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August 2022

Back to School Success

The start of the school year is an exciting time for many! Research shows that eating a healthy diet and participating in physical activity can help learning skills, attitudes, concentration, and attention which is not only helpful for students in the classroom but adults too. Educators, students, staff, and caretakers are all part of the new school year, and it is important that we practice several healthy back to school habits for a healthy and active school year.

Eat Right!

It is recommended that we eat more fruit and vegetables, whole grains, lean protein, and low-fat dairy while limiting our intake of saturated fats, sodium, added sugars, and refined grains. The National Institutes of Health collected several nutrition and money saving tips that are easy to remember just like our **ABCs!**

Always use ads and store bonus cards, which may offer discounts on healthy foods like fruits and veggies.

Buy produce in season to cut costs. In Texas we are lucky that we can enjoy a variety of produce all year long!

Compare brands and package sizes to find the best buy. Check the unit price label for the best deal. Be sure to read the Nutrition Facts label and look for lower amounts of saturated fat, sodium, and added sugars.



Get Active!

Young people 6-17 years old should participate in at least 60 minutes of physical activity every **day** while adults should do at least 150-300 minutes of physical activity every **week**. Start by keeping track of your family's and your physical activity. Additionally, it is important to note the

amount of time you spend sitting and in front of a screen (computer, phone, TV, etc.).

Start small, family activity time can be as easy as prepping healthy meals together to a 15-minute walk after school or before dinner. What activities will you and your family do to stay on track during the school year?

Written by Lindsey Breunig-Rodriguez, Project Specialist – Better Living for Texans
Adapted from: <https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/back-to-school.htm>
Photo Source: Microsoft Word

TEXAS A&M
AGRI LIFE
EXTENSION

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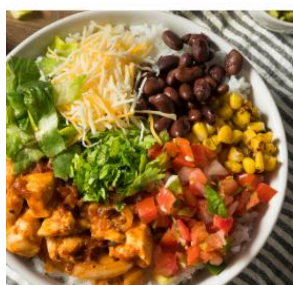
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BLT programs are FREE and are designed & funded to be delivered to SNAP-eligible audiences. We offer adult and youth programs.

Get the Facts (Obtenga los Datos) is a 4-session series to help participants learn how to use the Nutrition Facts label to make healthy food choices when shopping. Special emphasis is given on sodium, fats, added sugars, and portion size. Free item at every session!



A Fresh Start to a Healthier You! (¡El primer paso hacia una vida más sana!) is a 4-session series for adults to increase fruit & vegetable intake, cook nutritious meals, adopt better food safety habits, and spend less on groceries. Free item at every session!

Be Well, Live Well (Estar bien, Vivir Bien) is a 5-session series. Adults 50+ will learn how to reduce disease risk and engage in a healthy lifestyle while aging, by learning which nutrients to focus on, food label reading, kitchen safety, meal planning for small households, and the benefits of physical activity while aging. Free item at every session!

Growing and Nourishing Healthy Communities (Creciendo y Nutriéndose Curso de Horticultura para Comunidades Saludables) is a six-session series to learn basic garden techniques such as how to select a garden location, how to compost, plant and water, and control insects. Participants will do a hands-on planting activity and receive free garden items!



Healthy Carbohydrates is a 4-week series that teaches participants to choose healthy types and portions of carbohydrates to help decrease chronic disease risk. Free item at every session!

Walk 'n Talk is an 8-week series in which participants learn how to use walking or other activity for fitness and how to include more fruits & vegetables in their daily routine. Free item at every session!

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**In Harris County your BLT Extension agents are found at
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**Below are upcoming Better Living for Texans programs
at a community center near you!**

Precinct 1 Rev. Joe E. Dancy Memorial Center, 3407 Bellfort Ave, Houston, TX 77051: ***A Fresh Start to a Healthier You!*** adult nutrition program starts September 22nd

Precinct 1 El Franco Lee Community Center, 9500 Hall Rd, Houston TX 77089: ***Growing and Nourishing Healthy Communities*** adult garden program starts September 27th

Precinct 2 Target Hunger Educational Food Fair, (BLT will have an educational table) St. Austin Center, 2002 Wayside Drive, Houston TX, September 2nd 8:00 am to 11:30 am

Precinct 4 Baker Ripley Gulfton Sharpstown Campus, 6500 Rookin St, Houston, TX, 77074: ***Growing and Nourishing Healthy Communities*** adult garden program starts September 12th



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Recipe of the Month

Recipe and photo source: <https://www.myplate.gov/myplate-kitchen/recipes>

Speedy Burritos

These potato and egg burritos are great for breakfast, lunch, or dinner. Enjoy with your favorite fruit.

Serves: 9

Ingredients:

- | | |
|---|-------------------------------|
| 1 chopped onion | 1 teaspoon black pepper |
| 1 red or green bell chopped pepper | ½ teaspoon salt |
| 4 cups finely chopped potatoes | 1 tablespoon vegetable oil |
| 3 pressed or finely chopped garlic cloves | ½ cup shredded cheddar cheese |
| 2 beaten eggs | 9 whole wheat tortillas |
| | hot sauce or salsa as needed |

Directions:

1. In a large skillet, heat oil on medium-high setting. Add onion, green pepper, potatoes, and garlic. Cook until potatoes are tender, about 10 minutes.
2. Reduce heat to medium setting, spread potato mix out to the sides of the skillet, leaving a space in the middle for the eggs. Add the eggs and scramble until cooked. Mix potatoes and all ingredients together once eggs are cooked.
3. Divide filling between tortillas and top with cheese and salsa.



Nutrients Per Serving: 184 calories, 5 g total fat, 1 g saturated fat, 41 mg cholesterol, 341 mg sodium, 29 g carbohydrates, 3 g fiber, 2 g total sugar, 0 g added sugar, and 6 g protein

Total Cost: \$\$\$\$



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