

# FABLOW AgriLife



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

## 50th Anniversary of National Nutrition Month



**This year's theme is Fuel for the Future! During March, learn more about RDNs and NDTRs and discover the importance of fueling bodies at every age, plus eating with sustainability in mind.**

These are a few ways that we can *Fuel for the Future*:

- Eat with the environment in mind.
- See a Registered Dietitian Nutritionist (RDN).
- Stay nourished and save money.
- Eat a variety of foods from all food groups.
- Make tasty foods at home.



**Learn more about #NationalNutritionMonth: [sm.eatright.org/NNM](https://sm.eatright.org/NNM)**

# National Caffeine Awareness Month

THE FOOD AND DRUG ADMINISTRATION RECOMMENDS HEALTHY ADULTS  
LIMIT THEIR CAFFEINE INTAKE TO 400 MILLIGRAMS PER DAY.  
HERE ARE SOME POPULAR ITEMS THAT CONTAIN CAFFEINE



COFFEE, ESPRESSO, AND  
COFFEE FLAVORED ITEMS



GREEN AND  
BLACK TEAS



SODAS



ENERGY  
DRINKS



CHOCOLATE AND  
CHOCOLATE FLAVORED ITEMS



SOME OVER THE  
COUNTER MEDICATIONS

TEXAS A&M  
AGRI LIFE  
EXTENSION

SOURCE: FOOD AND DRUG ADMINISTRATION

Identifying what sources of caffeine you typically have in a day is a great way to make changes in the amounts you consume. A few additional ways you can observe

National Caffeine Awareness Month include:

- Track your caffeine intake to identify what sources to reduce in your daily routine.
- Try a brisk walk or morning exercise to give you that much needed boost of energy.
- Aim to drink more water and switch out caffeinated beverages, when possible.
- Reduce caffeinated beverages gradually to reduce potential symptoms of withdrawal.

## GUADALUPE



Dru Benavides - FCH Ext. Agent  
County Events & Programs on  
<https://guadalupe.agrilife.org/>

## BANDERA



Jessica E. Faubion- FCH Ext. Agent  
County Events & Programs on  
<https://bandera.agrilife.org/>

## WILSON



Nicole Demmer - FCH Ext. Agent

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

## Infused Water Basic Mixology



FRUIT



VEGGIE



HERB

**GET CREATIVE!**  
MIX WHAT YOU LIKE BY  
ADDING ALL OR JUST ONE  
PRODUCE ELEMENT.

(Infusion takes up to 2 hours)

