



# 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.*

## Sweet Endings to New Beginnings



**What can I say? It's been "FABLOW-US!" I have loved every part of this collaboration since the very beginning. For those who don't know, FABLOW united back in 2016, and we've flourished ever since. I'm very proud of our accomplishments but even more so with our new online community.**

**THANK YOU! Seriously, thank you to everyone who has supported this collaboration and has liked and followed FABLOW on all our online platforms.**

**Also, a huge thank you to my fabulous friends who have made work fun and exciting. I loved all our brainstorming sessions and coming up with new podcast episodes. If you haven't listened to our podcast just yet, make sure to check it out. 😊**

**And even though I'm leaving, I know FABLOW AgriLife will continue to be the best and a shining example of social media education. The sweet Jessica, darling Dru, and lovely Nicole will keep this collaborative strong and marvelously engaging. So, like always, get "LOW" and stay "FAB" as I move on to my new role as Social Media Specialist with the A&M Vet School.**

**But before I go, remember to "stay safe, be mindful, just breath, stay sweet, stay fab" and "shawty [get] low-low-low"... you've been "FABLOW'D!"**

**Love, Jocelin 😊**

### 5-Step

#### Proper Handwashing Technique

- 1 With clean running water, wet hands and apply soap
- 2 Rub hands and create a lather  
...don't forget under fingernails and between fingers
- 3 Scrub for 20 seconds
- 4 Rinse with clean, running water
- 5 Using a clean towel, dry hands



Handwashing  
Prevents the risk of illness  
and reduces the spread of  
germs and viruses



*So how does handwashing prevent the spread? Some viruses have a protective fatty coating that surround it, such as Covid-19. By using soap and lathering for 20 seconds, germs and chemicals are physically removed. According to the Centers for Diseases Control (CDC), "soap lather forms pockets that trap germs, dirt, and chemicals and removes them" while rinsing. Soap and water offer the best deterrence but when this is not available, use hand sanitizer with at least 60% alcohol.*

## ALMOND BUTTER COOKIES

TEXAS A&M  
AGRI LIFE  
EXTENSION



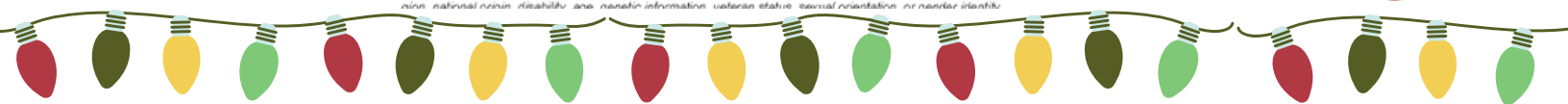
## Ingredients:

- 2 cups of almond flour
- 1 cup of almond butter
- 1/4 cup egg whites
- 1 tablespoon maple syrup
- 1 tablespoon unsweetened almond milk
- 1/2 teaspoon vanilla extract

## Instructions:

1. Preheat oven to 350 degrees
2. Mix together almond butter, almond milk, maple syrup, vanilla extract, and egg whites in a large bowl.
3. Then add almond flour into the mix, keep mixing until the batter is thick and sticky.
4. Prep cooking sheet pan with either parchment paper or spray with non-stick baking spray.
5. Roll 12 dough into balls approximately 2 tablespoons in size. Place each ball on your prepared baking tray/ cookie sheet.
6. Then flattened balls with a fork to form a cookie shape.
7. Place in oven and bake for 10 minutes then enjoy!

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## FRIO



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## WILSON



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*We wish you a Merry Christmas & a Happy New Year!*

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!)
- **YouTube & Pinterest:** FABLOW AgriLife (find us!)

