

Healthy Living in McLennan County



October—
December
2022



Halloween Safety Tips

H– Hold a flashlight while trick-or-treating to help you and others see.

A– Always test make-up before putting in on your face.

L– Look both ways before crossing the street.

L– Lower your risk of injury by traveling in large groups.

O– Only walk on sidewalks, and face traffic.

W– Wear masks that fit to avoid blocked vision.

E– Eat only factory wrapped candy to avoid any issues with homemade treats.

E– Enter homes only with a trusted adult.

N– Never walk near an open flame.

Managing the Holiday Blues

Holidays are a time for family and friends to gather together and enjoy each other's company making lasting memories. For most people the holidays are a time of joy, laughter, and community. But for some the holidays can lead to massive amounts of physical and mental stress. By setting boundaries and creating a priority list, peo-

ple can learn to manage their stress levels when it comes to the holidays.

As people begin to feel unhappy around the holidays, and the reasons can vary in many different ways. For example, these reasons can range from financial strain because of all the expectations that the holidays bring to feel-

ing disconnected from others. For some the winter blues can become more serious and affect how they feel, think and handle everyday activities.

For people who already live with a pre-existing mental health condition extra caution should be taken around the holidays to tend to their overall health and

Making holiday recipes healthier

Holiday recipes are something that people hold near and dear to their heart. Some holiday recipes have been passed on through multiple generations and become more of a tradition rather than just a recipe. Since these recipes have been around for so long, they are not always the healthiest dish and have

lots of unnecessary calories added in from the ingredients.

Through these generations there have been many advances when it come to simple ways to make your dishes healthier.

While it is expected that we will take in some extra calories during the holidays there are ways

for us to lessen the amount. There are many ways to do this while still using the same recipes that you have used for years. Using fresher ingredients can help lower calories than using canned goods or other things that are stock full of preservatives. Fresh cranberries, sweet potatoes, and corn are just a few examples of ingredi-

3 Healthy Holiday Tips

1. Be smart with your beverages. Don't drink your calories by drinking all of the holiday part punch. Make sure you are still getting the correct amount of your daily water intake.
2. Make sure you aren't starving yourself during the day. Most of us have a habit of saving calories for big holiday meals, but do not restrain from eating during the breaks before meals.
3. Bring foods that you enjoy. Lots of holiday parties are potluck style. To ensure that you have food that is in your diet make sure that you are bringing a dish that you enjoy.



Managing the Holiday Blues (Continued)

wellness since that time of year can be particularly stressful.

During the holidays there are lots of seasonal expectations that arise. Social events that revolve around food, and alcohol can bring up lots of stressors for people who have issues revolving around their weight and alcohol intake. Along with these social events there is an expectation to bring food and gifts to each outing. This can bring on about some financial stressors for peo-

ple who already live on the edge of their means.

tips for managing the holiday blues can include sticking or finding a routine to stick to, avoid overindulging at holiday meals, add some physical activity into your routine, reach out to friends and family instead of self-isolating, reminding yourself that this feeling is not permanent, and even learning to say no to activities as to not overextend yourself.

For more information on this topic go to: <https://agrifetoday.tamu.edu/2021/12/07/tips-for-managing-holiday-stress-sadness/>

Making holiday recipes healthier (Cont.)

ents that could be used to lessen the calories count of your holiday meals.

Doing simple things like reducing the amount of fat, or salt used in a recipe are easy ways to quickly make your recipes healthier. Using low-fat and unsalted butter in your mashed potatoes or using a low sodium broth for your

soups and stews are just a few examples of quick fixes to take out some of those non-essential calories from your holiday dishes. It is also important to look at your desserts to see if there are places you can lower the sugar intake. Making your desserts with sugar alternatives or even just lowering the amount of sugar you are using

make for an easy way to watch your sugars during the holidays.

For more information on this topic go to: <https://agrifetoday.tamu.edu/2021/11/17/tips-to-make-holiday-recipes-healthier/>



Cinnamon Walnut Pecan Pie Bites

Dessert: Serves 5

Ingredients:

- 15 piece mini fillo shells (frozen)
- 1/4 cup liquid egg substitute (fat free)
- 3 Tbs dark brown sugar
- 1/2 Tbs whipped butter (room temp)

- 1/8 cinnamon
- 1 drop vanilla extract
- 1/8 salt
- 2 Tbs walnuts
- 2 Tbs pecans

Instructions:

1. Preheat oven to 375 degrees F.
2. Spray baking sheet with nonstick spray or line with parchment paper.
3. In a medium bowl, combine egg substitute, brown sugar, butter, vanilla extract, cinnamon and salt. Mix well.
4. Stir in 1 Tbs chopped pecans and 1 Tbs chopped walnuts into mixture. Arrange shells and evenly distribute the mixture evenly among the fillo shells.
5. Combine remaining nuts and sprinkle them on top of the shells

- (a little less than 1/2 tsp per shell).
- 6. Bake in the oven until edges are crisp, 15-18 minutes.
- 7. Allow to cool slightly before serving.

<https://dinnertonight.tamu.edu/recipe/cinnamon-walnut-pecan-pie-bites/>

Nutrition Facts	
5 servings per container	
Serving size	3 bites (31g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 100mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 8g	
Includes 8g Added Sugars	16%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1mg	6%
Potassium 61mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Homemade Cranberry Pecan Sauce : Serves 10

Ingredients:

- 1 cup water
- 1 cup artificial sucralose
- 1 16 oz bag of fresh or frozen cranberries

- 1 cup apple (chopped)
- 1 cup pecans (chopped)
- 1/2 cup golden raisins
- 1/2 cup orange juiced
- 1 tsp orange zest
- 1/2 lemon juiced
- 1 tsp lemon zest
- 1 tsp cinnamon
- 1 tsp nutmeg

Instructions:

1. Combine water and artificial sucralose in a large sauce pan and bring contents to a boil
2. Add cranberries and return to a rolling boil.
3. Once boiling, lower the heat in

- order for the liquid to simmer.
- Then add remaining ingredients.
- 4. Cook for an additional 10 to 15 minutes. Remove the sauce pan from the heat and let it cool.

<https://dinnertonight.tamu.edu/recipe/homemade-cranberry-pecan-sauce/>

Nutrition Facts	
Serving Size 1/8 cup	
Servings Per Container 10	
Amount Per Serving	
Calories 140	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 4g	16%
Sugars 8g	
Protein 2g	
Vitamin A 2%	Vitamin C 15%
Calcium 2%	Iron 4%

*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.

Calories:	2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

TEXAS A&M AGRI LIFE EXTENSION



The **mission** of the **Texas A&M AgriLife Extension Service** is to provide quality, relevant outreach and continuing educational programs and services to the people of **Texas**. ... The agency improves the lives of Texans through an educational process that uses research-based knowledge focused on issues and needs.

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Upcoming Programs

October

4, 11, 18, & 25 Step Up Scale Down. Please call (254) 757-5180 for more information

5, 12, 19, & 26 Cooking Well, Exploring Cultures.

Hands on workshop to explore cultures from around the world. Please call (254) 299-8888 or register online at: www.MCCandYOU.com

6 Cooking with Friends

Hands on workshop making freezer friendly meals to take home. Please call

(254) 757-5180 for more information

6, 13, 20, 27, & 3 Do Well Be Well with Diabetes

Diabetes management education. Please call (254) 757-5180 for more information.

10 & 17 Food Protection Management ServSafe FPM Course. Please call (254) 757-5180 for more information.

15 Home Canning Class Hands on home canning course. Please call (254) 299-8888 or register online at: www.MCCandYOU.com

November

2, 9, & 16 Maintain No Gain

Virtual holiday weight loss management course. Please call (254) 757-5180 for more information

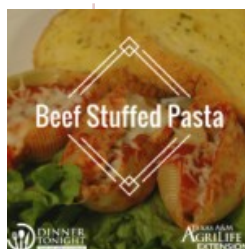
10 Cooking with Friends

Hands on workshop making freezer friendly meals to take home. Please call

(254) 757-5180 for more information

15 Holiday Instant Pot Class Hands on learning to use the Instant Pot for holiday recipes. Please call (254) 299-8888 or register online at: www.MCCandYOU.com

Recipe links for Dinner Tonight Kid Friendly Recipes



Beef Stuffed Pasta

Change up the classic pasta dinner to this Beef Stuffed Pasta recipe! It's filling and serves 8.

<https://dinnertonight.tamu.edu/recipe/beef-stuffed-pasta/>



Pretzel Crusted Chicken

This tasty recipe is easy to prepare and sure to impress. We'll show you how to bring it all together smoothly, so you can enjoy the dinner as much as your family.

<https://dinnertonight.tamu.edu/recipe/pretzel-crusted-chicken/>



Zucchini Chips and Ranch Dip

In many parts of Texas, zucchini is a flourishing crop for gardeners this year. These Zucchini Chips and Dip are a great and delicious way to utilize this produce item.

<https://dinnertonight.tamu.edu/recipe/zucchini-chips-and-ranch-dip/>