

# **Living Well**

## **Raising Kids, Eating Right**

## **Spend Smart, Living Well**

**September 2015**

TEXAS A&M  
AGRILIFE  
EXTENSION  
SERVICE,  
PARKER  
COUNTY

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We are on the Web:

<http://parker.agrilife.org>

Autumn is almost here—one of my favorite times of the year! I trust you have had an enjoyable summer making lots of family memories.

Here is a fitting poem for the Fall:

**Autumn is Here!**  
**Pumpkins in the cornfields**  
**Gold among the brown**  
**Leaves of rust and scarlet**  
**Trembling slowly down**  
**Birds that travel southward**  
**Lovely time to play**  
**Nothing is as pleasant**  
**As an autumn day!**

*Author: John Muir*

**Source:** <http://www.scrapbook.com/poems/doc/8088/5.html>

PARKER COUNTY - WEATHERFORD

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## School Lunches May Be Healthier than a Packed Lunch

Generally, which is healthier for kids, a packed lunch or a school lunch?

Obviously, this could go either way, depending on the content of the actual meal. But according to at least one study, school meals might have a significant edge.

The research, published in 2014 in the *Journal of Nutrition Education and Behavior*, compared 1,314 lunches of preschool and kindergarten students in three schools in Virginia. About 43 percent of the lunches were packed lunches, and 57 percent were school lunches. Like most schools, the schools in this study participated in the National School Lunch Program, and the research was conducted after that program upgraded its nutrition standards in 2012-13.

The researchers found that packed lunches had more vitamin C and iron and less sodium than the school lunches, but the packed lunches were also higher in calories, fat, saturated fat and sugar and were lower in protein, fiber, vitamin A and calcium. Packed lunches were less likely to contain fruits, vegetables, unsweetened juice and milk and were more likely to include chips, crackers or other savory snacks, and sugar-sweetened beverages.

Although many kids balked when schools started serving healthier meals, a 2014 study in the journal *Childhood Obesity* found that 70 percent of elementary school leaders reported that students had warmed up to them.

According to the Academy of Nutrition and Dietetics, the trick to making sure your children's lunch is a healthy one is to make sure it provides a good balance: some lean protein, a whole grain, a fruit, a vegetable and a dairy product. Take a look at the school menu and talk with your children about what they like and don't like in the school lunches, or if they'd prefer to bring a lunch from home. If the school lunch doesn't appeal to your kids, talk with them once a week about what they'd like to carry with them. It's important to get kids' buy-in: No matter how nutritious a lunch is, it won't do any good if a child won't eat it.

The nutrition academy offers these ideas:

- Pack easy-to-eat foods: strawberries or an easy-to-peel tangerine instead of an orange, for example, or carrots, cherry tomatoes or bell pepper strips instead of a salad.
- For sandwiches or wraps, choose whole grain options and lean meat or cheese.
- Make it fun. Cut sandwiches into stars or other unusual shapes. Celebrate special days by packing an all-orange lunch for Halloween, for example, or an all-red lunch for Valentine's Day.
- Ask if your children trade food with friends at lunchtime. That will help you determine what foods they prefer.

For a beverage, consider packing a small bottle of water with lunch. Earlier this year, the Harvard School of Public Health reported that about half of children and teens aren't getting enough hydration, and nearly one-quarter don't drink any plain water at all. Children tend to think cold water tastes better than water at room temperature. Adding a frozen water bottle to your child's lunch pack will help keep the lunch cold and will thaw by lunchtime, providing a nice cool drink.



## Eat More Weigh Less

Have you tried to lose weight by cutting down the amount of food you eat? Do you still feel hungry and not satisfied after eating? Or have you avoided trying to lose weight because you are afraid of feeling hungry all the time? If so, you are not alone. Many people throw in the towel on weight loss because they feel deprived and hungry when they eat less. But there is another way. Aim for a slow, steady weight loss by decreasing calorie intake while maintaining an adequate nutrient intake and increasing physical activity. You can cut calories without eating less nutritious foods. The key is to eat foods that will fill you up without eating a large amount of calories.

Research shows that people get full by the amount of food they eat, not the number of calories they take in. You can cut calories in your favorite foods by lowering the amount of fat or increasing the amount of fiber-rich ingredients such as vegetables or fruit.

Let's take macaroni and cheese as an example. The original recipe uses whole milk, butter and full-fat cheese. This recipe is about 540 calories for a one cup serving. To make the recipe lighter. Use non-fat milk instead of whole milk. Use light cream cheese instead of full fat cheddar cheese. Use 1 tablespoon of butter or 2 tablespoons of fat free margarine. Add spinach and tomatoes. You have redesigned your mac and cheese and now have about 315 calories in a one cup serving.

In order to be able to cut calories without eating less and feeling hungry, you need to replace some higher calorie foods with foods that are lower in calories and fat and will fill you up. In general this means foods with lots of water and fiber in them. This chart below will help you make smart food choices that are part of a healthy eating plan.

<b>These foods will fill you up with less calories. Choose them <i>more</i> often...</b>	<b>These foods can pack more calories into each bite. Choose them <i>Less often</i>.....</b>
<b>Fruits and Vegetables (prepared without added fat)</b>	<b>Fried foods</b>
Spinach, broccoli, tomato, carrots, watermelon, berries, apples	Eggs fried in butter, fried vegetables, French fries
<b>Low-fat and fat-free milk products</b>	<b>Full-fat milk products</b>
Low- or fat-free milk, low or fat-free yogurt, low- or fat-free cottage cheese	Full-fat cheese, full-fat ice cream, whole and 2% milk
<b>Broth-based soup</b>	<b>Dry snack foods</b>
Vegetable-based soups, soups with chicken or beef broth, tomato soups (without cream)	Crackers or pretzels, cookies, chips, dried fruits
<b>Whole grains</b>	<b>Higher-fat and higher-sugar foods</b>
Brown rice, whole wheat bread, whole wheat pastas, popcorn	Croissants, margarine, shortening and butter,
<b>Lean meat, poultry and fish</b>	<b>Fatty cuts of meat</b>
Grilled salmon, chicken breast without skin, ground beef (lean or extra lean)	Bacon, brisket, ground beef (regular)
<b>Legumes (beans and peas)</b>	
Black, red kidney and pinto beans (without added fat), green	

## Buying Bedding

Have you been shopping for bed linens lately? Now is a good time to replace bed sheets, blankets, etc. How to choose sheets can often be puzzling. Do you look at brand names, fabrics, thread count, construction or care? All are important.

There have been changes in the bedding business. Some of the common names are no longer available and many new types are now on the market. When selecting sheets Consumer Reports suggests taking the following into consideration.



**Fiber** — Cotton sheets are still the best choice that combine easy care, comfort and durability.

Cotton-polyester blend are best if you don't want to iron. The 100 percent cotton will be the softest and most breathable because they are a natural fiber.

**Fit and Construction**—Many mattresses today are thicker and it is best to choose bigger sheets. For an 18 inch thick mattress select a sheet that fits 20 inches. Select fitted sheets having elastic all around the edges, if available. Elastic just on the sides would be a second choice. Stitching on the hems should be fairly small, tight and tidy.

When purchasing sheets, keep your receipt and check their condition before laundering. If they fade or do not hold up after laundering return for a possible replacement or refund.

**Thread Count**—A thread count between 200 and 400 is fine. Higher counts will be softer. Counts over 400, the main difference will be price.

**Weave**—Choose a standard weave, where one stitch is over and one stitch is under.

**Sizing**—General dimension for sheets are:

- Twin: 39 X 76 inches
- X-Long Twin: 39 X 80 inches
- Full: 54 X 75 inches
- Queen: 60 X 80 inches
- King: 78 X 80 inches
- California King: 72 X 84 inches

**General mattress depth dimensions are:**

- Standard: 7 to 9 inches
- Deep: 10 to 15 inches
- Extra Deep: 15 to as deep as 22 inches

A problem that many consumers have with sheets are piling, when sheets get the little balls of worn fabric. This is most often found to be a problem with cotton/polyester sheets with a low thread count.

For best results select sheets that meet your criteria and have a thread count between 200 and 400.





# Time Management

Fall is a busy time. It seems that 2015 is flying by and before we realize it, Thanksgiving and Christmas will be here.

As we plan activities for the fall, better use our time is important.

Effective time management can help everyone achieve their goals and accomplish everything they want in the 24 hours available each day. Follow these tips for more effective time management:

- ◆ **Spend time planning and organizing.** Using time to think and plan is time well spent. Organize in a way that makes sense. Colors or pictures in a calendar, planning book, tablet or another type of organizer can help. Some people need to have papers filed away; others get their creative energy from their piles.
- ◆ **Set goals.** Goals give life and time spent direction. Set goals that are specific, measurable, realistic and achievable. Goals can give creative people a much needed sense of direction.
- ◆ **Prioritize.** Use the 80/20 Rule stated by Italian economist Vilfredo Pareto. He noted 80 percent of a reward comes from 20 percent of the effort. The trick to prioritizing is to isolate and identify the valuable 20 percent. Once identified, prioritize time to concentrate work on those items with the greatest reward. Prioritize by color, number or letter—whichever method makes the most sense. Flagging items with a deadline is another idea to help stick to priorities.
- ◆ **Use a “to do” list.** Some people thrive using a daily “to do” list constructed either by listing things the previous day or first thing in the morning. Such people may combine a “to do” list with a calendar or schedule, while others prefer a “running to do” list that is continuously being updated. Do whatever works best for you and don’t be afraid to try a new system.
- ◆ **Be flexible.** Allow time for interruptions and distractions. Time management experts often suggest planning for 50 percent or less of one’s time. With just 50 percent of time planned, more flexibility is available to handle interruptions and any unplanned emergency.
- ◆ **Consider your biological prime time,** the time of day for peak performance. Know when you have the most energy and plan to use the time of day for priorities.

- ◆ **Do the right thing** right. Doing the right thing is more important than doing things right. Doing the right thing is effectiveness; doing things right is efficiency. Focus first on effectiveness then concentrate on efficiency.



- ◆ **Eliminate the urgent.** Urgent tasks have short-term consequences while important tasks are those with long-term, goal-related implications. Work toward reducing the necessary urgent things to have more time for the important priorities. Flagging or highlighting items on a “to do” list or attaching a deadline to each item may help keep important items from becoming urgent emergencies.
- ◆ **Practice the art of intelligent neglect.** Eliminate trivial tasks or those tasks not having long-term consequences. Delegate or eliminate these tasks from the “to do” list.
- ◆ **Avoid being a perfectionist.** Some things need to be closer to perfect than others, but perfectionism, paying unnecessary attention to detail, can waste time and be a form of procrastination.
- ◆ **Conquer procrastination.** When avoiding something, break it into smaller tasks and just do one of the smaller tasks. Or, set a time and work on the big task for only 15 minutes. By doing a little at a time, eventually a finish point can be reached.
- ◆ **Learn to say no.** Focusing on goals and blocking time for important, but often not scheduled, priorities can help. Once convinced of their importance, saying no to the unimportant things in life gets easier.
- ◆ **Reward yourself.** Even for small successes, celebrate achievement of goals. Plan a personal reward for completing a task or finishing the total job.

Now is the time to stop and take time to plan how you will effectively use your time wisely and have a less stressful fall season.

Source: University of Nebraska—Lincoln

**Location:**  
First United  
Methodist Church  
301 South Main  
Weatherford, 76086

**Cost:**  
\$15 Early Registration  
\$20 at the door  
(make checks payable to:  
Extension FCS)

**Register by phone:**

817-598-6168

Registration and *payment* is  
required by September 25th  
to secure your spot as  
early registration.

Mail to:

604 North Main, Suite 200  
Weatherford, Texas 76086

**For More Info:**

[dinnertonight.tamu.edu](http://dinnertonight.tamu.edu)

**Or email:**

[kl-smith@tamu.edu](mailto:kl-smith@tamu.edu)



# Healthy Cooking School

A Taste of Fast and Fresh Healthy Cooking Demonstrations,  
Mediterranean inspired meals for your family!

**Tuesday, September 29, 2015**

6:30—8:30 p.m. | Doors open at 5:30 p.m.

EXHIBITS | DOOR PRIZES | A TASTE OF FAST AND FRESH COOKBOOK | GIFT BAGS

Taste samples from the two demonstrated menus



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**CookChildren's**

 Weatherford  
Regional Medical Center

 **Texas Health**  
Resources®



# Do you have **Concerns** about falling?



A MATTER OF  
**BALANCE**

MANAGING CONCERNS ABOUT FALLS

**Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.**

**This program emphasizes practical strategies to manage falls.**

## **YOU WILL LEARN TO:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

## **WHO SHOULD ATTEND?**

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



*Funded in part by the Texas Department of Aging & Disability Services  
A program of the North Central Texas Council of Governments*

**Parker County Agricultural Service Center**

**604 North Main Street, Weatherford TX 76086**

**Classes will be**

**October 1, 8, 12, 15, 19, 22, 26, 29**

**two days a week for four weeks for two hours**

**2:00—4:00 pm**

**Classes are free and refreshments are provided**

**For more information or to register call**

**817-598-6168 or [kl-smith@tamu.edu](mailto:kl-smith@tamu.edu)**

### **A Matter of Balance: Managing Concerns About Falls**

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

### **A Matter of Balance Lay Leader Model**

*Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.*

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**Child Care Provider Training—September 21**

7:00 p.m.—9:00 p.m.—2 hours of training will be provided

Parker County Agricultural Service Center

Cost: \$5.00

Speaker will be Selma Johnson with Freedom House.

**Walking Toward Better Health—Nutrition and Wellness Class—Tuesdays—October 6—27**

6:00 p.m.—7:30 p.m.

Weatherford Library

Free of Charge—Call 598-6168 for register

**Parenting Classes—Becoming a Love and Logic Parent—October 21—22**

9:30 a.m.—1:30 p.m.

Parker County Agricultural Service Center

\$10.00 for both days and includes lunch

The parenting classes will use the curriculum “Becoming A Love and Logic Parent” by Jim Fay and Charles Fay. The curriculum will cover, Raising Responsible Kids, The Love and Logic Formula, C Stands for Control, Ownership of the Problem, Thinking and Decision Making, Consequences. Also covered in the classes will be Keeping Children Healthy, Food Safety and Shopping Strategies for Healthy Eating.

**Home for the Holidays—Christmas Around the World—November 12**

10:30—1:30 p.m.

Couts United Methodist Church

802 North Elm Street, Weatherford

Cost: \$12.00

**Do Well Be Well with Diabetes—Tuesdays—November 3—24**

6:00 p.m.—8:00 p.m.

Parker County Agricultural Service Center

Weatherford

**For more information or to register for these classes call 817.598.6168**

**Kathy Smith,**  
County Extension Agent—Family & Consumer Sciences  
Parker County