

-Living Well -

RAISING KIDS, EATING RIGHT,
SPEND SMART & LLIVE WELL



Come Join Us!

TEEA
SPRING FLING

It's Picnic Time!

Saturday, April 27, 2024




10:00 a.m. - 2:00 p.m.
Central Christian Church Fellowship Hall
1602 South Main, Weatherford, Texas

Willow Park Garden Club Presentation,
 Picnic Demonstrations & Ideas.
 Crafts, Country Store, Lunch & More!

Lunch Served:
 12:00 - 1:00 p.m.
 Chicken Salad on
 Croissants
 Picnic Lunch
 Homemade Desserts



Baked Goods:
 Cookies, Pies,
 Brownies, & Cakes!

Raffle, Silent Auction
 & Door Prizes



Admission & Lunch Tickets - \$15

Tickets available from Extension Education Members or
 AgriLife Extension Office:
 604 North Main, Weatherford
 817-598-6168



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Using Food to Help Treat Arthritis

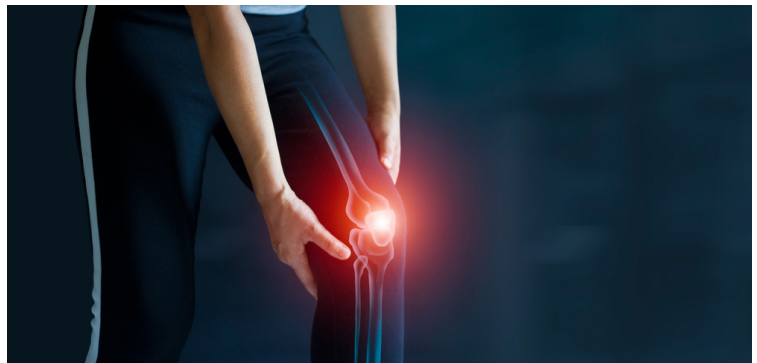
Arthritis is a blanket term to describe a disease condition that causes inflammation, pain, and/or swelling in one or more joints in the body. Specific arthritis diseases include Osteoarthritis, Rheumatoid Arthritis, and Gout. However, there are more than 100 other diseases and conditions that create arthritis in joints as a secondary symptom. The symptoms of arthritis can impact quality of life and can cause damage to joint as a secondary symptom. Successfully managing arthritis is critical to reducing symptoms and minimizing joint damage.

Here are three recommendations for managing arthritis symptoms: Loose weight, as little as 10 to 12 pounds. Exercise regularly to help reduce pain, even for just 10 to 15 minutes. Protect your joints by choosing low-impact physical activities such as walking and swimming.

There is a growing amount of evidence that suggests that an anti-inflammatory diet can make a difference in arthritis symptoms. This eating pattern focuses on eating foods that reduce swelling in our cells and repair cell damage. Here are the nine diet recommendations.

- Eat more vegetables. Many vegetables contain antioxidants that fight inflammation and repair damage in the body. When we don't get enough antioxidants, arthritis symptoms tend to get worse. Look at colorful vegetables. These provide more nutrition. Choose options with little fat, salt, or sugar.
- Eat more fruit. They have a protective effect. Particularly whole fruits, as they create a protective effect. Choose colorful fruit such as berries.
- Choose more whole grains. Whole grains are rich in fiber. Fiber is important as it helps the body to regularly eliminate waste and toxic molecules. A properly functioning gut cuts down on inflammation and improves nutrient absorption and arthritis symptoms.
- Manage food sensitivities. Many people are sensitive to certain elements in food. This includes gluten, dairy foods, citrus foods, and plants from the nightshade family including tomatoes. Some people find more relief from severe arthritis when avoiding some of these foods. However, the effect can be different with different people. It is best to work with a dietitian or a physician to see what affects more.
- Dairy in small amounts. For some dairy can worsen arthritis symptom. However, dairy is necessary in our diets to keep our bones functioning. Usually, small amounts can be tolerated. It is recommended that at least three servings of dairy be included in your diet each day.
- Limit sugary foods. Foods with high sugar can increase inflammation. Choosing foods with no sugar is a great way to reduce the amount eating and improve arthritis. Set a goal to reduce amounts of candy, and sugary beverages. Choose low-sugar options.
- Limit saturated fats and certain oils. Certain fats increase inflammation. Some examples include butter, red meats, coconut oil and sunflower oil. Decreasing consumption of these fats can improve arthritis. Also unsaturated fats with Omega 6 such as corn, sunflower, peanut, and safflower can affect swelling. Switching to Omega 3 fats can reduce inflammation and provide other health benefits. Good sources are olive oil, canola oil and fatty fish.
- Eat less meat. When we cook and process meat a chemical called advanced glycation end products (AGE) is created. This chemical is highly inflammatory and greatly aggravates arthritis symptoms. High AGE concentrations are found in fried, grilled, microwaved, or baked meat. Also, high levels of AGE are found in processed meats such as lunch meats, ham, hot dogs, and jerky. Many individuals find great relief in following a vegetarian lifestyle but reducing the amount of meat eaten to 3 to 4 times per week can also have a beneficial effect.
- Avoid high purine foods. These foods increase uric acid production which can increase swelling and pain in joints. Avoid large intake of anchovies, asparagus, organ meats, herring, mackerel, sardines, scallops and dried beans and peas and alcohol. Some of these foods are okay in moderation.

To help individuals with arthritis begin choosing more foods. A sample eating plan is available from the Parker County Extension Office. Contact our office at 817-598-6168 or email parker-tx@tamu.edu. Source: Utah State University Extension, Arthritis Foundation and CDC.



Engaging Kids in the Kitchen . . . Starting Healthy Habits for Life

Looking to create adventurous eaters? Children who are involved in meal preparation eat more fruits and vegetables and have higher confidence in cooking and choosing healthy foods than those who are not involved. Learning to cook also fosters creativity, responsibility, and a sense of pride. Children are also more likely to eat something they helped to prepare.

Bringing children into the kitchen may sound like extra stress, but patience and persistence will help teach and cultivate skills that they can use for their entire lives. Once they master some skills, they will make great sous chefs, too!

You can start small: invite your child into the kitchen and offer them tastes of ingredients, as appropriate (no raw dough or meat). You can talk about the colors, scents, flavors, and textures of foods as they try them. Introducing the ingredients before it is time to sit and eat can reduce anxiety at mealtime. Other ways to engage children include asking them to help select recipes, let them experiment with seasonings, bringing them to the market, or asking them to create a name for a dish.

Cooking together can teach children math by counting, measuring, and using fractions. Following a recipe helps children learn to follow directions, plan, and complete projects. Talking through changes ingredients go through while cooking explores science concepts. Great discussions can be had about how foods support our health. Engaging children in cooking allows them to use new vocabulary as well. It is important to teach children the importance of safety in the kitchen. You can set rules for your family, so everyone is clear on expectations, such as pulling back long hair. Follow food safety basics with your family:

- ◆ Wash hands in warm, soapy water for 20 seconds before and after handling food.
- ◆ Clean work surfaces and utensils.
- ◆ Keep raw meat, poultry and seafood separate from cooked and other ready-to-eat foods.
- ◆ Cook to proper temperatures.
- ◆ Refrigerate promptly to 40°F or lower.

Below are some activity examples. As you allow your child to try tasks, it is OK if they struggle at first. Slow progression of tasks keeps children safe and allows them to build their skillsets. Supervision and safety are fundamental when introducing new tasks and to the success of your child.

Kitchen Activity examples by age group:

2-year-olds and younger: Invite kids into the kitchen so they become familiar with the environment. Be sure there are no hazards within reach. Allow them to play with measuring cups or wooden spoons for entertainment.

3 – 5-year-olds:

- Wash produce
- Add and stir ingredients
- Tear lettuce and greens
- Name and count foods
- Help build sandwiches and salads
- Cut soft produce with plastic or lettuce knife

6-7-year-olds:

- Peel washed produce
- Set the table
- Measure ingredients
- Pour liquids
- Cut herbs or green onions with clean, blunt scissors
- Spread soft spreads

8-9-year-olds:

- Use a can opener
- Check food temperatures with a thermometer
- Form meatballs or burgers
- Put away leftovers

10-12-year-olds:

- Boil pasta
- Microwave foods
- Follow a recipe
- Bake foods
- Simmer items

References: · American Academy of Pediatrics. (2020, November). 5 Great Reasons to Cook with Your Kids. Teaching kids to cook. Eatright.Org. <https://www.eatright.org/food/home-food-safety/safe-cooking-and-prep/teaching-kids-to-cook> Kitchen activity



Upcoming Events

Celebrate Every Kid Healthy Week at Home or at School

Every Kid Healthy™ Week is an annual observance created in 2013 to celebrate school health and wellness achievements. Recognized on the calendar of National Health Observances and observed the last full week of April each year (April 22-26, 2024), each day of the week shines a spotlight on the great actions schools and families are taking to improve the health and wellness of their kids and the link between nutrition, physical activity, mental health, and learning – because healthy kids are better prepared to learn and thrive! We are encouraging families to continue this week with scheduled activities to complete and have fun while staying healthy and staying at home, but also provide schools with activities to do with their students safely!

That is why Texas A&M AgriLife Extension Family and Community Health; Parker County; Cooks Children's Healthy The Center for Children's Health; Pecan Valley Center for Behavior & Development Healthcare, Community Action Committee, HeadStart and others reminds everyone that it is so very important to keep your family members and students healthy during this time which includes all health.

Here are the activities planned for Every Kid Healthy Week 2024:

- **Mindfulness Monday:** Get your kids or students practicing social emotional health and mindfulness skills to build resilience.
- **Tasty Tuesday:** Build lifelong healthy eating habits by exposing kids to new foods, healthy cooking, and growing their own produce.
- **Wellness Wednesday:** Get moving! Physical activity fuels not only the body but the mind, too.
- **Thoughtful Thursday:** Create a school or home culture that celebrates diversity and works progressively towards creating a more equitable learning opportunity.
- **Family Friday:** Bring families and schools together to support child health at school and home.

There is a Every Kid Healthy Bingo. Your challenge is to see how many of these activities can you and your kids do.

If you need more resources on completing these activities, please visit our sites:

<http://howdyhealth.tamu.edu/ekhw> and <https://www.actionforhealthykids.org/get-involved/every-kid-healthy-week/>



TCFF April 23 and 24 – Every 5 years Texas A&M AgriLife Extension Service assesses issues and needs relevant to our Counties. Through the Texas Community Futures forum, the top issues discussed will be used for education and programming for the next five years. You can be a part of the TCFF. We will be offering two forums in Parker County. You may attend one or both meetings. One will be on Tuesday, April 23 at 6:00 p.m. and Wednesday, April 24 at 12:00 noon. Each forum will last about 1 1/2 hours to 2 hours. A meal will be provided. Anyone can attend adults and youth. If you are interested in attending, please call our office to sign up.

Other Planned Events, Watch for more information.

Chronic Disease Self-Management Course: Tuesdays, June 11 – July 16, 2024: 10:00 a.m. – 12:30 p.m.

Food Preservation Workshop – June 21, 2024: 9:00 a.m. – 12:00 noon – Coups United Methodist Church Kitchen.

Upcoming Event

Infant and Child Passenger Seat Checkup event.

Texas A&M AgriLife Extension Service will be hosting a FREE car seat and booster seat inspections on Thursday, May 23, 2024 from 4:00 p.m. to 6:00 p.m. The event will take place in the parking lot of First United Methodist Church, located at 109 West 3rd Street in Springtown. Participants should bring their child and/or children and know their weight and height. A limited number of replacement car seats will be available. If you have questions, Call AgriLife Extension Services Passenger Safety and KidSafe Initiative's at 254-492-8010.

ENSURE your children are BUCKLED UP correctly!



FREE

CAR SEAT & BOOSTER SEAT INSPECTIONS

THURSDAY MAY 23, 2024

4PM - 6PM

FIRST UNITED METHODIST CHURCH

109 WEST 3RD STREET

SPRINGTOWN, TX

Don't forget to bring your child & know their weight & height. A limited number of replacement car seats will be available.

QUESTIONS? CALL AgriLife Extension Services Passenger Safety & KidSafe Initiative's at 254-492-8010



Sunshine Corn and Bell Pepper Salad

Servings: 8- 1 cup servings

Dressing:

¼ cup olive oil

¼ cup white wine vinegar

½ teaspoon black pepper

¼ teaspoon smoked paprika



Salad:

4 cups corn, fresh, frozen (defrosted), or canned (drained)

1 cup cherry tomatoes, sliced

1 green bell pepper diced

¼ cup diced red onion

¼ cup cilantro, chopped

Zest of 1 lemon, about 3 tablespoons

Juice of 1 lemon, about 3 tablespoons

½ avocado, diced

1/3 green onion, diced

Wash hands and clean preparation area. Combine all dressing ingredients into a bowl and mix. Set aside.

In a large bowl, combine all other salad ingredients.

Pour mixed dressing over other salad ingredients and mix well. Serve immediately.

Nutrition Facts: Calories: 170; Fat: 9 g.; Carbohydrates: 24 g.

PARKER COUNTY EXTENSION OFFICE	817-598-6168
Kathy Smith County Extension Agent - Family & Community Health	604 North Main, Suite 200 Weatherford, Texas 76086

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