



# BETTER LIVING FOR TEXANS

TEXAS A&M AGRILIFE EXTENSION

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APRIL 2020

## Happy and Healthy at Home

Due to the COVID-19 outbreak, social distancing has become a new buzz word. Social distancing, for most people, means limiting the time spent away from home. This extra time at home might make you feel a little stir crazy.

Here are some tips to help you make the most of your time at home.

### Mealtime

Now is a good time to involve kids with meal preparation. Involving kids in the kitchen is also a good way to bond as a family. Put the younger children in charge of simple tasks, like stirring, and the older children in charge of more advanced tasks, like chopping vegetables.

You can also make meal time fun by having an indoor picnic or picking a nightly theme, like Taco Tuesday.

If you don't have any kids in your household take this time to try some new recipes!

Make a weekly meal plan and choose recipes that use ingredients you already have on hand. This will help you reduce trips to the grocery store and also save you money!



### Staying Active

Make sure you take time away from watching TV or scrolling through social media to be active.

Get some fresh air by going on a walk, riding a bike, or playing a game at the park. Remember to practice social distancing by avoiding places with a lot of people.

Keep an eye on what your local government advises during this COVID-19 outbreak in case guidelines on outdoor activity change.

Indoor exercises are also a good way to be physically active. Here are some fun ways to exercise indoors:

- Put some music on and dance!
- Create your own "no equipment needed" routine (example: 20 jumping jacks, 10 squats, 5 push-ups, repeat!).
- Do household chores.
- Find a free workout video online and follow along.

If you would like more information on these topics and COVID-19 safety precautions, follow the Better Living for Texans social media pages found at the top of this newsletter.

Information from: <https://www.eatright.org/health/wellness/preventing-illness/make-the-most-of-your-time-at-home>

Photo Source: [snaped.fns.usda.gov](https://www.fns.usda.gov)

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### Local Events:

**We are now offering some BLT programs through Facebook Live and other digital platforms. Please contact us to discuss these options! Interested in creating a team for Walk Across Texas? Visit <https://howdyhealth.org/> to sign up!**

**Please Like our Harris County Facebook page to keep updated on our current events! @HarrisCountyBLT**

**For updated information on COVID-19 please visit our resources:**



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**In Harris County your local BLT Extension Agents are  
Kerry Kennedy & Lora Jorgensen**

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*Kerry & Lora*

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## Recipe of the Month

Source: Better Living for Texans

Using canned and frozen ingredients will help you reduce trips to the grocery store.

### Three Amigo Chili

Servings: 6

#### Ingredients

- 1 (15 oz) can beans (pinto, kidney, red, or black), undrained
- 1 (15 oz) can corn, drained **or** 10 oz package frozen corn
- 2 (15 oz) can crushed tomatoes, undrained
- Chili powder, to taste
- Ground cumin, to taste
- Garlic powder, to taste

#### Directions

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Pour the beans, corn, and tomatoes into a skillet.
4. Add chili powder, cumin, and garlic powder to taste.
5. Stir over medium heat until heated thoroughly.
6. Serve immediately



Healthy Tip: Use canned goods with low sodium or no salt added.

**Nutrients Per Serving:** (1 cup) 130 calories, 1 g total fat, 0 g saturated fat, 6 g protein, 23 g carbohydrates, 5 g dietary fiber, 3 g total sugars, and 510 mg sodium

**Total Cost per serving:** \$\$\$\$

Photo Source: canva.com

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## Cake, Carrot or Casserole? How to Manage Stress Eating

<p><b>1. Get in tune with your hunger</b></p> <div style="text-align: center;"> <p>1 "So hungry that I feel ill or faint"    4 Starting to feel hungry    5 Neutral: not hungry or full    7 Satisfied    10 "I ate so much that I feel sick"</p> </div>	<p><b>2. Remove foods that tempt you to eat</b></p> <div style="text-align: center;"> <p>Out of sight— out of mind!</p> </div>	
<div style="text-align: center;"> </div> <p><b>3. Keep healthy foods available</b></p> <p>Healthy foods can:</p> <ul style="list-style-type: none"> <li>• Provide comfort during stressful times</li> <li>• Be beneficial to an overall healthy diet</li> </ul>	<p><b>4. Stick with your usual meals and snacks if possible</b></p> <ul style="list-style-type: none"> <li>• Eat regular meals and snacks</li> <li>• Try new recipes with ingredients you have</li> <li>• Get reacquainted with kitchen appliances</li> </ul>	
<p><b>5. Stay active</b></p> <ul style="list-style-type: none"> <li>• Regular exercise has many health benefits</li> <li>• Physical activity can be a healthy alternative to eating when bored</li> <li>• Regular, restful sleep has short-and long-term benefits</li> </ul> <div style="text-align: center;"> </div>	<p><b>6. Stay busy</b></p> <ul style="list-style-type: none"> <li>• House projects you have put off</li> <li>• Organizing kitchen cupboards</li> <li>• Cleaning closets</li> <li>• Reading a book</li> <li>• Crafts</li> <li>• Family game night</li> </ul> <div style="text-align: center;"> </div>	<p><b>7. Stay connected</b></p> <ul style="list-style-type: none"> <li>• Use technology to reach out to family, friends, and support groups               <ul style="list-style-type: none"> <li>○ Phone</li> <li>○ Text</li> <li>○ Email</li> <li>○ Video chat</li> <li>○ Social media</li> </ul> </li> </ul>

Created by Sara Cathey, Extension Foods and Nutrition Unit, April 2020. 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, gender identity, or gender expression. ©Texas A&M AgriLife Extension Service

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### QUICK INGREDIENT SUBSTITUTIONS

DON'T HAVE	USE THIS
 1 teaspoon baking powder	¼ teaspoon baking soda + 5/8 teaspoon cream of tartar
¼ cup bread crumbs	1 slice bread
1 tablespoon cornstarch	2 tablespoons flour
1 cup self-rising flour	1 cup all-purpose flour + 1 ½ teaspoons baking powder + ¼ teaspoon salt
 1 fresh garlic clove	1/8 teaspoon garlic powder
1 tablespoon, fresh herbs diced	½ teaspoon ground, dried herbs
1 cup mayonnaise	1 cup sour cream OR 1 cup yogurt OR 1 cup cottage cheese that is pureed in a blender
1 cup skim milk	1/3 dried/powdered milk + water to make 1 cup
 1 cup whole milk	½ cup evaporated milk + ½ cup water
1 small or ¼ cup chopped onion	1 tablespoon minced onion OR 1 ½ teaspoons onion powder
½ cup, packed brown sugar	2 tablespoons molasses + ½ cup granulated (white) sugar
1 cup powdered sugar	1 cup granulated (white) sugar + 1 teaspoon cornstarch**
1 cup vegetable oil	1 cup unsweetened applesauce or other pureed fruit ***
 1 cup butter	1 cup regular margarine * OR 1 cup vegetable shortening (for baking) OR Equal amount of oil if the recipe uses melted butter
1 cup buttermilk	1 cup yogurt OR 1 tablespoon of vinegar OR lemon juice plus enough milk to make 1 cup. Let stand for 5 minutes before using
 1 whole egg	¼ cup egg substitute OR 2 tablespoons mayonnaise (for cakes) OR ½ teaspoon baking powder + 1 tablespoon vinegar + 1 tablespoon liquid (only for baking)

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#### References

Ingredient Substitutions, University of Nebraska-Lincoln. <https://food.unl.edu/ingredient-substitutions>  
 Ingredient Substitutions, Colorado State University.  
<https://extension.colostate.edu/topic-areas/nutrition-food-safety-health/ingredient-substitutions-9-329/>  
 Rombauer and Becker, The Joy of Cooking  
 Compiled by Jenna Anding, PhD, RD, LD, Professor and Extension Specialist, March 2020.

\* Regular margarine has 100 calories per teaspoon; if you use low-fat, fat-free, reduced-calorie, or vegetable oil spreads, the final product will likely be a lower quality.  
 \*\* Process the ingredients in a food processor until the ingredients are blended and powdery.  
 \*\*\* May need to adjust the amount of sugar in the recipe. If you are short the full amount of vegetable oil needed for a baked good, you can substitute the amount of applesauce or other pureed fruit to make the amount needed.

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