

# Cory's Corner

ISSUE

12

Aug '23- Sep '23

## Family Mealtime

If your child is a picky eater, the battle over healthy foods can be a challenge. Being fussy about food is common in toddlers and small children, but parents can try some tips and tricks to introduce new foods. One approach to improving eating habits is to get kids involved in the kitchen.

Involving children in meal planning and teaching kids to cook can have multiple benefits. Not only is cooking a necessary life skill, learning how to cook teaches math, science, and creativity. Using fresh fruits and vegetables encourages healthy eating and children are more likely to eat food they're helped prepare.

Other tips include:

Letting your child pick which fruits and vegetables to make for dinner or during visits to the grocery store or farmer's market.

Read kid friendly cookbooks together and let your child pick out new recipes to try.

Toddler and children can help with some cooking tasks, with supervision, including sifting, stirring, counting ingredients, picking fresh herbs from a garden or windowsill, and "painting" on cooking oil with a pastry brush.

*mayoclinic.org*



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## How to Get Your Family Active

The American Heart Association recommends that healthy children stay active throughout the day. Kids aged six and older should get at least an hour of moderate to vigorous activity every day. This will help them maintain a healthy weight and keep their hearts, brains, and bodies healthy. While an hour each day might sound like a large chunk of time, there are many ways to incorporate activity into your family's routine. It all adds up.

### Here are some ideas:

- Make active chore cards. Let each family member draw a card each day with a different active task that needs to be done. Cleaning up after dinner, walking the dog, taking the trash out, folding laundry and unloading the dishwasher are all great examples.
- Clear some space, put music, and take a dance break! It can re-energize a study session, lazy Sunday, or game night. Let each person take a turn as DJ.
- Put the screens on hold. Instead of heading right for the TV or game console after dinner, make that family activity time. Take a walk, practice a sport, or play a game of hide and seek.
- Tune into fitness during TV time. Walk or jog in a place or on a treadmill, lift weights, or do yoga while you watch your favorite shows. Challenge each other to see who can do the most burpees, push-ups or jumping jacks during commercial breaks.
- Play actively with pets. Throw a ball or stick for the dog to fetch. Lead the cat on a string chase around the house.
- Choose toys for your kids that encourage physical activity.

*heart.org*

# National Breastfeeding Month

**Week 1 (August 1-7):  
World Breastfeeding  
Week**

**Week 2 (August 8-14):  
Indigenous Milk  
Medicine Week**

**Week 3 (August 15-21):  
Asian American Native  
Hawaiian and Pacific  
Islander Breastfeeding  
Week**

**Week 4 (August 25-31):  
Black Breastfeeding  
Week**

**Texas Mother-Friendly  
Worksite**

*Your policy should include:*

*Work pattern flexibility and  
break time*

*A private, non-bathroom  
location to express  
breastmilk*

*Access to a nearby clean and  
safe water source*

*Access to storage options to  
safely store breastmilk*

*cdc.gov*



August is National Breastfeeding Month, a month dedicated to advancing advocacy, protection, and promotion of breastfeeding.

Breastfeeding has many benefits for mom and babies such as, helping protect your baby from infections and illnesses, like ear infections and asthma. It can also lower your risk of some diseases, like type 2 diabetes, ovarian cancer, and breast cancer.

Making healthy food choices while you're breastfeeding will help you and your baby get the nutrients you both need. To get the nutrients you need while breastfeeding choose a mix of healthy foods you enjoy from each food group: whole fruits, vegetables, whole grains, proteins and low fat or fat free dairy. Try to choose foods and drinks with less added sugars, saturated fats, and sodium. Many types of seafood are safe to eat while breastfeeding, and seafood is good for your baby's brain development. It also has healthy fats that are good for you and your baby. Just be sure to choose fish and shellfish that are low in mercury.

Following recommended storage and preparation techniques can maintain the safety and quality of expressed breast milk for the baby's health. These are general guidelines for storing human milk at different temperatures. Various factors affect how long human milk can be stored safely. Such factors include milk volume, room temperature when milk is expressed, temperature fluctuations in the refrigerator and freezer, and cleanliness of the environment.

*cdc.gov*

## Human Milk Storage Guidelines

Type of Breast Milk	Storage Location and Temperatures		
	Countertop 77°F (25°C) or colder (room temperature)	Refrigerator 40°F (4°C)	Freezer 0°F (-18°C) or colder
Freshly Expressed or Pumped	Up to 4 Hours	Up to 4 Days	Within 6 months is best Up to 12 months is acceptable
Thawed, Previously Frozen	1-2 Hours	Up to 1 Day (24 hours)	NEVER refreeze human milk after it has been thawed
Leftover from a Feeding (baby did not finish the bottle)	Use within 2 hours after the baby is finished feeding		

## Fruits and Vegetables in Season

### Summer (June, July, August)

- Apples
- Blackberries
- Blueberries
- Cherries
- Cucumbers
- Eggplant
- Plums
- Figs
- Grapes
- Melons
- Nectarines
- Okra
- Peaches
- Raspberries
- Sting Beans
- Summer and Winter Squash
- Sweet Corn
- Tomatoes

### Fall (September, October, November)

- Apples
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Cucumbers
- Eggplant
- Figs
- Grapes and Muscadines
- Lettuces and Greens
- Melons
- Okra
- Pears
- Persimmons
- Pomegranates
- Pumpkins
- Squash
- Sweet Potatoes
- Tomatoes

### Dragon Fruit Mango Smoothie

#### Ingredients

- ½ cup Dragon Fruit (frozen and cubed)
- ½ cup Mango (frozen and cubed)
- 1 cup Unsweetened Vanilla Almond Milk
- 1 scoop Vanilla Protein Powder (approx. 30 grams)
- ¼ tsp Vanilla Extract
- 1 tsp Chia Seeds

#### Instructions

1. Add dragon fruit, mango, almond milk, protein powder, and vanilla extract to a blender. Blend until well combined.
2. Once blended, serve smoothie in a cup, top with (or mix in) chia seed, and enjoy!

Note: Clean area quickly as natural dragon fruit color can stain surfaces and other areas.

### Watermelon Feta Salad

#### Ingredients

- ¼ cup Extra Virgin Olive Oil
- 2 tbsp. Red Wine Vinegar
- ½ tsp. Kosher Salt
- 3 cup Cubed Seedless Watermelon
- 1 cup Medium Cucumber, chopped
- 1 cup Crumbled Feta
- 1.2 cup Red Onion, thinly sliced
- ½ cup Mint, coarsely chopped

#### Instructions

1. In a small bowl whisk together oil, vinegar, and salt.
2. In a large serving bowl combine watermelon, cucumber, feta, red onion, and mint.
3. Add dressing and toss to coat.
4. Garnish with more mint and sea salt if desired.

*delish.com*



*dinnertonight.tamu.edu*

## Upcoming Events

### Water:

#### How much water do you need?

- Men need about 15.5 cups (3.7 liters) of fluids a day.
- Women need about 11.5 cups (2.7 liters) of fluids a day.

#### What are the health benefits of water?

- Gets rid of wastes through urination, perspiration, and bowel movements.
- Keeps your body temperature normal.
- Lubricates and cushions joints.
- Protects sensitive tissues.

[mayoclinic.org](http://mayoclinic.org)

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Family & Community Health

Lubbock County



LET'S GET MOVING LUBBOCK!!

2023  
**WALK ACROSS TEXAS!**  
kicks off September 25th!

Walk Across Texas! is an eight-week program designed to help Texans establish the habit of regular physical activity. Each team may include up to 8 team members, all working together logging miles to reach the 832-mile goal to make their way across the state of Texas. Ready to take the challenge? Grab your friends, family, co-workers and get your team registered!

**Sign up today! Go to [howdyhealth.org](http://howdyhealth.org)**  
**Adult teams - Enter league code:**  
watL-230806-90951  
**Youth/Mixed teams - Enter league code:**  
watLY-230806-31392



For more information, call the Lubbock County Extension Office (806)775-1740



TEXAS A&M  
**AGRI LIFE**  
EXTENSION

*Vine to Wine*

Hosted By  
Texas A&M AgriLife Extension Service, Lubbock County

**28**  
August 2023

Adelphos Cellars/Cerro Santo Vineyard  
13818 East FM 1527, Lorenzo, Texas 79343  
Cost: \$40 per person



**Adelphos**  
CELLARS

Purchase tickets through EventBrite:

<https://www.eventbrite.com/e/vine-to-wine-tickets-667717851067?aff=oddtcreator>



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