

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

Aug. Recap



Multi-County
Collaboration:

A FRESH START to a Healthier You!



A Fresh Start to a Healthier You!

- Officially Ends September 5th!
- Don't forget to complete post-survey to be entered in a raffle/prize-giveaway!

To see what you've missed....

Join the FB Group:
2021 FABLOW AgriLife



SEPTEMBER IS ALL ABOUT HYDRATION

HYDRATION: MAKING SURE OUR
BODY HAS ENOUGH WATER TO DO
ALL THE THINGS IT NEEDS TO DO!

Water makes up
60%-70% of our body!



DID YOU KNOW?

OUR BODY LOSES WATER THROUGH NORMAL BODY
FUNCTIONS LIKE SWEATING, GOING TO THE BATHROOM,
BREATHING, AND MAKING TEARS OR SALIVA.

RECOMMENDED AMOUNT OF WATER....

ABOUT 6 - 8 OUNCE
GLASSES OF WATER
OR OTHER BEVERAGES

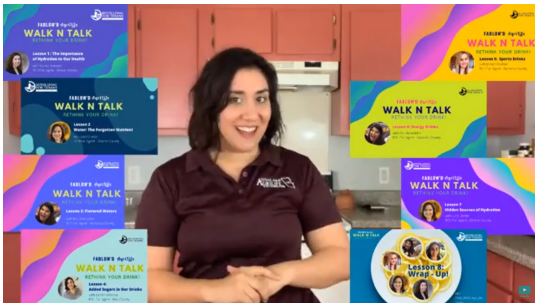
A DAY!



KEEP TRACK!

CHECK, CIRCLE, OR SCRATCH OFF THE # 8-OZ
GLASSES OF WATER YOU'VE HAD TODAY...





Check out our Award Winning Videos...

YouTube Link:
https://youtube.com/playlist?list=PL_NmDt_rlcQmGRUapc0cWbV29_KlqEV3ZC

FABLOW AgriLife
YouTube Channel

SUBSCRIBE



PINTEREST BOARD
 WALK N TALK RETHINK
 YOUR DRINK

PIN IT: <https://pin.it/3qruH62>

WALK N TALK RETHINK YOUR DRINK (8 LESSONS)



SIGNS OF DEHYDRATION

- THIRST, DRY MOUTH, FLUSHED SKIN
- FATIGUE
- HEADACHE
- DIZZINESS, WEAKNESS
- HIGH BODY TEMPERATURE
- INCREASED BREATHING RATE, RAPID PULSE
- SKIN THAT STAYS IN A PINCHED POSITION
- **DARK YELLOW URINE**

ASSESS YOUR HYDRATION FROM THE COLOR OF YOUR URINE!



PALE
(LIKE
LIME
LEMONADE)

**= ADEQUATELY
HYDRATED**

DARK
(LIKE
APPLE
JUICE)



**= DEHYDRATION
COULD BE
AN ISSUE**



Drink 4 - 6 oz of
water every
15 - 20 mins
of physical
activity.

SPORT DRINKS

- Sport drinks help replace fluids & restore nutrients to the body that are lost through perspiration.
- If exercising for...

< 60
mins
(Less Than)

= adequate
fluid
replacement

> 60
mins
(Longer/Greater Than)

= adequate
fluid
replacement

Get the Handout on Dinner Tonight!

www.dinnertonight.tamu.edu

INFUSED WATER BASICS

Splash of Flavor

WHAT IS INFUSED WATER?

Infused water is a combination of fruits, herbs, and vegetables mixed into plain old water. Whichever fruit or vegetable that use can either be sliced or mashed when adding it to the mix.

INFUSED WATER BREAKDOWN

1. Pick your produce. You can use one item or a combination of fruit and vegetables.
2. Decide if you want to add a garnish (fresh herbs).
3. Get your water. You'll need at least 4 cups to every 1/2 - 1 cup of fresh produce. You will need to use produce to infuse your water.
4. Then infuse - Infusion takes about 2 hours, depending on the temperature.

INFUSE TEMPS

- Warm climates - 1 hour (left on the counter for example)
- Cold climates - 2 hours (placed in the refrigerator)

FLAVOR - COMBO IDEAS

- 4 Mix Combo: Veggie + Citrus + Berry + Herb
- 3 Mix Combo: Citrus + Berry + Herb
- 2 Mix Combo: Citrus + Melon

FOOD SAFETY

- Make sure to use a clean your container (glass) for your infused water.
- Wash your fruits, vegetables, and herbs before making your recipe
- During the infusion process - decide hot (warm) or cold.
- Whether you place the water in the refrigerator or keep the container on the counter, once infused (stew), place in the refrigerator or add ice to keep it cold.
- Chill for later - If you are not going to drink the flavored water right away, put the container in the refrigerator
- Lastly, if you plan to keep your flavored water for more than a day, strain out the produce before storing it in the refrigerator.

OTHER WAYS TO SPLASH FLAVOR

1. Squeeze fresh lime or lemon wedge in the water (classic)
2. Add a splash (like a tablespoon or teaspoon) of juice to a glass of water.
3. Make ice cubes using 100% juice - then add one or two cubes to a large glass/bottle of water.

GET CREATIVE!

Mix what you like by adding all or just one produce element.

Example: + + =

LISTEN TO PODCAST

Episode 42

IT'S ALL ABOUT
HYDRATION



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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