



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.

small steps **big**
difference

NOVEMBER IS
NATIONAL DIABETES
MONTH

TEXAS A&M
AGRI LIFE
EXTENSION



DIABETES MONTH

Try these small steps to make a difference:

1. Move more by taking a walking break at lunch and throughout the day. Set a timer during the day to remind you to get up and get moving. These breaks are good brain breaks too!
2. Balance your plate. Try focusing on food habits that need improvement like drinking more water in place of high calorie drinks or adding another vegetable to your plate. Overtime this can improve your health!
3. Set behavior goals like including physical activity 3-5 times a week or switching one soda for water. These will lead to a healthier you!
4. Get help or support. Having a walking partner that will encourage you to get up and get walking is a great way to keep you moving and maintain a healthy lifestyle.



HOLIDAY FOOD SAFETY



As you start cooking your favorite holiday recipes, remember to follow safe food handling tips to keep foodborne illness at bay.

- Check to make sure your food is in good condition and hasn't expired.
- Clean often: Wash cutting boards, dishes, utensils, and work surfaces. Wash fresh produce before use, and clean utensils/cutting board with hot soapy water between foods/cooking.
- Separate your raw meats, seafood, poultry, eggs from produce (veggies & fruits)—separate food items from cleaning supplies.
- Cook to the right temp & chill food properly.
- Toss away food items that have been left out for over two hours or have not been kept at the right temp. Toss raw meats that have touched fresh produce or any foods past their expiration dates.

TEXAS A&M
AGRI LIFE
EXTENSION

FIGHT BAC! TO STAY HEALTHY

As you enjoy your foods, follow these safe food handling tips to help protect you and your family from foodborne illness.

Check Check fruits and vegetables for mold, damage, cuts, and bruises -Check for expiration dates -Make sure pre-cut fruit and salads are refrigerated -Check cans for dents and holes, and make sure the can is not swollen	Clean -Wash hands with warm soapy water for at least 20 seconds before and after handling meat, fruits, and vegetables -Clean all surfaces, cutting boards, and knives with hot soapy water before and after using them
Rinse -Just before you use them, rinse fruits and vegetables -Do not use soap or bleach to wash fresh fruits or vegetables	Separate -Keep raw meat, seafood, poultry, eggs, and household chemicals separate from fresh foods at all times -Do not use the same cutting board or utensils without cleaning with hot soapy water
Chill -Keep your refrigerator at or below 40°F -Refrigerate all cut, peeled, or cooked fresh fruits and vegetables within two hours of preparing	Throw Away -Throw away any fresh food that have touched raw meat, poultry, seafood, or uncooked eggs -Throw away any foods that are past their expiration date

Adapted from: http://www.fightbac.org/keepyourfoodfresh/PDFs/CampaignConsumerFact_Sheet.pdf
Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.

EVENTS

Atascosa County:
Food Handlers Class: November 30th
6-8pm at the Pleasanton Civic Center





Day 1 5 lunges 5 crunches
 Day 2 5 lunges 5 crunches
 Day 3 10 lunges 10 crunches
 Day 4 15 lunges 10 crunches
 Day 5 Rest

Day 16 40 lunges 35 crunches
 Day 17 Rest
 Day 18 40 lunges 40 crunches
 Day 19 45 lunges 40 crunches
 Day 20 45 lunges 45 crunches
 Day 21 45 lunges 50 crunches
 Day 22 50 lunges 50 crunches
 Day 23 55 lunges 50 crunches
 Day 24 Rest
 Day 25 55 lunges 55 crunches
 Day 26 60 lunges 55 crunches
 Day 27 60 lunges 60 crunches
 Day 28 65 lunges 60 crunches
 Day 29 65 lunges 65 crunches
 Day 30 70 Lunges 65 crunches

Inspired by: tone-and-tighten.com

FABLOW AgriLife



What are you Grateful
 for?



#FABLOWGrateful



"Mindful gratitude means showing a deep understanding and appreciation of something (person, place, thing, or idea)."

Reference: GEM Get Experience Curriculum

Let us know what you're grateful for this year... Share a pic of your gratitude pumpkin and tag us using #FABLOWGrateful

Counties

FRIO

ATASCOSA

BANDERA

WILSON



Jocelin Villarreal - FCH Ext. Agent



Dru Benavides - FCH Ext. Agent



Jessica E. Faubion - FCH Ext. Agent

It's my birthday month!

County Events & Programs on
<https://bandera.agrilife.org/>



Nicole Demmer - FCH Ext. Agent

County Events & Programs on
<https://wilson.agrilife.org/>

County Events & Programs on
<https://frio.agrilife.org/>

County Events & Programs on
<https://atascosa.agrilife.org/>

Have a Safe and Happy Thanksgiving!

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!)

