

August
Newsletter
2021



FABLOW AgriLife

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

July Recap

Your healthy lifestyle journey does not have to end here!

A FRESH
START
to a
Healthier
You!

Starts
Aug.
9th!



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 & spend less on groceries.

Starts August 9th, 2021 on Facebook!

**Join the FB Group:
2021 FABLOW AgriLife**



Multi-County
Collaboration:

A FRESH
START
to a
Healthier
You!



A FRESH START to a Healthier You!

Sneak Peak



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



Week 4 - Lesson 4

(August 30th - September 5th)

Celebrating Small Bites

- **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!

Starts August 9th, 2021 on Facebook!

Listen to Podcast Episode 41:

A Fresh Start to Healthier You!

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:

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