

# TEXAS A&M AGRI LIFE EXTENSION

## County Extension Agents

Fallon Foster  
Family & Consumer Science

Christina Ritter  
4-H/Youth Development

Ashlee Krebs  
Agriculture/Natural Resources



County Judge  
Brint Carlton  
Commissioner Precinct 1  
David L. Dubose  
Commissioner Precinct 2  
Barry Burton  
Commissioner Precinct 3  
John W. Banken  
Commissioner Precinct 4  
Jody E. Crump



Look for us as  
Texas A&M AgriLife  
Extension—Orange County

## Orange County AgriLife Newsletter November 2016

Hello Everyone,

I am Tommy Byers the new Better Living for Texans Program Assistant. I am a graduate of Vidor High School, a 2013 recipient of the Texas FFA Lone Star award, and a former member Phi Theta Kappa. As the New BLT Assistant, I look forward to meeting and working with many of you in the near future through the many different programs. The opportunities are limitless, and with your involvement we can forever change the health of Orange County.



Sincerely,

Tommy E. Byers



AgriLife Extension will be Closed November 24th & 25th

**Orange County 4-H  
Annual Pecan Fundraiser  
Order Deadline  
November 10th**

# Orange County 4-H Annual Pecan Fundraiser 2016

## Plain Pecans Choice of Halves or Pieces

1 lb. bag	\$9.75
3 lb. box	\$27.50
5 lb. box	\$45.50



## Peanuts

12 oz Chocolate Peanuts	\$5
12 oz Honey Roasted Peanuts	\$5
1 lb Hot and Spicy Peanuts	\$4

## Specialty Mixes

### **Texas Deluxe Nut Mix \$9**

(Pecans, Cashews, Almonds and Brazil Nuts)

### **Hunter's Mix \$6**

(Cashews, Cocktail Peanuts, Sesame Sticks, Sesame Seeds, Natural Almonds, Fancy Pecan Halves, Peanut Oil and Salt)

### **California Mix \$6**

(Almonds, Walnuts, Dried Apricots, Diced Dates, Banana Chips Seedless Raisins, Coconut Chips, Cashews and Sunflower Seeds)

### **Trash Mix \$4**

(Sesame Sticks, Jumbo Runner Peanuts, Pretzels, Hot and Spicy Peanuts, Peanut Oil and Salt)

### **Fiesta Mix \$4**

(Bar-B-Que Corn Sticks, Taco Sesame Sticks, Nacho Cheese and Hot & Spicy Peanuts)

### **Fruit Mix \$5**

(Dried Apricots, Banana Chips, Diced Pineapple, Diced Papaya & Golden Raisins)

### **Cran-Slam Mix \$7**

(Dried Cranberries, Raw Walnut Pieces, Roasted and Salted Sunflower Seeds, Roasted and Salted Pumpkin Seeds, Diced Pineapple and Black Raisin)

### **Mountain Mix \$5**

(Roasted and Salted Cashews, Roasted and Salted Peanuts, Roasted and Salted Almonds, Raisins and M&M's)

# LAST CHANCE TO ORDER Deadline is Nov. 10th!

## Specialty Nuts

1 lb Roasted and Salted Cashews	\$9
1 lb Walnuts	\$8.50
1 lb. Roasted and Salted Pistachios	\$8
1 lb. Raw Almonds	\$8
12 oz Chocolate Cover Almonds	\$8



## Frosted or flavored Pecans 12 oz. zipper bag

Chocolate Covered or White Chocolate or Chocolate Toffee Covered	\$8
Praline Frosted or Amaretto Frosted	\$8
Cinnamon Frosted or Honey Toasted Glazed	\$8
Sugar Free Chocolate (contains Malitol)	\$9

## SAMPLERS

### **4 Flavor 1 lb. Pecan Sample \$14**

(White Chocolate, Chocolate, Cinnamon and Praline Halves)

### **2 lb. Pecan Sampler \$27**

(Chocolate, White Chocolate, Amaretto, Cinnamon, Pina Colada & Praline Frosted)

### **2 lb. Fruit and Nut Sampler \$22**

(Whole Almonds, Raw Pecan Halves, Walnut Halves, Dried Cranberries, Fruit Mix and Trail Mix)



# To place your order call the Orange County 4-H office



# 882-7010



2 pm to 4 pm  
 Wednesdays for 4 weeks  
 October 26th  
 November 2nd  
 November 9th  
 November 16th



Call the AgriLife Office for location  
 882-7010.

It's important to attend all 4 classes to receive the full educational benefit.

**Classes for Adults  
 with  
 Type II Diabetes  
 will be held in  
 Bridge City**

Learn to **CONTROL** your Type 2 diabetes with the right **PORTIONS**, reading food **LABELS**, proper **EXERCISE**, cooking right and maintaining good health.

**Food Handlers  
 class**

**Must Pre-Register!**

To PRE-REGISTER Call 882-7010

Classes will be held at  
 Texas A&M AgriLife Extension Office  
 11475 FM 1442 Orange

**Last Class this Year  
 November 3rd—6 pm**

\$20 per person paid day of class  
Make check or money order  
payable to  
FPM Account 230202  
No cash accepted

**COMING - January 4,11,18, 25, 2017**

**A FRESH START  
 to a  
 Healthier You!**



Join us and receive

- ♦ Support of friends
- ♦ Confidence to cook healthy meals for your children and family
- ♦ Practical cooking and shopping tips
- ♦ Handy kitchen tools
- ♦ Recipes for success in the kitchen

This program is presented by  
 Texas A&M AgriLife Extension Service • Better Living for Texans

For more information, contact:

Tommy Byers, BLT Program Assistant  
 Orange County

Texas A&M AgriLife Extension Service  
 11475 - A FM 1442 Orange, TX  
 409-882-7010, fax - 409-745-9889





## Get To Know Your Fats

When we think of fat, we tend to classify it as bad and reduce our intake to lose weight or improve our health status. However, not all fats are the same so they should not all be treated equally. Healthy fats are a major source of energy and help in the absorption of certain vitamins and minerals. These fats functions include the building of cells, serve for blood clotting, and aid in muscle movement.

### Unhealthy Fats

These unhealthy or "bad" fats are harmful because they increase the amount of bad cholesterol in the blood and reduce the good cholesterol which can result in clogged arteries. These fats do not have any health benefits and increase the risk for developing heart disease, stroke, and diabetes.

#### Trans fats:

**Margarines, vegetable shortening, processed foods, and fried foods.** They are mostly found in processed, packaged foods and fried foods.

#### Saturated fats:

**Fatty beef, lard, butter, cheeses, whole milks, 2% milks, chicken with skin, and pork.** They are mainly solid at room temperature and are mostly found in animal foods, meat and dairy products.

### Healthy Fats:

These healthy or "good" fats come mainly from vegetables, nuts, seeds, and fish. Healthy fats are mainly liquid at room temperature and contain a combination of fats. In moderation, these fats help reduce bad cholesterol in the blood which can result in lower risk of heart disease and stroke. These good fats are beneficial because they contain vitamin E which is important in protecting cells from damage. They also contain omega-6 and omega-3 fatty acids which are important for proper maintenance of many functions in the body including brain function and nerve function.

#### Monounsaturated Fats:

Those higher in monounsaturated fats include: **olive oil, canola oil, peanut oil, sesame oil, sunflower oil, avocados, nut, and seeds.**



#### Polyunsaturated Fats:

Those higher in polyunsaturated fats include: **soybean oil, corn oil, salmon, mackerel, herring, trout, nuts, seeds, and soybeans.**



Griscel Sanchez, BS, Dietetic Intern 2016, Lamar University

Resources:

<http://www.health.harvard.edu/staying-healthy/the-truth-about-fats-bad-and-good>

[http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Fats-and-Oils\\_UCM\\_304495\\_Article.jsp#.V\\_KaefmANBc](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Fats-and-Oils_UCM_304495_Article.jsp#.V_KaefmANBc)



Have a question, problem or concern about your:

Garden  
Flowers  
Plants  
Lawn  
Pond  
Trees  
Insects/bugs



Call or stop by the AgriLife Extension Office on Tuesdays & Thursdays 10am-2pm  
Or call and talk with our Master Gardener on the MG Hotline, 409-745-9708,  
You can also call the office Monday-Friday 882-7010 and leave a message for the  
Master Gardener .



<http://aggie-horticulture.tamu.edu/>

*Great website for all your horticulture needs. Check the site out!*



The mission of  
The Field of Plenty Garden  
is to bring the community together  
to grow, harvest, prepare, and  
give fresh fruits and vegetables  
to help alleviate food insecurity  
and to pass on  
the knowledge of gardening  
and food preparation  
for a healthy community,  
thus continuing God's love in action  
in Orange County

thefieldofplenty@gmail.com  
<https://www.facebook.com/fieldofplenty>  
409-886-0938



## November 2016

### The Field of Plenty

Donation Community Garden

Now is the time to think about gardening...for the next year! Join The Field of Plenty and the Texas A&M AgriLife office with hands-on training at The Field of Plenty on January 28, 2017. We will host workshops on how to plant a vegetable garden, how to select seeds to plant if you would like to save your own seeds, and have a class on how to prepare foods from the garden!

Each workshop will last approximately 45 minutes and we'll get started at 9:00 a.m. All workshops are free, so mark your calendars now, and make plans to grow and eat nutritious, home grown foods in 2017.

We will also host a free keyhole garden class from 1:00 to 2:30 p.m. A keyhole garden is a compact, raised bed garden that has a compost system built into it. It can be made from materials on hand and can fit into any sunny spot in your yard! There is one built of red pavers at The Field of Plenty!

You can attend one or all the classes. Please call the AgriLife office at 409-882-7010 to preregister so we'll know how many to expect. If you forget, come on anyway!

The Field of Plenty at 2120 Wickard is located directly behind Orange Christian Services on West Park in Orange. All classes will be held here on Saturday, January 28<sup>th</sup> 2017.

If you would like to sponsor a bed to help build it and then supply the bed with seeds and soil, please contact Orange Christian Services at 409-886-0938 or email [thefieldofplenty@gmail.com](mailto:thefieldofplenty@gmail.com). For more information on how to volunteer or to support the garden, call Orange Christian Services at 409-886-0938

**COMING SOON....a children's garden at The Field of Plenty. Watch for details here in the AgriLife newsletter.**



## What Size **TURKEY** Should I Buy?



5 with leftovers  
6-7 without  
9 max

Basic Rule of thumb for large groups (10+) is to allow 1 1/2 pounds per hungry grownup.

Small birds have a lower meat-to-bone ratio, so for turkeys 12 pounds or smaller, count on 2 pounds per person



6 with leftovers  
9-10 without  
12 max



10 with leftovers  
13-14 without  
16 max

Adjust according to the ages of guests, quantity of leftovers you want, and, of course, those die-

Enjoy!



13-14 w/ leftovers  
17-18 without  
20 max

# A HANDY TIMELINE FOR YOUR FIRST THANKSGIVING

When preparing a feast for the first time, it's helpful to stick to a schedule and make what you can ahead of time. Here's a guide for the newbie host on when to do what when it comes to Thanksgiving dinner.

## 2 WEEKS BEFORE

Create a menu and shop for what you can now.

TIPS: Consider sticking to the classic dishes everyone loves.



## 3 DAYS BEFORE

Make your cranberry sauce and keep in the fridge. Or go the canned route and skip this step altogether.

If you're using a frozen turkey, now's the time to start thawing it in the fridge.



TIP: Allow 1 full day of thawing for every 4 lbs of turkey.

## 1 DAY BEFORE

Make your stuffing.



TIP: An unstuffed turkey can be easier to cook than a stuffed one.



Set the table.

TIP: Get out your serving dishes and label each with a sticky note of what goes in it.

If you're making pies, do it today then wrap well in plastic.



## THANKSGIVING DAY

### 4 HOURS BEFORE DINNER



#### TURKEY

Stick your 8-12 lb turkey in the oven. (Larger turkeys will require longer cook times)

### 2 HOURS BEFORE DINNER

#### MASHED POTATOES

Start boiling the tators



## 1 HOUR BEFORE DINNER

Take the turkey out and let it sit for at least 30 minutes. Cover with foil to keep warm.



TIP: Set out some simple snacks for people to munch on in case dinner runs behind schedule.



## 30 MINUTES BEFORE DINNER

#### GREEN BEAN CASSEROLE

Assemble and stick in the oven.

#### ROLLS

Start baking in the oven



#### STUFFING

Place the pre-cooked stuffing in the oven to warm up.



#### MASHED POTATOES

Mash up the potatoes and keep warm.

#### GRAVY

Make the gravy using drippings from the turkey.



## 5-10 MINUTES BEFORE DINNER

#### TURKEY

Assign someone to carve the turkey.



#### STUFFING, GREEN BEANS, ETC.

Take out everything from the oven when fully cooked and place in serving dishes.

#### CRANBERRY SAUCE

Don't forget to take it out of the fridge!



## Adult Leaders Association Will not meet in November

### County 4-H Council

1st Mondays

6:30 pm @4-H Office

ALL Adults & 4-H Members Welcomed



### Dusty Trails 4-H

2nd Monday

7 pm @ 4-H Office

Sherri Jones 409-553-9823

### Boots and Bridles 4-H Horse Club

3rd Monday @ 6 pm

T2 Arena (weather permitting)

Becky Hutchison 670-8945

### All Hearts 4-H Homeschool Club

3rd Mondays @ 1pm—3 pm

Clairborne Park

Cortney Sanders 979-574-7220

Kristen Hay 474-9666

### Mighty Pirates 4-H

2nd Tuesday @ 7 pm,

Raymond Gould Community Center Vidor

Kathy Hester 790-8835

### Clay Busters 4-H Shooting Sports

Meets January—August

Orange Gun Club

John Bilbo, 882-4284

Robert Caffey 767-6222



“Learn to Build a  
Recordbook”

1st Tuesdays

6pm

4-H Office



4th Mondays

6 pm @

4-H Office



Food & Nutrition

3rd Tuesdays

6pm

4-H Office

**MUST contact the 4-H Office by the Friday before if you are going to attend the cooking and/or Sewing class. So we can have enough projects for everyone.**

Don't forget to  
bring your  
coats and  
canned goods  
for donating.



4-H Sewing

4th Tuesday

6 pm

4-H Office



Informational Meeting

November 8th

6 pm

4-H Office







South Texas State Fair

Tag In & Entry

Saturday, December 3rd

8 am to 12 noon

Orange County Livestock

Association Barn in Mauriceville



Ft. Worth Livestock Show Entry

Closing Deadline

Open & Junior Livestock Shows

Along with Calf Scramble Entry

November 15th



San Antonio Show Entry

Closing Deadline

Junior Livestock Shows

December 1st



Houston Livestock Show Entry

Closing Deadline

Junior Livestock Shows and

Calf Scramble

December 1st



## **Congratulations to Orange County 4-H at the Orange County Livestock Show**

**Grand Champion RoaSter—George Dearborn—Mighty Pirates**

**Grand Champion Rabbit—Rory Die—Mighty Pirates**

**ReServe Champion RoaSter—Trevor Glawson—Mighty Pirates**

**ReServe Champion Rabbit— Chandler Boswell—Mighty Pirates**

**3rd Place Swine—William Ramos—Mighty Pirates**

**3rd Place Goat—Cody Labry—Mighty Pirates**

**3rd Place RoaSter—Carlee Ramos—Mighty Pirates**

**3rd Place Rabbits—Jaydon Edwards—Mighty Pirates**

**4th Place Swine—Jacob Mitchell—Mighty Pirates**

**4th Place Goat—Le'Ana Martinez—Dusty Trails**

**4th Place RoaSter—William Ramos—Mighty Pirates**

**5th Place Swine—Rebecca Wright—Mighty Pirates**

**5th Place RoaSter—Sean Guidry—Mighty Pirates**

**5th Place Rabbits—Cody Labry—Mighty Pirates**

**6th Place Swine—Kami Woods—Mighty Pirates**

**6th Place RoaSter—Dylan Pyatt—Mighty Pirates**

**7th Place Goat—Jake Cobb—Mighty Pirates**

**7th Place RoaSter—Rachel Dearborn—Mighty Pirates**

**7th Place Rabbits—Kobi ShauneSey—Mighty Pirates**

**8th Place goat—Gwyneth Cobb—Mighty pirates**

**9th Place Swine—Caleb Pyatt—Mighty Pirates**

**9th Place Goat—Rory Die—Mighty Pirates**

**9th Place RoaSter—Patrick Wright—Mighty Pirates**

**10th Place Swine—Joey Fusilier—Dusty Trails**

**10th Place Goat—Carlee Ramos—Mighty Pirates**

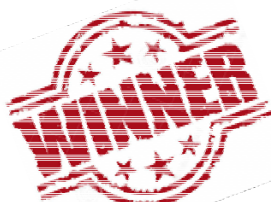
**10th Place RoaSter—Rebecca Wright—Mighty Pirates**

**12th Place Swine—Dylan Pyatt—Mighty Pirates**

**13th Place Swine—Makynzie Hester—Mighty Pirates**

**14th Place Swine—Cody Labry—Mighty Pirates**

**1/2 Angus Steer drawing winner  
Robby McClelland  
Ticket sold by: Caleb Smith**



A total of \$16,195 was collected on the steer drawing. Each 4-H & FFA member has a chance to sell \$1000 worth of tickets. 100% of the tickets sold goes back to the member. The following members sold over \$900 each in ticket sales:

Dane Bellard  
Chandler Boswell  
Jayden Edwards

Coby Labry  
Caleb Smith  
Cameron Young

# Orange County 4-H Calendar

## November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1 San Antonio Scramble Deadline</i> <i>Heifer ownership deadline for majors</i> <i>Recordbook 6pm</i>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b> <i>Daylight Saving Time ends</i>	<b>7</b> <i>Orange County Livestock Meeting 7 pm</i> <i>County Council 6:30 pm</i>	<b>8</b> <i>Robotics 6 pm</i>  <i>Mighty Pirates 7 pm</i>	<b>9</b>	<b>10</b> <i>Pecan Order Deadline</i>	<b>11</b> <i>AgriLife Office Closed</i>  <i>Veterans Day</i>	<b>12</b> <i>Special Angels Rodeo</i>
<b>13</b>	<b>14</b>  <i>Dusty Trails 7 pm</i>	<b>15</b>  <i>Ft. Worth Entry Deadline</i> <i>Food &amp; Nutrition 6pm</i>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b> <i>All Hearts 1 pm</i>  <i>Boots &amp; Bridle 6 pm</i>	<b>22</b>  <i>Sewing 6 pm</i>	<b>23</b>	<b>24</b> <i>AgriLife Office Closed</i>  <i>Happy Thanksgiving</i>	<b>25</b>  <i>AgriLife Office Closed</i>	<b>26</b>
<b>27</b>	<b>28</b>  <i>Public Speaking 6 pm</i>	<b>29</b>	<b>30</b>			



## Homemade Simmering Spices

### Ingredients:

5 cups water  
 2 navel oranges, peeled  
 1 apple, sliced in half  
 3 cinnamon sticks  
 3 star anise  
 1 teaspoon-sized knob of fresh ginger  
 1 teaspoon cardamom pods  
 1 teaspoon whole cloves  
 1/4 teaspoon dried orange peel

### Directions:

Combine all ingredients together in a saucepan and heat over low heat until simmering. I have kept this going for a few hours, adding additional water when needed. You can also throw everything in the crockpot and set it on low or high with the top off.



Howsweeteats.com



## Cauliflower "Biscuits"

1.5 lbs cauliflower, separated into florets  
 1 large garlic clove  
 2 eggs or 1/3 cup egg whites  
 1 tbsp cornstarch  
 1/2 cup + 3 tbsp any firm cheese, shredded & tightly packed (Pepper Jack is also good)  
 1/2 tsp salt  
 1/8 tsp black pepper, ground  
 2-3 tbsp green onion sprigs, finely chopped  
 Cooking spray



- In a food processor, add cauliflower in batches and process until fine crumbs. Smaller than in my photos. In the last batch, add garlic. Preheat oven to 400 degrees F.
- Preheat non-stick skillet on medium - high heat and spray with cooking spray. Add cauliflower and cook for 5 - 7 minutes or until a bit golden, stirring frequently and watching closely not to burn.
- In the meanwhile, whisk the eggs in a medium bowl. Add cornstarch and whisk until dissolved. Add pre-cooked cauliflower along with cheese (except 3 tbsp), salt, pepper and green onions; mix well.
- Line muffin tin with liners or use silicone muffin tin sprayed with cooking spray. Divide mixture evenly among openings and top with remaining 3 tbsp cheese. Bake for 25 minutes. Remove from the oven, let cool a bit and serve hot or cold.

Storage Instructions: Keep refrigerated in a glass airtight container for up to 5 days or freeze for up to 3 months.

## NOVEMBER IS AMERICAN DIABETES MONTH®

# This is our 2016 campaign. This Is Diabetes.™

NOVEMBER  
**2016**  
SHARE  
YOUR  
**STORY**

This November we'll showcase real-life stories of friends, families and neighbors managing the day-to-day triumphs and challenges of diabetes.

Join as we salute the **29 million Americans** with diabetes — as well as their loved ones — to raise awareness and to create a sense of urgency about this growing public health crisis.

The campaign invites people to submit their own stories to capture the authenticity of those who understand this disease best. We invite the diverse diabetes community to **stand up and declare "This Is Diabetes."**



## This is how we reach our goals.

1. EDUCATION 2. AWARENESS 3. EMPOWERMENT 4. SUPPORT



**1 in 11**  
Americans has  
diabetes today.



Every **23 seconds**,  
someone in the  
U.S. is diagnosed  
with diabetes.



**86 million**  
Americans are at  
risk for diabetes.



Diabetes causes  
more deaths than  
AIDS and breast  
cancer combined.



**#ThisIsDiabetes**



## 20 Ways to Stay Fit and Healthy This Thanksgiving

It's important to maintain good health during the Thanksgiving season. While at the Thanksgiving table most people consume approximately 3,000 to 5,000 calories. For some people this is almost three days worth of calorie intake in one day. Here are a few tips to help you stay on track.

### FITNESS

#### 1. Get Outside.

Up early? Go for a walk or run to enjoy some pre-festivities alone time, or grab your favorite second cousin to catch up. For something a bit more competitive, round up a group of family or friends and hit the backyard or local park for some flag football.

#### 2. Do it fast.

Don't have an hour to hit the gym? Don't worry. Try an at-home circuit workout, Tabata training, or a Greatist Workout of the Day. All take 20 minutes (or less!) to get in a good workout.

#### 3. Split up the chores.

Everyday activities (like tidying up the family room) can burn more calories than you'd think. So offer to do the dishes or Swiffer the floor-not only does it lend a hand, it gets you moving too!

#### 4. Bust a move.

Nothing says family bonding more than a dance party. Gather a group, turn up the tunes, and get the blood flowing. It may help you digest all that stuffing too.

#### 5. Find a turkey trot.



If up for the challenge, run a race Thanksgiving morning! Find a Turkey trot in your town (they range from a totally doable one-mile to 10K). Sign up, and add crossing the finish line to your holiday to-do list.



### HEALTH

Before heading to the kitchen, keep these healthy tips in mind to enjoy the festive food without going overboard.

#### 6. Eat in the a.m.

Skipping breakfast in order to "save your appetite" for dinner probably isn't the best idea. Not breaking the fast 'til the afternoon may lead to binging later on (ex: four servings of mashed potatoes).

#### 7. Hydrate.

Make sure to drink water through out the day to stay hydrated. Not drinking enough H2O could spark hunger pangs, which may actually be thirst.



#### 8. Go easy on the apps.

Cheese and crackers can happen any day of the year. Save your appetite (and calorie consumption!) for dinnertime.

#### 9. Use a smaller plate.

Stick all those Thanksgiving sides on a smaller plate. Research shows it'll help you eat 22 percent fewer calories, while a bigger plate of food may be licked clean, even if we're not hungry.

#### 10. Dim the lights.

Studies suggest that eating in softer light may lead to consuming less food. So create a nice intimate ambience that everyone will love.



## 20 Ways to Stay Fit and Healthy This Thanksgiving Continued



### 11. Chew slowly.

How quickly we eat really does matter, research shows. In one study, fast eaters consumed around three ounces of food per minute, while slowpokes only ate about two ounces. Chewing slowly could mean less calories consumed, so take a chill pill when digging into the dinner plate.

### 12. Beware of dangerfoods.

Be careful with foods that aren't as healthy as they seem. (Green bean casserole, anyone?) Gratin, mashed potatoes, and cranberry sauce may hid some sneaky ingredients high in fat and sugar.

### 13. Watch out for liquids calories.

Unfortunately, calories from alcohol can sneak up on us during the holidays. Go easy on the booze and stick to healthier cocktails like a vodka soda or Bloody Mary to avoid excess sugar.

### 14. Skip the seconds.

Wait 20 minutes (the amount of time it probably takes to feel full) before filling up the dinner plate again. Unless you're really hungry, save some food for leftovers-the best part about Thanksgiving, right?

### 15. Don't deny dessert.

The holidays shouldn't be about restricting certain foods-just try to enjoy them in moderations! Stick to one slice of pie or try a healthy dessert recipes instead of going cold turkey at the dessert table.

### HAPPINESS

An overdose of family and food can be stressful Here are some ways to feel rested, calm, and in control.

### 16. Inhale, exhale.

Stressed because you're trying to clean up the living room and prep the turkey while entertaining seven cousins and skyping with Uncle Mike? Take six to 10 deep breaths to relax.

### 17. Write it down.

If choosing to count calories over the holidays, track your food in a journal so you know how much you're consuming. (Wait, I did have a hearty breakfast!) This will keep you in control of what and how much you're actually eating.

### 18. Mediate.

Whether enduring too much family time or unable to resist eating a whole pumpkin pie (we get it), meditation can help lower stress levels. All you need is a few minutes and a quiet corner.



### 19. Get enough sleep.

Make sure to get seven to nine hours of sleep the night before Thanksgiving. Not getting enough sleep could amp up appetite levels the following day.

### 20. Give yourself some wiggle-room.

At the end of the day, Thanksgiving should be enjoyed with loved ones. Don't stress about enjoying some good food with even better company.



TEXAS A&M AGRILIFE EXTENSION  
11465-A FM 1442  
Orange, TX 77630  
Phone: 409-882-7010  
E-mail: 409-7010  
E-mail: orange-tx@tamu.edu

Non-Profit Org.  
US Postage  
PAID  
Orange, TX  
Permit #12

Return Service Requested



## Tangy Fruit Salad



2 tablespoons instant sugar free vanilla pudding mix  
1 cup fat-free vanilla yogurt  
1 15-ounce can pineapple chunks (drained)  
1 11-ounce can mandarin oranges (drained)  
1 cup grapes  
2 medium bananas, sliced

Makes: 6 Servings Serving Size: 1/2 Cup  
Total Calories 170  
Total Fat 0.5 grams  
Protein 3 grams  
Carbohydrates 41 grams  
Dietary Fiber 3 grams  
Saturated Fat 0 grams  
Sodium 220 milligrams

- Wash your hands and clean your cooking area.
- Clean the tops of canned food items before opening them.
- Combine pudding mix and yogurt in a medium bowl.
- Mix fruit into yogurt mixture.
- Refrigerate mixture and serve when chilled.

Source: EFNEP/BLT Recipe

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