

THE BETTER LIVING DIARIES

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*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*

1½
cups whole wheat flour
3
tablespoons sugar
1
teaspoon baking powder
½
teaspoon baking soda
½
teaspoon salt
3
eggs
1
container vanilla low-fat yogurt (6 ounces)
¾
cup water
3
tablespoons vegetable oil
1¾
cups sliced fresh strawberries
1
container strawberry low-fat yogurt (6 ounces)



*Your Nutrients Per Serving:
260 calories, 9 g total fat, 0 g saturated fat, 93 mg cholesterol, 390 mg sodium, 36 g
carbohydrates, 4 g fiber,
16 g total sugar, 10 g added sugar, and 9 g protein*

Whole Wheat Pancakes

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!

Learn, Grow, Eat, Go in partnership with Shallowater Ace, New Deal Ace, and Carmona Harrison Elementary!



Growing and Nourishing Healthy Communities in partnership with Lubbock Senior Center, Copper Rawlings Community Center, Mae Simmons Senior Center, and Maggie Trejo Community Center!



Growing and Nourishing Healthy Communities

Gardening with Children

Getting children to eat healthy can be challenging; however, gardening can be a fun and inexpensive way to spark children's curiosity in trying vegetables and fruits. The Texas A&M AgriLife Extension Service is available to help and teach you about what grows best in your area and make your family's experience a positive one. Recipients of the Supplemental Nutrition Assistance Program (SNAP) can use their food assistance benefits to purchase food-producing seeds and plants to grow their own food. Let us dig-in to find out more!

Do your research

Before getting your children completely involved do a little research to find the best times to plant various vegetables and fruits in your area. Consult your local county extension office for advice. Visit <https://counties.agrilife.org/> to locate your local county extension office or you can learn more at <https://aggie-horticulture.tamu.edu/vegetable/>.

Involve your children in the process

Gardening creates hands-on experiences for children that creates interest and to try fruits and vegetables they might not have previously been given. Include your children in the process of choosing a location, helping decide what to plant, planting the seeds in the soil, watering the seeds, and ensuring plenty of sunlight reaches the plants.

Look for a space that is mostly sunny and not directly in the shade. You can plant your seeds and transplants directly in-ground, in a raised bed, or in a container like a pot or recycled 5-gallon bucket. Make sure soil is soft enough for your children to handle whether it is with their hands, shovel, or spade. Children can get their hands dirty by helping mix in compost! Other tasks your child can do include digging, pushing a cart while shopping, filling pots and garden bags, carrying and using a watering can or hose, picking ripe tomatoes and peppers, or tasting the produce.

Your child will be excited to watch the changes in the plant and see the vegetable or fruit develop into a tasty and nutritious food! Also, your child will have an appreciation of where their food comes from and what it takes to produce it. As you are getting started, keep it simple and start small.

Use your SNAP benefits

SNAP recipients can maximize their produce purchasing power when they use their Electronic Benefits Transfer (EBT) card to buy food-producing plants and seeds to grow a garden of their favorite vegetables and fruits. To take the guess work out of finding authorized SNAP retailers, there is a SNAP Retailer locator at <https://www.fns.usda.gov/snap/retailer-locator>.

Written by Wendy Hamilton, Extension Agent - Better Living for Texans

Content Source: <https://www.naeyc.org/our-work/families/7-tips-vegetable-gardening>, https://www.canr.msu.edu/news/use_your_snap_benefits_to_grow_a_garden, and www.JMGkids.us/LGEG

Photo Source: <https://www.istockphoto.com/photo/little-boy-in-garden-smelling-fresh-herbs-gm517446415-49107296>

