

*Lubbock County
 Family Network*



Texas A&M AgriLife Extension Service-Lubbock County * PO Box 10536 * Lubbock, TX 79408
 916 Main, Suite 401 Lubbock, TX 79401 * 775-1740 * Fax 775-1758 * <http://lubbock.agrilife.org/>

August / September 2020

HOT WEATHER SAFETY
 5 Simple Ways to Beat Summer Heat

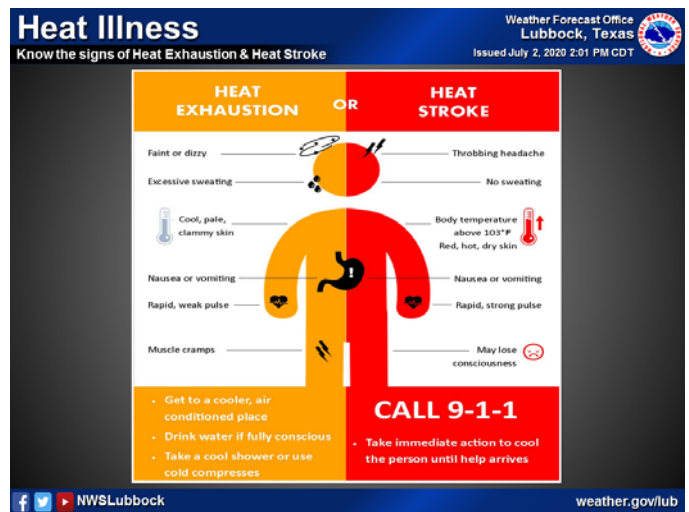
It's Summer and very hot weather has been occurring. High temperatures can cause heat stress, heat exhaustion and even heat stroke.

Be sure to drink plenty of liquids (especially water) and avoid exercising outside or performing other strenuous activities in the afternoon. Avoid direct sunlight when possible and wear lightweight, loose clothing that is light or neutral in color. Wear a hat, sunglasses, and sunscreen. Sunscreen needs to be reapplied every couple of hours or after swimming or sweating.

If it's too hot, stay inside! This applies to pets, too!

Check out the following Car Safety and Heat Illness information.

Source: Jody James, Warning Coordination Meteorologist, National Weather Service, Lubbock TX



Heat Illness
 Know the signs of Heat Exhaustion & Heat Stroke
 Weather Forecast Office Lubbock, Texas
 Issued July 2, 2020 2:01 PM CDT

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103°F Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness

CALL 9-1-1
 Take immediate action to cool the person until help arrives

Get to a cooler, air conditioned place
 Drink water if fully conscious
 Take a cool shower or use cold compresses

NWSLubbock weather.gov/lub

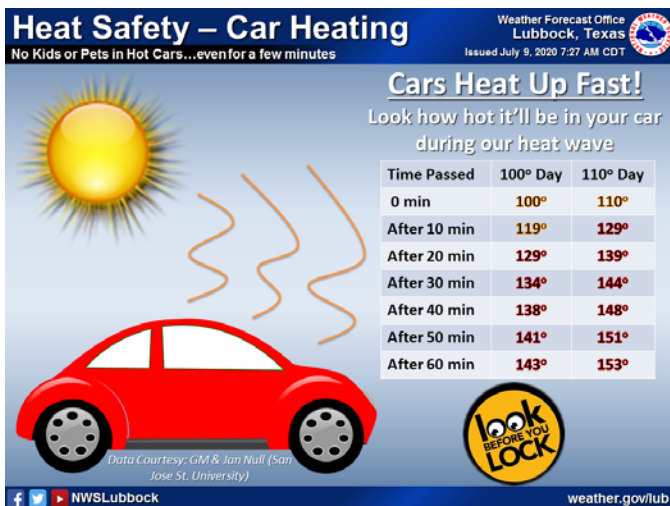
HYDRATION

The Texas A&M AgriLife Extension Service Dinner Tonight Healthy Cooking School program has been providing easy and healthy recipes to the people of Texas, both in person and online, for over 10 years now and this Dinner Tonight Small Bite discusses recipes that assist our body's hydration.

Everyone knows that we should avoid sugary drinks to avoid extra calories; but many people simply do not crave plain water. Fortunately, there are some recipes that change water into tasty drinks with simple and fresh ingredients.

Drinks are not the only way to properly hydrate. Remember that several fruits and vegetables contain high amounts of water and can aid in hydration, especially for these hot summer months.

Also, you can sign up for a weekly recipe newsletter on the website and follow us on Facebook, Instagram, Pinterest and Youtube.



Heat Safety – Car Heating
 No Kids or Pets in Hot Cars...even for a few minutes
 Weather Forecast Office Lubbock, Texas
 Issued July 9, 2020 7:27 AM CDT

Cars Heat Up Fast!
 Look how hot it'll be in your car during our heat wave

Time Passed	100° Day	110° Day
0 min	100°	110°
After 10 min	119°	129°
After 20 min	129°	139°
After 30 min	134°	144°
After 40 min	138°	148°
After 50 min	141°	151°
After 60 min	143°	153°

look BEFORE YOU lock

Data Courtesy: GM & Jan Null (San Jose St. University)

NWSLubbock weather.gov/lub

For the latest information on COVID-19 our agency has created a website at

<https://agriflifeextension.tamu.edu/coronavirus/>

Please everyone stay safe and take care.

HOW YOUR BODY USES
Water

- helps to regulate your body temperature
- helps your body digest food and absorb nutrients
- helps flush out waste
- moistens oxygen for breathing
- lubricates your joints
- water makes up 75% of your brain, 75% of your muscles, 22% of your bones, and 83% of your blood

DINNER TONIGHT TEXAS A&M AGRILIFE EXTENSION

Infused Water Basic Mixology

WATER + FRUIT + VEGGIE + HERB

GET CREATIVE!
MIX WHAT YOU LIKE BY ADDING ALL OR JUST ONE PRODUCE ELEMENT.
(Infusion takes up to 2 hours)

DINNER TONIGHT TEXAS A&M AGRILIFE EXTENSION

NOURISH YOUR IMMUNE SYSTEM

Our immune system functions throughout our body. It is composed of specialized cells that prevent or limit infection in our bodies. Immune cells recognize substances that enter our bodies and attempt to remove them if the substance appears to be harmful to us. Consuming a healthful diet is one of the best strategies for having a healthy immune system. Research has shown some nutrients, including protein, and certain vitamins and minerals, have specific roles in immune health. If we lack any of these nutrients, our ability to fight infection can decrease.

Antioxidants

What are some good sources of antioxidant nutrients? Vitamin A keeps the skin and tissues of the mouth, stomach, intestines and respiratory system healthy. These tissues serve as our first line of defense against infection. Carrots, apricots, sweet potatoes, kale, spinach, red bell peppers and egg are good food sources of Vitamin A. Vitamin C helps with the formation of antibodies and the production of certain immune cells. Oranges, grapefruit, tangerines, red bell pepper, papaya, strawberries, kiwi, tomato juice and foods fortified with Vitamin C, as are some cereals are good sources. Vitamin E protects cell membranes in the body. Sunflower seeds, almonds, and oils such as sunflower and safflower oil are good sources. Selenium deficiency has been shown to decrease immune cells' disease-fighting power. Selenium is a mineral found in the soil. We get selenium from the animals and plants we eat.

Vitamin D

When our body is low in Vitamin D, we are less able to fight off infection and disease. The best way to get Vitamin D is to absorb it from the sun. Unfortunately, for the states in the northern part of the U.S., the sun is only strong enough for our bodies to absorb Vitamin D from March to October.

Vitamins	Food Sources	Recommended Intake
Vitamin D	Milk, oily fish like tuna, mushrooms, yogurt, and orange juice	600 IU/day adults
B12	Sardines, salmon, tuna, cod, lamb, scallops, shrimp and beef	2.4 mcg/day adults

Healthy Lifestyle, Healthy Body

to have a healthy, strong immune system, we need to focus on getting healthy overall. Here are a few life-style factors that can impact your immune health.

Exercise: Participate in regular physical activity. Regular activity can benefit your entire body by helping you maintain a healthy body weight. Exercise also can keep you in good health, which allows your immune system to work properly. Aim to get at least 30 minutes of activity a day three to five times per week.

Manage stress: Certain types of stress can weaken our immune system and make us more susceptible to infection. Get enough sleep, manage your blood pressure and focus on leading a healthy lifestyle. Sleep deprivation can depress the immune system's disease-fighting power by reducing the production of T cells.

Limit alcohol: Alcohol is one substance that can suppress our immune system. If you do drink, drink in moderation. Moderation is defined as one drink a day for women and two drinks a day for men.

Source: Extension Home Economics Newsletter, Roosevelt County Extension, Portales, N.M.

SHOPPING FOR FRUITS & VEGETABLES AT FARMER'S MARKETS: FOOD SAFETY DURING SELECTION, STORAGE, AND PREPARATION

Visiting a farmer's market is a fun way to find locally grown foods. In Texas, there are more than 100 farmers' markets across the state offering seasonal produce, eggs, honey, baked goods and other items for sale. For many, shopping at a farmers' market is an opportunity to interact with growers and learn about the foods being produced in the local area.

Friendly advice before you go

Here are some tips to make your trip to the farmer's market an enjoyable one:

Dress comfortably! You may do a lot of walking at the market so wear comfortable shoes. In Texas, the weather can change fast so keep a jacket and umbrella handy just in case.

Bring cash. Not all markets take checks, credit cards, or coupons. Small bills are usually welcomed by vendors, especially if one has to make change.

For peak quality and nutrition, choose your produce carefully

Fruits and vegetables are great sources of fiber, vitamins A, C, and folate, and the mineral potassium. Aim for 2 cups of fruit and 2½ cups of vegetables each day (based on a 2,000 calorie diet). Two cups of raw, leafy vegetables such as lettuce or spinach counts for one cup so include different vegetables in your diet each day. Eat fruits and vegetables of all colors to get the most nutrition.

Select produce at farmer's markets the same way you do at the grocery store. Avoid overripe produce or produce with

bruises, mold, cuts or other blemishes that can result in poor quality or contamination by bacteria.

BOYB - bring your own bag (or shopping cart) to carry your produce. Canvas bags hold up well and can be washed and reused for the next trip. Go early. For best selection, shop early in the day. Some items may be on sale at the end of the day but popular items sell out fast.

Store your fresh produce safely

The quality of fresh produce begins to decline after it is picked so get it home right away.

Storage recommendations for fresh produce vary due to temperature and humidity requirements.

Store at room temperature in a clean, dry, well-ventilated place out of direct sunlight: bananas, melons, onions, potatoes, sweet potatoes, and tomatoes until they are cut. Then refrigerate.

Allow to ripen on the counter, then store in the refrigerator: avocados, kiwifruit, nectarines, peaches, pears, and plums. While on the counter, don't keep them in plastic bags as this can slow down the ripening process and cause the fruit to decay.

Keep fruits and vegetables separate in the refrigerator. Fruits produce a gas that can shorten the life of vegetables. Some vegetables, on the other hand, produce strong odors that can be absorbed by fruits. To help maintain quality while in the refrigerator, you can place the produce in perforated plastic bags (bags with tiny holes in them). This maintains moisture while allowing air to circulate in and out of the bags. If you store produce in plastic bags without holes, moisture can build up and lead to the growth of mold or bacteria.

If you have raw meat, poultry, fish, or seafood in the refrigerator, store them in a plastic container or pan to keep the juices from dripping on the fresh produce.

Wash and prepare produce safely

Always wash your hands before you handle fresh produce.

Do not wash fresh produce until you are ready to use it.

Produce has a natural coating that helps keep in the moisture and freshness. If you wash produce before placing it in the refrigerator, you remove the coating causing the produce to spoil faster.

Wash all produce thoroughly with cool, running water, even if the peel is removed. This removes dirt or mud and reduces the exposure of germs that could cause a foodborne illness. Do not use soap or detergent to wash produce as these have not been approved for use on food.

During food preparation, **use separate cutting boards for meat and produce to prevent cross-contamination.** Wash and sanitize cutting boards after use.

Refrigerate cut or peeled fruits and vegetables within two hours. If the temperature outside is 90 degrees or warmer, refrigerate within 1 hour.

For more information: www.picktexas.com

Adapted from *the Garden Grocery: Food Safety & Selection at the Farmers' Market*, University of Nebraska Extension, January 2010.

WHEN BAGGING GROCERIES, DON'T BAG A FOODBORNE ILLNESS

In an effort to be “green,” households are switching from disposable grocery bags to those that are reusable. While this can help reduce waste, it is important to remember that reusable bags can get dirty or contaminated with germs that can make us sick. If contaminated bags are used to carry food, then the food being carried could also become contaminated. Stay healthy and “green” while keeping your bags clean by following the advice below.

1. **Wash reusable bags often.** The way to wash your bags depends on how they are made.

* *Cloth bags* can be washed in the washing machine with detergent and hot water. Dry the bags in the dryer or turn them inside out and let them hang until completely dry.

* *Non-woven polypropylene and recycled PET bags* can be washed in the washing machine but this will shorten the life of the bag. Another option is to hand wash them in warm soapy water. Don't put them in the dryer. Instead, turn them inside out and hang them where they can dry completely.

* *Nylon bags* should be hand washed in warm soapy water. Turn them inside out, hang, and let them hang until they are completely dry.

2. **Assign specific bags for meat, produce, ready-to-eat foods, and non-food items.** Use bags that can be easily identified with a specific type of food. For example, use a green bag for produce or a bag that has a special design for meat or other ready-to-eat foods. When checking out at the grocery store, separate these foods to avoid cross-contamination and be sure to let the cashier know which bags to use.

3. **Put raw meat/poultry into a disposable plastic bag before you put it in the reusable bag.** This will keep the juices from the meat and poultry from spilling inside the reusable bag. Once home, refrigerate or freeze the meat right away and throw away the disposable bag.

4. **Store reusable bags properly.** Keep them clean, dry and away from dirt, chemicals and other contaminants to reduce the risk of cross-contamination.

Prepared by Jenna D. Anding, PhD, RD, LD, Associate Professor and Extension Nutrition Specialist, April 2013.

GRILLING

Barbecue is an absolute favorite. Fortunately, in Texas, the weather allows us to grill steadily throughout the year. Grilling infuses meats and veggies with a great smokey flavor, does not call for additional fats, and has a short cooking time.

You can throw just about anything on the grill, but if you are looking for a new dish for a cookout, try the recipe for Cowboy Sliders, Chicken and Summer Veggies Grilling Pocket or Steak Tacos for some variety and balance.

Please visit the Dinner Tonight website at <https://dinnertonight.tamu.edu/> and you will find hundreds of healthy and easy recipes. You can sign up for a weekly recipe newsletter on our website and follow us on Facebook, Instagram, Pinterest and Youtube.

Recipe Corner



Cowboy Sliders

- 1 pound ground beef, lean
- ¼ cup Barbecue Sauce
- ½ cup red onion, finely chopped
- 1 teaspoon garlic cloves, finely chopped
- ½ teaspoon chili powder
- 2 tablespoons canned Chile Peppers in Adobo Sauce
- 9 Mixed Grain Hamburger Buns, slider size
- 1 ½ lettuce, chopped
- 1 tomato, sliced
- ¼ cup pickles, sliced

1. Wash your hands and clean your preparation area. Heat your grill to grill over medium-high heat.
2. Chop red onion and garlic cloves. Measure ingredients.
3. Add ground beef, barbecue, sauce, red onion, garlic cloves, chili powder, and chile peppers in adobo sauce to a bowl. Mix ingredients.
4. Form hamburger mixture in to slider sized patties - about 2 inches in diameter.
5. Grill the hamburger patties over medium high heat for about 8 minutes on each side or until slider patties reach 165°F.
6. Build cowboy sliders on multi-grain hamburger buns with lettuce, tomatoes and pickles.

Source:

<https://dinnertonight.tamu.edu/?s=cowboy+sliders>

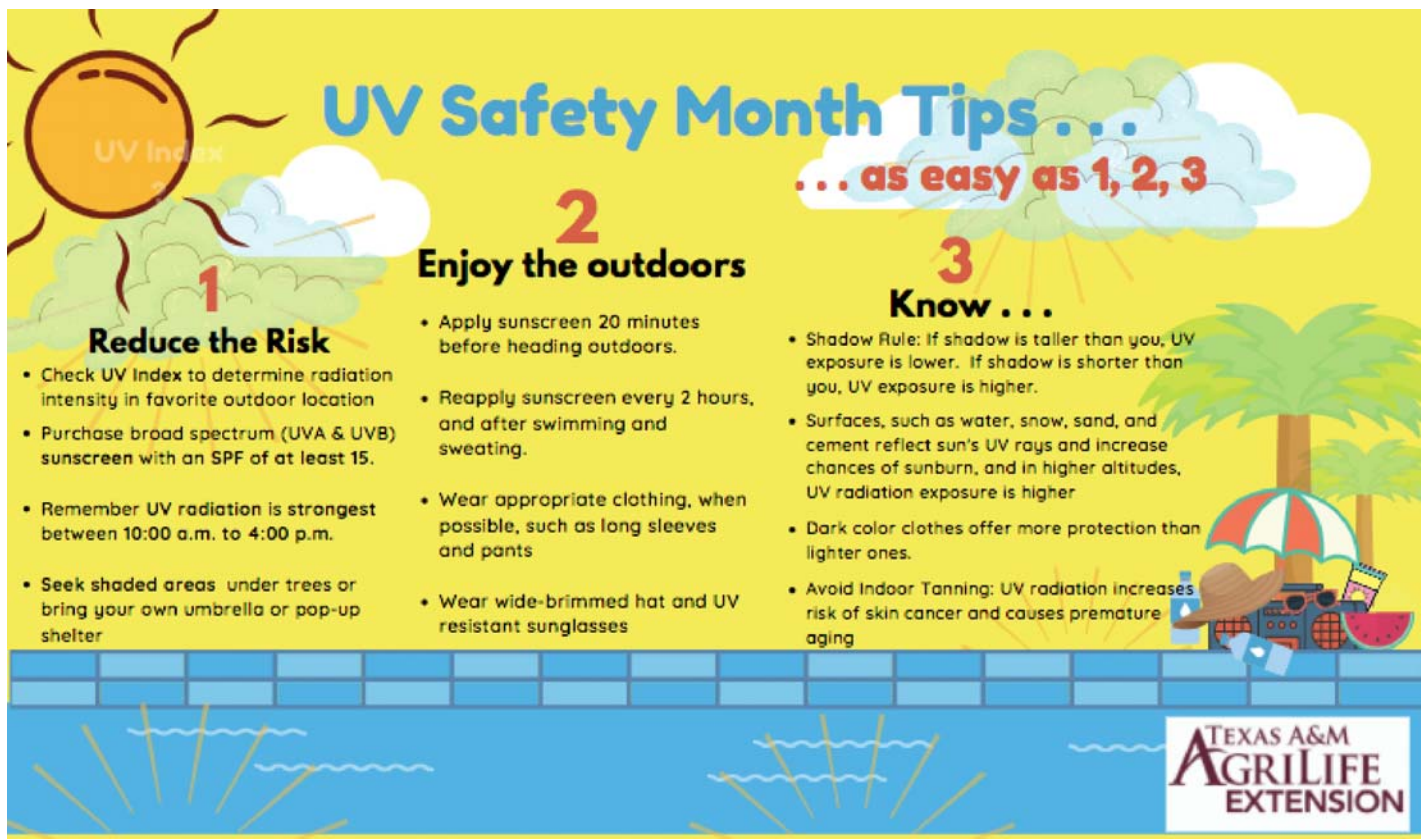
Sincerely,



E. Kay Davis, M.S.
County Extension Agent -
Family and Community Health
Lubbock County

Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in Extension sponsored meetings are encouraged to contact the County Extension Office at 775-1740 to determine how reasonable accommodations can be made. The information given herein is for educational purposes only.

*References to commercial products or trade names is made with understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service is implied.



UV Safety Month Tips . . .
... as easy as 1, 2, 3

1
Reduce the Risk

- Check UV Index to determine radiation intensity in favorite outdoor location
- Purchase broad spectrum (UVA & UVB) sunscreen with an SPF of at least 15.
- Remember UV radiation is strongest between 10:00 a.m. to 4:00 p.m.
- Seek shaded areas under trees or bring your own umbrella or pop-up shelter

2
Enjoy the outdoors

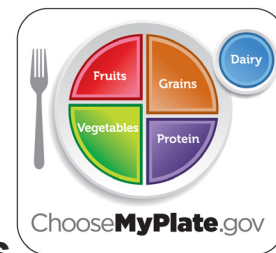
- Apply sunscreen 20 minutes before heading outdoors.
- Reapply sunscreen every 2 hours, and after swimming and sweating.
- Wear appropriate clothing, when possible, such as long sleeves and pants
- Wear wide-brimmed hat and UV resistant sunglasses

3
Know . . .

- Shadow Rule: If shadow is taller than you, UV exposure is lower. If shadow is shorter than you, UV exposure is higher.
- Surfaces, such as water, snow, sand, and cement reflect sun's UV rays and increase chances of sunburn, and in higher altitudes, UV radiation exposure is higher
- Dark color clothes offer more protection than lighter ones.
- Avoid Indoor Tanning: UV radiation increases risk of skin cancer and causes premature aging

TEXAS A&M
AGRI LIFE
EXTENSION

smart shopping for veggies and fruits



10 tips for affordable vegetables and fruits

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

1 celebrate the season

Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.



2 why pay full price?

Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

3 stick to your list

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

4 try canned or frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.



5 buy small amounts frequently

Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

6 buy in bulk when items are on sale

For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

7 store brands = savings

Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

8 keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.



9 plant your own

Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.



10 plan and cook smart

Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.