# **BOZEMAN'S BUZZ** BETTER LIVING FOR TEXANS

TEXAS A&M AGRILIFE EXTENSION





🚹 @BETTERLIVINGFORTEXANS







August 2022

## **Back to School Success**

The start of the school year is an exciting time for many! Research shows that eating a healthy diet and participating in physical activity can help learning skills, attitudes, concentration, and attention which is not only helpful for students in the classroom but adults too. Educators, students,

staff, and caretakers are all part of the new school year, and it is important that we practice several healthy back to school habits for a healthy and active school year.

### Eat Right!

It is recommended that we eat more fruit and vegetables, whole grains, lean protein, and low-fat dairy while limiting our intake of

saturated fats, sodium, added sugars, and refined grains. The National Institutes of Health collected several nutrition and money saving tips that are easy to remember just like our ABCs!

Always use ads and store bonus cards, which may offer discounts on healthy foods like fruits and veggies.

Buy produce in season to cut costs. In Texas we are lucky that we can enjoy a variety of produce all year long!

Compare brands and package sizes to find the best buy. Check the unit price label for the best deal. Be sure to read the Nutrition Facts label and look for lower amounts of saturated fat, sodium. and added sugars.



Young people 6-17 years old should participate in at least 60 minutes of physical activity every day while adults should do at least 150-300 minutes of physical activity every week. Start by keeping track of your family's and your physical activity. Additionally, it is important to note the

amount of time you spend sitting and in front of a screen (computer, phone, TV, etc.).

Start small, family activity time can be as easy as prepping healthy meals together to a 15-minute walk after school or before dinner. What activities will you and your family do to stay on track during the school year?

Written by Lindsey Breunig-Rodriguez, Project Specialist – Better Living for Texans Adapted from: https://www.nhlbi.nih.gov/health/educational/wecan/toolsresources/back-to-school htm. Photo Source: Microsoft Word



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. USDA is an equal opportunity provider and employer.

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The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.





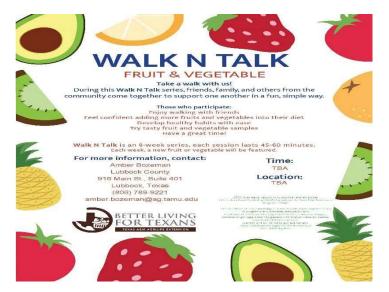






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## **Local Events**











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- Meet Amber Bozeman, Better Living for Texans agent, Lubbock County.
- Bozeman is a native of Lubbock County and resides in Lubbock County with her husband and three sons. Bozeman earned a bachelor's degree in education from East Carolina University in Greenville, North Carolina in 2004. She has been passionate about working in education for the last 17 years. She became a licensed dyslexia therapist via the Scottish

Rite Learning Center. Bozeman spent one internship is Lenior County Schools and then began her teaching career in North Carolina. She has worked in Texas in the Frenship ISD, Kingdom Preparatory Academy and Idalou ISD. Bozeman is excited to be the new Extension Agent, Better Living for Texans, for Lubbock County. Bozeman is passionate about better living for the citizens of her hometown. "I hope my work with AgriLife Extension will provide individuals with hope and information to better their lives."



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## **Recipe of the Month**

Recipe and photo source: <a href="https://www.myplate.gov/myplate-kitchen/recipes">https://www.myplate.gov/myplate-kitchen/recipes</a>

## **Speedy Burritos**

These potato and egg burritos are great for breakfast, lunch, or dinner. Enjoy with your favorite fruit. Serves: 9

#### Ingredients:

- 1 chopped onion
- 1 red or green bell chopped pepper
- 4 cups finely chopped potatoes
- 3 pressed or finely chopped garlic cloves
- 2 beaten eggs

- 1 teaspoon black pepper
- ½ teaspoon salt
- 1 tablespoon vegetable oil
- ½ cup shredded cheddar cheese
- 9 whole wheat tortillas hot sauce or salsa as needed

#### **Directions:**

- 1. In a large skillet, heat oil on medium-high setting. Add onion, green pepper, potatoes, and garlic. Cook until potatoes are tender, about 10 minutes.
- 2. Reduce heat to medium setting, spread potato mix out to the sides of the skillet, leaving a space in the middle for the eggs. Add the eggs and scramble until cooked. Mix potatoes and all ingredients together once eggs are cooked.
- 3. Divide filling between tortillas and top with cheese and salsa.

**Nutrients Per Serving:** 184 calories, 5 g total fat, 1 g saturated fat, 41 mg cholesterol, 341 mg sodium, 29 g carbohydrates, 3 g fiber, 2 g total sugar, 0 g added sugar, and 6 g protein

Total Cost: \$\$\$\$



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