August Newsletter 2021

FABLOW Ägrilife

FABLOW AgriLife is a multi-county collaboration between the Family and Community Health (FCH) Agents of Frio, Atascosa, Bandera, Live Oak, & Wilson County.



Congratulations, you did it! You've completed Walk Across Texas - Diabetes Edition!!

As you move forward with your active lifestyle, be mindful of the critical messages you received during this program:

- Be Active
- Stay Safe, Strong, and Motivated
- Maintain SMART Goals
- It Is Okay to Start Over
- Be Your True Self



Continue your success with additional Texas A&M AgriLife **Extension programs!**

AUGUST PROGRAM

- A Fresh Start to a Healthier You! is a 4 session series for adults.
- Learn to increase fruit & vegetable intake.
- Learn to cook nutritious meals et spend less on groceries.

Starts August 9th, 2021 on Facebook!

Join the FB Group: 2021 FABLOW AgriLife











Healthier You!



































Week 1 - Lesson 1

(August 9 - 15)

Creating Safe and Healthier Meals

- Goal: For everyone to adopt Fight BAC! Food Safety Principles.
- Recipe this week: Breakfast Parfait
- Reminder: Complete pre-survey to be entered in the prize giveaway!





Week 3 - Lesson 3

(August 23 - 29)

Saving More at the Grocery Store

- Goal: For everyone to reduce the amount of money they spend grocery shopping.
- Recipe this week: Skillet Pasta Dinner

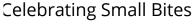


Week 2 - Lesson 2 (August 16 - 22)

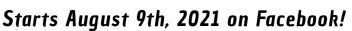
Balancing Your Day

- Goal: For everyone to improve their ability to cook nutritious meals.
- Recipe this week: Cowboy Salad





- Goal: For everyone to prepare and eat vegetables and fruits more often.
- Recipe this week:
- Reminder: Complete pre-survey to be entered in the prize giveaway!











Episode 41: A Fresh Start to Healthier You!

Listen to Podcast

With Jocelin, Jessica, & Nicole

FABLOW AgriLife has several resources you can benefit from - we excel when it comes to social media education, so make sure to check out our "FABLOW -US" content:

- Podcast: FABLOW AgriLife is on 11 different platforms (find us!)
- Blog/Main Hub: https://fablowagrilife.weebly.com
- YouTube & Pinterest: FABLOW AgriLife (find us!)

Contact Us:

FRIO

Jocelin Villarreal - FCH Ext. Agent County Events et Programs on https://frio.agrilife.org/

BANDERA



County Events € Programs on https://bandera.agrilife.org/





Dru Benavides - FCH Ext. Agent County Events & Programs on

https://atascosa.agrilife.org/





County Events € Programs on https://wilson.agrilife.org/