



FABLOW AgriLife



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

FOUR TIPS FOR A HEALTHY THANKSGIVING

START WITH
VEGETABLES, FRUIT
AND LOW-FAT DIP



ADD BALANCE
AND SATIETY TO
TRADITIONAL
DISHES WITH
CRUCIFEROUS &
DARK GREEN
LEAFY
VEGETABLES



BE MINDFUL OF
PORTION SIZES OF
TRADITIONAL
DESSERTS & DON'T
FORGET A LIGHT
TOPPING



PROVIDE WATER,
TEA, OR DRINKS
WITHOUT SUGAR

TEXAS A&M
AGRI LIFE
EXTENSION

HEALTHY THANKSGIVING TIPS

1. Add balance by adding fruits and vegetables to your meal. You can offer a vegetable tray as an appetizer while everyone mingles and offer a leafy salad with sliced strawberries and vinegerate dressing.
2. Tea and soda are often found at parties. Having water readily available for your guest gives them a zero calorie option and keeps your guest hydrated.
3. Be mindful on portion sizes, your plate can fill up quickly, start with small portions of your favorite dishes.
4. Check out the Dinner Tonight Website for more dessert options.
<https://dinnertonight.tamu.edu/>

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.

<p>Check</p> <ul style="list-style-type: none"> -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 	<p>Clean</p> <ul style="list-style-type: none"> -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
<p>Rinse</p> <ul style="list-style-type: none"> -Just before you use them, rinse fruits and vegetables -Do not use soap or bleach to wash fresh fruits or vegetables 	<p>Separate</p> <ul style="list-style-type: none"> -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
<p>Chill</p> <ul style="list-style-type: none"> -Keep your refrigerator at or below 40 °F -Refrigerate all cut, peeled, or cooked fresh fruits and vegetables within two hours of preparing 	<p>Throw Away</p> <ul style="list-style-type: none"> -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/storage/Refreshed_Products_Campaign/ConsumerFact_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.

Although Dru is not new to FABLOW she is new to Guadalupe County as the FCH Agent!

Uncovering Added Sugars



Added sugars are added during processing, preparation, or at the table to foods and beverages. Find added sugars listed on the nutrition facts label or the ingredients list. Reducing added sugars is part of a healthy eating plan. Here are a few suggestions to help reduce the amount of added sugars you choose.

Replace

Replace foods normally high in added sugars for more nutrient dense foods.

Add fresh fruit to your sandwich in place of jelly or jam OR add berries to your plain oatmeal.

Redesign

Redesign the foods or beverages you choose or make

with added sugars.

Try making frozen yogurt bark with fresh fruit instead of sugary chocolate bark. OR Add frozen fruit to your tea for sweetness.

Reduce

Reduce the foods or beverages you choose which are higher in added sugars.

Try to reduce the amount of sugar in baked products by 1/3. OR Reduce the portion size of sugar sweetened beverage and sugary desserts.

»»» #FABLOWGrateful «««

Res: Do Well Be Well with Hypertension class 5 handout

WILSON



Nicole Demmer - FCH Ext. Agent

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

Counties GUADALUPE



Dru Benavides - FCH Ext. Agent

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

BANDERA



Jessica E. Faubion - FCH Ext. Agent

It's my birthday month!
County Events & Programs on
<https://bandera.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!)
- **Blog/Main Hub:** <https://fablowagrilife.weebly.com/>
- **YouTube & Pinterest:** FABLOW AgriLife (find us!)

