

# THE BETTER LIVING DIARIES

December 2022- issue 2

TEXAS A&M  
AGRI LIFE  
EXTENSION

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Lubbock County



*Hi there,  
I'm Amber.*

*I am a farmer's wife,  
mother, foodie, and an  
extension agent!*

*Better Living for Texans  
program provides research and  
evidence-based nutrition,  
health and wellness knowledge  
to empower individuals,  
families, and communities to  
make positive changes for  
healthier lives*

## *Ingredients*

- 1 lb. boneless, skinless chicken breasts*
- 2 garlic cloves minced*
- 1 cup white onion chopped*
- 3 1/2 cups salt free, reduced fat chicken broth*
- 4 (4.5 ounce) cans chopped green chilies*
- 2 teaspoons cumin*
- 1 teaspoon oregano*
- 2 (11 ounce) can shoe peg or kernel canned corn  
unsalted and un-drained*
- 2 (15 ounce) cans navy beans undrained*
- 3 Tablespoons lime juice*



Nutrition Facts	
8 servings per container	
Serving size (383g)	
Amount per serving	
<b>Calories</b>	<b>280</b>
% Daily Value*	
Total Fat 4g	8%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 50mg	10%
Sodium 600mg	26%
Total Carbohydrate 33g	12%
Dietary Fiber 8g	29%
Total Sugars 3g	6%
Includes 0g Added Sugars	0%
Protein 29g	58%
Vitamin D 0mcg	0%
Calcium 83mg	6%
Iron 3mg	15%
Potassium 400mg	8%

## *White Chicken Chili*



# What's new

*A Fresh Start!*

*weekly Zoom classes  
with Family and  
Parent Outreach of  
Lubbock!*



Learn about food safety, planning healthy meals, saving money on groceries, and nutrition!

*Choose Healthy in partnership with Shallowater Ace*



Upcoming at all Lubbock Community Centers!!

Recently, this program was completed at  
Lubbock Dream Center and Lubbock Senior  
Center..



*Healthy  
Carbohydrates  
four session  
series*



# Budget Friendly Holiday Celebrations

## Add a little Budget Friendly Holiday Celebrations

Cooking and preparing for holiday celebrations does not have to be stressful on you or your food budget. Use the tips below to help plan and budget for your holiday celebration.

### Set a Budget and Plan Meals First

Set a food budget to help meal plan for the specific holiday meal, week, or entire month. Identifying your budget now will help when deciding what food you want to buy. When budgeting and planning, consider nutrition, cost, and convenience/time. For example, a premade sweet potato casserole might be convenient but cost more while preparing your own mashed sweet potatoes will be cheaper but involve additional prep time at home.

Look at what is already in your pantry or freezer. There may be a few items in the back that could be used for a holiday meal. Remember, the money already spent on this food will be wasted if not eaten before it expires. Using this food as a starting point, you can possibly prepare a full side-dish without needing to buy any extra ingredients.

### Make a List and Shop Store Sales

Taking the time to make a list before heading to the store can save you time and money when you get there. Make an initial list of what you need and then rewrite it, putting the items in the order in which you will find them in the store. This can help keep you focused on the items you need and avoid the "extra" tempting items not on your list.

Another way to save money at the grocery store is to use coupons and sales ads. For an additional savings, try to use coupons when foods are on sale. Keep in mind store brands may still be the better buy over name brand items that are on sale.

### Be Creative

Remember the meaning behind the holiday you are celebrating, time spent with friends and family can be priceless and memorable. Consider making the holiday meal a potluck to help divide costs among friends and family and save prep time in the kitchen. Instead of a full meal, consider making new holiday traditions by going on a walk at the local park, or preparing an appetizer for a game night. Time together will still be enjoyed while saving money (and stress) that can come with prepping a full holiday celebration.

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Better Living for Texans  
Source: A Fresh Start to a Healthier You! Texas A&M AgriLife Extension  
Service Better Living for Texans program and  
<https://extension.tamu.edu/save-money-food/holiday-food-budget>  
text*

