

TEXAS A&M AGRI LIFE EXTENSION

County Extension Agent

Fallon Foster

Family & Community Health

County Coordinator

Office 409-882-7010



County Judge

Brint Carlton

Commissioner Precinct 1

Johnny Trahan

Commissioner Precinct 2

Barry Burton

Commissioner Precinct 3

John Gothia

Commissioner Precinct 4

Jody Crump

Orange County AgriLife Newsletter

December 2017



AgriLife Office will be closed, Monday, December 25th
&

Tuesday, December 26th



Look for us
Texas A&M AgriLife
Extension-Orange County

Family & Community Health

We are expecting our 4-H Pecan Fundraiser Christmas Delivery around the 1st part of December

Call or come by the 4-H Office to see if we have extras of your favorites, 409-882-7010

Some of the items we will have are

Fresh Pecans, pieces or halves

Frosted Pecans, Praline, Amaretto, Cinnamon, or Honey Toasted Glazed

Chocolate, white chocolate, and chocolate toffee covered pecans

Sugar Free Chocolate Pecans

Specialty Nut mixes, Hunters mix, Trail Mix, California Mix, Mountain mix etc.

Pecan Samplers & Fruit & Nut Samplers



Certified Food Managers Two Day Course

with Test

Tuesday, January 30th

&

Wednesday, January 31st.

9 am to 4 pm

Must Pre-Register by going online to:

[Foodsafety.tamu.edu](http://foodsafety.tamu.edu)

Print registration form and mail directly

To FPM with your \$125 payment.

Registration & Payment must be postmarked by

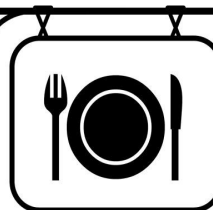
January 10th.

Course & Test will be held at Texas A&M AgriLife

Extension, 11475 FM 1442, Orange.

Questions, contact the AgriLife Office, 882-7010.

Texas Department of State Health Services accredited food handlers program



FOOD HANDLER'S Training Class

February 8th
6 pm to 8 pm

\$20 per person paid
day of class

Make check or money
order

payable to

FPM Account 230202

No cash accepted



To PRE-REGISTER Call
409-882-7010

Class will be held at
AgriLife Extension Office
11475 FM 1442 Orange



This class is recommended for all food service employees to
help promote the service of safe food.

TEXAS A&M
AGRI LIFE
EXTENSION

Class taught by
Fallon Foster, M.P.H.
Family & Consumer Agent



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.

Family & Community Health

Free!

INSULIN

DIABETES



GLUCOMETER



HEALTH

SUGAR

Join us in learning how to prevent and control your type 2 diabetes, eat healthy and much more to control your diabetes.

Texas A&M AgriLife Extension
Orange County
11475 FM 1442, Orange, TX 77632

6 pm to 8 pm for 5 weeks
January 4th, 11th, 18th, 25th, & February 1st.



Call the AgriLife Office
for your reservations
409-882-7010



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Family & Community Health



Kick start Your Mondays to a Healthier You!

Food, Fun, & Fitness 8 Week Challenge

Fallon Foster, County Extension Agent for Family & Consumer Health will hold free classes for 8 weeks on Mondays, January 29th–March 26th

5:30 pm to 6:30 pm

Orange County Convention & Expo Center, 11475 FM 1442, Orange

Call the AgriLife Office, 409-882-7010 to let us know you will be joining us.

**30 Minutes of
Nutrition**



**30 Minutes of
Exercise**

**TEXAS A&M
AGRILIFE
EXTENSION**

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. Persons with disabilities who plan to attend this meeting and who may need auxiliary aids or services are requested to contact the Extension office at 409-882-7010, five working days prior to the meeting so appropriate arrangements can be made.

4-H/Youth Development



December 15th, 6 pm to 8 pm

Orange County Convention & Expo Center

Community Service:

Humane Society of Southeast Texas
Towels, bed sheets, thin blankets, toys, treats, food (Pedigree or Purina), dog or cat accessories, monetary donations.

Food:

We are asking each family to bring a Potluck (Casseroles, veggies, finger foods, salads etc.)

Activities to include:

- Christmas themed photo booth
- Youth and adult ugliest sweater contest
 - Door prizes
 - Kids coloring table
 - Christmas Games



4-H/Youth Development

Sr. Rabbit Showmanship Orange County Livestock Association



South Texas State Fair

Entry Deadline at the 4-H Office

January 31st

Rabbits

Breeding Beed

Heifers

Roaster Pickup, Friday, January 12th

Broiler Pickup, Friday, February 9th

Pickup at YMBL Office 4 pm—6 pm

MARK YOUR
CALENDAR!

Orange County Livestock Classic
February 24, 2017

4-H/Youth Development

Adult Leaders Association 6 pm
County 4-H Council 6:30 pm
1st Mondays @ 4-H Office 4-H
 Members & Parents Welcomed

Dusty Trails 4-H Project Club

2nd Monday

6pm-8pm @ 4-H Office

Becky Hutchison 409-670-8945



Boots and Bridles 4-H Horse Club

3rd Monday

6pm T2 Arena

Nicole Kepley 409-779-5521

All Hearts 4-H Homeschool Club

3rd Monday @ 1 pm

Orange 4-H Office

Cortney Sanders 979-574-7220

Kristen Hay 409-474-9666

Mighty Pirates 4-H

(Primary a Livestock Club)

2nd Tuesday @ 7 pm,

Vidor Junior High Cafeteria

Kathy Hester 790-8835

Clay Busters Shooting Sports

Meeting-1st Tuesday @ 6 pm

4-H Office with practice at the

Orange County Gun Club

Every Tuesday at 6 pm.

Robert Caffey 409-767-6222

robert.caffey@kodiakgas.com

All enrolled 4-h members and clovers can participate in all projects available



Texas 4-H



“Learn to Build a Recordbook”

1st Tuesdays

6pm @ 4-H Office

Will meet starting January



Food & Nutrition (cooking)

3rd Tuesdays

6pm @ 4-H Office

Will meet starting January



4-H Sewing

4th Tuesday

6 pm @ 4-H Office

Will meet starting January



2nd & 4th Thursdays

6pm - 8 pm

@4-H Office

Will meet starting January



Livestock Judging

Livestock Judging

Every Wednesday

6:30 pm at the

4-H Office

Notice New meeting Day! All

4-H'ers Welcomed

4-H/Youth Development



5th Annual H-F FFA Alumni Association RUBEN STRINGER MEMORIAL LIVESTOCK SHOW

SATURDAY - JANUARY 6, 2018

White's Park Arena - Anahuac, TX



Prizes

Drawing for 4 - \$250 certificates to put towards your purchase of your next show animal!!

Check-In @ 6:00-8:00am
Shows start at 9:30am (2 Rings)
45 Buckles for Grand & Reserve
Entry fee \$20 per head
Pigs/Lambs/Goats shown by weight
Steers shown by divisions & weight
Bulls/Heifers shown by breed & age

*Exhibitors must be enrolled in school and a member of FFA or 4-H

- Pigs
Goats
Lambs
Steers
Heifers
Bulls

Show Information Contact:

- Shae Daucet (409) 767-3378
Buddy Choate (409) 656-2740
Mike Broussard (409) 651-9073
Brad Bertrand (409) 718-7676

RV Hookups Available

Move in Friday After 6 p.m.

(First Come - First Serve)

Co-Sponsored by: Barbers Hill FFA, East Chambers FFA, Anahuac FFA, Chambers County 4-H

Family & Community Health

Home and Body Essentials DIY Class

**Saturday
February 3rd
10 am to 2 pm
\$25 per person**
*Make check payable to H.O.P.E.
Payment must be received by
January 26th.*



**Class is limited to
25 participants.
Call 882-7010 to
Register now.
If you wait till
deadline date, the
class may be filled.**

**Class will be held at Texas A&M AgriLife Extension Office,
11475 FM 1442, Orange, and taught by Fallon Foster
Family & Community Health Agent**



**Come ENJOY a fun day of
hands-on homemade Body &
Home products.**

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Family & Community Health



How To Make Your House Smell Like

CHRISTMAS

INSTRUPIX.COM

3-5 cinnamon sticks



1 orange (sliced)



1-2 sprigs rosemary



1 cup fresh cranberries



1 tbsp cloves



2 tsp nutmeg



fill a pot with water and simmer!



Homemade Mac and Cheese

2 cups dry whole wheat pasta

2 cups fresh spinach, chopped

1 1/2 cup shredded cheese (cheddar, Parmesan, Swiss)

1 container (5.3 ounce) plain Greek yogurt

1/2 teaspoon onion powder

1/2 teaspoon garlic powder

Cook pasta according to package directions. Save 1/2 cup of the cooking water.

Place spinach in the bottom of a colander. Pour the pasta and remaining water over the spinach.

Add pasta and spinach back to the pot. Add cheese and reserve pasta water. Stir until cheese is melted. Remove pan from heat.

Add yogurt, onion powder, and garlic powder. Stir until even and creamy.

Serves 6—serving size 2/3 cup

Calories 270; Total Fat 10g., Saturated Fat 5g. Cholesterol 30 mg, Sodium 210mg, Total Carbs 30 g;,Protein 14 g.

Family & Community Health

Fast-Food Nutrition Guide

- Read the nutritional information for food you are considering
- Choose Water or unsweetened Tea with your meal
- Remember to include vegetables and fruits with your meal
- Beware of large portion sizes
- Look for items that are low in calories, saturated fat, sugar, and Sodium

McDonald's	Calories	Fats (g)	Sat. Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)
Big Breakfast w/ hot-cakes & reg. Biscuit	1350	65	25	510	2100	155	6	48
McGriddles, Sausage, egg, & Cheese	550	32	13	215	1280	45	2	15
Bacon, Egg, and Cheese Biscuit	450	24	12	200	1290	40	3	3
Big Mac	540	28	10	80	950	46	3	9
Chicken Nuggets (10)	440	27	4.5	75	840	26	2	0
French Fries, Large	510	24	3.5	0	350	66	6	0
Baked Hot Apple Pie	230	10	5	0	160	32	4	13

Chick-fil-A	Calories	Fats (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)
Biscuit w/chicken	450	21	8	35	1310	50	4	5
Chicken, Egg &	480	18	5	195	1310	51	3	8
Nuggets 12	390	18	2.5	115	1460	14	2	1
Spicy Chicken	450	19	4	60	1620	41	1	5
Waffle Potato Fries,	460	24	3.5	0	370	56	7	0
Frosted Lemonade,	330	6	3.5	20	160	65	0	63
Cobb Salad	510	27	7	155	1360	28	6	5

Tamale Pie

- 1 cup onion, chopped
- 1 cup bell pepper, chopped
- 1/2 pound lean ground beef
- 1/2 cup salsa
- 1 package corn muffin mix
- 1/3 cup plain Greek yogurt or light sour cream
- 1 can (4.25 ounces) diced green chilies, undrained
- 1 egg
- Optional 1/2 cup shredded cheddar cheese

Preheat oven to 350°F

Heat a skillet over medium heat. Spray with non-stick cooking spray. Cook onion, bell pepper, and ground beef until beef is cooked through, about 6 minutes. Stir in salsa. Stir in cheese, if desired.

Spray an 8 inch pie plate with nonstick cooking spray. Spread the meat and vegetable mixture on the bottom of the plate.

Mix corn muffin mix, yogurt or sour cream, green chilies, and egg until combined. Spread on top of the meat and vegetable mixtures.

Bake until corn muffin topping is golden brown and set, about 30 minutes.

Serves 6; Serving Size 1 slice.