WORKSHOP

Instruction and hands-on canning of pickled cucumbers & okra

Cost: $45
(includes a canning guide, and two canned products)

To register:
Call 979-823-0129 or come by the Extension Office

July 19, 2022
Tuesday

12:00-4:30 PM

Brazos County Extension Office
4153 County Park Court Bryan, Texas

Class size limited to 20
Make checks payable to Brazos FCS

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife. The Texas A&M University System, U.S.Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

DOES YOUR CHILD NEED A BOOSTER SEAT?

Less than half of Texas booster-age children are using booster seats!

By Appointment Only

WHERE: Bethel Lutheran Church
4221 Boonville Rd. Bryan

WHEN: Wednesday, July 20, 4-7 PM

- Limited number of booster seats available
- Child must be a minimum of 4 years old and 40 lbs. and mature enough to stay buckled up.
- For an appointment contact Cindi Hannes 281-794-5320

Sponsored by:

TEXAS A&M AGRILIFE EXTENSION · Brazos County PASSENGER SAFETY KidSafe Initiatives · Bethel Lutheran Church · Texas Department of Transportation Bryan District

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TEXAS A&M AGRILIFE EXTENSION

TEXAS A&M AGRILIFE EXTENSION SERVICE

PARENTING CONNECTIONS CLASS

Learn skills to enhance your parenting skills!

AUGUST 16, 2022
1:00-5:00 PM
4153 COUNTY PARK COURT BRYAN, TX 77802
$30
REGISTRATION REQUIRED ONE WEEK BEFORE CLASS
SIGN UP AT 979.823.0129

Each class addresses:
- Child growth and development
- Communicating with children
- Positive discipline
- Building self-esteem
- Recognizing child abuse
- Passenger safety and healthy eating tips

TEXAS A&M AGRILIFE EXTENSION

TEXAS A&M AGRILIFE EXTENSION SERVICE

PARENTING CONNECTIONS CLASS

Learn skills to enhance your parenting skills!

OCTOBER 18, 2022
9:00 AM-1:00 PM
4153 COUNTY PARK COURT BRYAN, TX 77802
$30
REGISTRATION REQUIRED ONE WEEK BEFORE CLASS
SIGN UP AT 979.823.0129

Each class addresses:
- Child growth and development
- Communicating with children
- Positive discipline
- Building self-esteem
- Recognizing child abuse
- Passenger safety and healthy eating tips

MEET KYLA KIRK
FCH/BLT
ADMINISTRATIVE ASSISTANT

HAVE A FOOD SAFE SUMMER

While the warmer weather conditions may be ideal for outdoor picnics and barbecues, the summer months typically see a spike in reports of foodborne illness. Make sure your fun in the sun doesn't get cut short by following some simple summer entertaining tips:

1 in 6

Approximate number of Americans stricken with food poisoning each year

128,000

Estimated annual hospitalizations from foodborne illnesses

Did You Know?

U.S. beef sales are highest during the week of July 4th, when Americans are expected to buy about **$400 MILLION WORTH OF IT—25% MORE THAN AN AVERAGE WEEK** (according to the National Cattlemen's Beef Association).

Basic Tips

CLEAN

CLEAN SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER. If you're at a picnic, bring moist towelettes to use!

Wash all produce under plain running water before eating, cutting or cooking, even if you plan to peel them!

SEPARATE

SEPARATE PLATES AND UTENSILS. When grilling, use separate plates and utensils for raw and cooked meat and poultry and ready-to-eat foods (like raw vegetables).

COOK

USE A FOOD THERMOMETER.

Burgers: 160°F

Just because your burger is brown, not pink, doesn't mean it's safe to eat!

CHILL

CHILL RAW AND PREPARED FOODS PROMPTLY if not consuming after cooking.

Don't leave food at room temperature for longer than two hours (or 1 hour if it's above 90°F). If planning a picnic, perishable food should be kept in an insulated cooler packed with ice or ice packs.

What Are You Making?

Here are some food safety tips for preparing a few signature summer dishes.

BARBECUE

Cook all meat and poultry to recommended internal temperatures.

Burgers: 160°F.

Chicken and Turkey: 165°F.

Sausage: 160°F.

Steaks: 145°F with a 3-minute rest time.

FRUIT SALAD

Rinse all produce before peeling or chopping.

Chop all produce with clean knives on cutting boards not used with raw meat to avoid cross-contamination.

DEVILED EGGS

Refrigerate prepared eggs until they're ready to be served and once out, keep them nestled in ice to keep them cool.

ADDITIONAL SOURCE CDC

USDA

Ad Council

For more summer food safety tips, go to **—FoodSafety.gov—**

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

SAVE THE DATES

2022 Leadership Advisory Board Meetings- August 19, October 19

Pizza Ranch October 12 & 13, 2022

Volunteer Appreciation Luncheon- November 2, 2022

Elected Officials Luncheon- December 1, 2022

Thank you for FCH/BLT Volunteers

Brazos County Extension Office
Texas A&M AgriLife Extension Service

4153 County Park Court
Bryan, Texas 77802
Phone: 979-823-0129
Fax: 979-775-3768

For more information about
Family & Community Health
or
Better Living for Texans classes
contact
Flora Williams
E-mail: fewilliams@ag.tamu.edu
or
Katie Zender
E-mail: katie.zender@ag.tamu.edu