

Meet the New Assistant FCH Extension Agent

Ashlyn Aljoe earned her bachelor's degree in health science and minor in management from West Texas A&M University. She will be graduating August 2022 with her MBA in healthcare management from West Texas A&M University.

Previously, she was a gymnastics coach for 8 years in Lubbock, TX and was a substitute teacher at Monterey High School for 5 years.



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Prime Rib – It's what's for Christmas Dinner!



Nothing quite says Merry Christmas in Texas like a prime rib served as the main dish of your Christmas meal! When it comes time to prepare your prime rib this holiday season, be sure to reference Texas A&M AgriLife Extension Service's Path to the Plate's tips and tricks to ensure that the meat is cooked thoroughly and properly.

After purchasing, prime rib must be thawed and stored at a temperature below 40 °F to minimize the growth of bacteria. When cooking, it is traditionally prepared with a mixture of seasonings, then roasted under dry

heat for 2-3 hours, depending on its size. When using a conventional oven to prepare your prime rib, follow these instructions:

- Preheat oven to 300 °F
- Season the outside of the roast as desired.
- Cook, fat side up, to an internal temperature of 145 °F for medium doneness, which may take 20-25 minutes per pound. Use a thermometer to check the internal temperature
- Let stand 15-20 minutes before carving.

A full prime rib is seven ribs, meaning that it weighs anywhere from 15 to 18 pounds which can feed a family of 16 or more people, depending on the size of their appetite's. Smaller prime rib that weighs five pounds can serve up to six to eight people.

<https://pathtotheplate.tamu.edu/>



Healthy New Year's Resolutions for Children & Teens

The start of the new year is a great time to help your children focus on forming good habits. dinnertonight.tamu.edu/healthy-new-years-resolutions-for-children/

The American Academy of Pediatrics (AAP) provides the following list of ideas for you to talk to your children about trying, depending on their age.

Preschoolers

- I will try hard to clean up my toys by putting them where they belong.
- I will let my parents help me brush my teeth twice a day.
- I will wash my hands after going to the bathroom and before eating.
- I will learn how to help clear the table when I am done eating.
- I will talk with my parent or a trusted adult when I need help or am scared.

Kids, 5 to 12 years old

- I will drink reduced-fat milk and water most days. Soda and fruit drinks are only for special times.
- I will take care of my skin by putting on sunscreen before I go outdoors on bright, sunny days.

- I will try to remember to stay in the shade whenever possible and wear a hat and sunglasses, especially when I'm playing sports.
- I will try to find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing or riding my bike) that I like and do it at least three times a week!
- I will always wear a helmet when riding a bike, scooter or skateboard.
- I will wear my seat belt every time I get in a car. I'll sit in the back seat and use a booster seat until I am tall enough to use a lap/shoulder seat belt.
- I will try to talk with my parent or a trusted adult when I have a problem or feel stressed.
- I promise that I'll do my best to follow our household rules for videogames and internet use.

Kids, 13 years old and older

- I will try to eat two servings of fruit and two servings of vegetables every day. I will drink sodas only at special times.
- I will do my best to take care of my body through fun physical activity and eating the right types and amounts of foods.
- When I have some down time for media, I will try to choose educational, high-quality non-violent TV shows and video games that I enjoy. I will spend only one to two hours each day – at the most – on these activities. I promise to respect out household rules for videogames and internet use.
- I will do what I can to help out in my community. I will give some of my time to help others, working with community groups or others that help people in need. These activities will make me feel better about myself and my community.

Healthy Holiday Tips

Tip 1: Bring a dish you enjoy!

The hardest part in holiday gatherings is trying to find a food or dish which can be part of your healthy holiday. If you are going to a party which you can bring a dish, bring something which is part of your healthy meal plan.

Tip 2: Be smart with your beverages.

Every holiday party has a punch, cocktail, or sweetened beverage. Our tip is not to drink your calories during a gathering. Not only do many of these beverages have lots of added sugar but are high in calories. Save your calories and added sugar and choose either water, sparkling water or unsweetened tea.

Tip 3: Don't starve yourself throughout the day.

As much as we would like to save all our calories for a holiday party; not eating regular meals throughout the day can lead to overeating. Instead eat regular meals during the day and make those meals count. Choose vegetables, fruits, whole grains, and a good source of protein to help keep you satisfied.

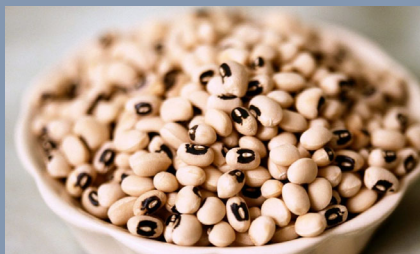


Dinner Tonight Ingredient of the Week: Black-eyed peas

Variety: Black-eyed peas are considered a variety of bean, despite their name.

Health Fact: One of the main health benefits of black-eyed peas is their high fiber content.

Fun Fact: Cowpea is another name for the black-eyed pea.



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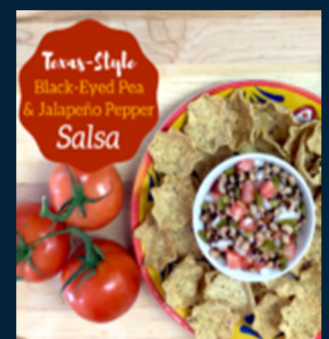
Black-Eyed Pea & Jalapeño Pepper Salsa

Ingredients:

- 1 15 ½ oz can black-eyed peas (rinsed)
- ½ cup pickled jalapeño peppers, chopped
- ½ cup onion, chopped
- ½ cup tomato, diced
- ½ cup olive oil
- ¼ tsp. garlic powder
- ¼ tsp. salt
- ¼ tsp. pepper

Instructions:

1. Mix the black-eyed peas, jalapeño peppers, onion, tomato, and olive oil together in a bowl.
2. Add garlic powder, salt and pepper.
3. Mix well and chill 10-15 minutes before serving.
4. Serve with whole grain tortilla chips.



National Handwashing Awareness Week: December 5-11th

Cory Edwards

County Extension Agent

Family & Community Health

Lubbock County

Ashlyn Aljoe

Assistant Extension Agent

Family & Community Health

Lubbock County

- Before, during and after preparing food
- Before and after eating food
- Before and after caring for someone who is sick with vomiting and diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning a person after they have used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching garbage

“By remembering key times to handwash, we can reduce getting sick or spreading the germs.”

Cory's Corner Issue 02 Dec/Jan 2021/2022

5-Step
Proper Handwashing Technique

- 1 With clean running water, wet hands and apply soap
- 2 Rub hands and create a lather
... don't forget under fingernails and between fingers
- 3 Scrub for 20 seconds
- 4 Rinse with clean, running water
- 5 Using a clean towel, dry hands

Handwashing Prevents the risk of illness and reduces the spread of germs and viruses

NATIONAL HANDWASHING AWARENESS WEEK
DECEMBER 5-11th

TEXAS A&M AGRILIFE EXTENSION

Information Source: Centers for Disease Control

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