

PANHANDLE PATH TO HEALTHY LIVING



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New Year New You!!

It's time for New Year's resolutions. Making behavioral changes is one of the toughest things a person can do. Breaking old patterns and creating new, healthy habits take time and dedication. This year, let's prepare for the new year by setting *NEW YEAR NEW YOU GOALS* that are meaningful and realistic!

Be specific and realistic about your 2022 New Year goals: It's natural to want to start a new year by changing everything. But you'll have better success if you limit the number of New Year's resolutions you make. By being specific about your wellness goals and realistic about what you hope to achieve, you can focus on measurable, attainable results.

Don't punish yourself for not being perfect. Don't punish yourself if you're having a hard time establishing new health goals. Studies show that people who are self-compassionate are actually more motivated to improve themselves. Be gentle, forgive yourself, and start again.

Be grateful for each mini-goal you achieve. When it comes to new goals/resolutions, progress takes time. Focus on setting and achieving mini-goals—and when you do, take time to appreciate your hard work and dedication. Research shows that cultivating and expressing gratitude builds self-esteem and resilience—two qualities that will reinforce your progress forward.



A handwritten signature in blue ink that reads "Joan Gray-Soria".

Path to Food Safety

How Clean is Your Refrigerator?

With the beginning of a New Year, it is a great time to clean the refrigerator! Clean your fridge regularly: The best way to keep your refrigerator from being the source of a bout with foodborne illness is to keep it clean. Two of the “germiest” areas in the kitchen have been found to be the meat and vegetable bins in the home refrigerator. A least weekly—go through your fridge and throw out any perishable foods that are past their prime. Check dates on milk, yogurt and soft cheeses. Toss anything that is moldy, slimy, or just looks or smells spoiled. Take a look at your leftovers: generally, leftovers should be kept no longer than 3-5 days. Throw out those that have been there too long. A thorough, deep cleaning should be done monthly.

HOW TO DEEP CLEAN YOUR FRIDGE

WITH THESE SIMPLE STEPS



PREPARATION AND CLEANING

Remove everything from your fridge and freezer

REMOVE WHAT YOU CAN

Take out any shelves, drawers, and other detachable parts that can be cleaned separately and replaced

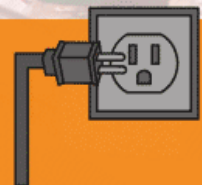


WASH THE REMOVABLE PARTS

Using hot water and regular dish detergent, wash all of the drawers and shelves that were removed

IMPORTANT: ALWAYS UNPLUG APPLIANCES

To protect yourself from the risk of electric shock and protect the appliance from damage



MAINTENANCE IS KEY

Keep it clean on a regular basis: regular wipe-downs and by getting rid of food before it spoils

Path to Declutter

The Benefits of Decluttering Your Life

There are many benefits to owning fewer possessions. Even then, it's tough to move into action. That is... until the many benefits of getting rid of clutter reveal themselves:



Less to clean. Cleaning is already enough of a chore, less things to clean!

Less to organize. Finding things suddenly become easier. Things don't just "disappear" anymore. You can actually move around your home and enjoy the space, instead of moving around things that are in the way.

Less stress. Looking around at the clutter is a stressful sight. Wouldn't it be nice to be able to look around and see a home you love?

Less debt. Spending less time shopping for material possessions and adding to the clutter means your wallet and bank accounts remain fuller, and your home doesn't get filled with costly things you don't need.

More financial freedom. Decluttering can help you build up savings to keep you protected in case of unexpected emergencies.

More energy for your greatest passions. With less debt, more financial freedom, and a clean home, you can now focus your energy on the things you enjoy!.

Use the Four-Box Method. Get four boxes and label them: trash, give away, keep, or re-locate. Enter any room in your home and place each item into one of the following boxes. Don't skip a single item, no matter how insignificant you may think it is. This may take



A FRESH START to a **Healthier You!**



Join us and receive

- ◆ Support of friends
- ◆ Confidence to cook healthy meals for your children and family
- ◆ Practical cooking and shopping tips
- ◆ Handy kitchen tools
- ◆ Recipes for success in the kitchen

This program is presented by Texas A&M AgriLife Extension Service • Better Living for Texans

For more information, contact:



BASIC BEGINNINGS

*Building Foundations for a
Child's Growth and Development*

**Join us for a free Parent and
Nutrition series:**



Community Day
Care Annex
800 N Sumner

Register with Kelsey
or Joan

TUESDAYS AT NOON

Dec. 2: Loving & Nurturing Your Child
January 25: Getting to Know Your Child
February 1: Keeping Your Child Well
February 8: Keeping Your Child Safe - Part 1
February 15: Keeping Your Child Safe - Part 2
February 22: Helping Your Child Learn
March 1: Managing Your Stress as a Parent
March 8: Managing Your Child's Stress

Healthy Carbohydrates

BETTER LIVING FOR TEXANS IS EXCITED TO OFFER A NEW CLASS SERIES FOCUSED ON **HEALTHY CARBOHYDRATES**.

This **4 session series** discusses:

how to find the
right number of
carbohydrates
for your health
goal

how to
incorporate
carbohydrates
into your meals

To learn more, contact your local agent!



BETTER LIVING
FOR TEXANS

TEXAS A&M AGRILIFE EXTENSION

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This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife

Walk Across Texas

Power of Walking

Path to 10,000 steps a day!

- 10,000 steps a day, over the course of 100 days, can have a positive impact on mental wellbeing, weight loss, blood pressure and cardiovascular health.

Millions of people experience stress every day – but now we know there is a way to combat the lasting negative impacts by simply moving more.



TEXAS A&M AGRI LIFE EXTENSION

"Panhandle Path to Healthy Living" is a Family Community Health Information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.

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Enjoy Healthy Recipes

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New Year New You Recipe!

Black Eyed Pea & Jalapeno Salsa

- 1 15 ½ ounce can black-eyed peas low sodium, rinsed
- ½ cup pickled jalapeño peppers chopped
- ½ cup onion chopped
- ½ cup Tomato diced
- ½ cup olive oil
- ¼ teaspoon garlic powder
- ¼ teaspoon salt & pepper

Directions:

Mix the black-eyed peas, jalapeño peppers, onion, tomato and olive oil together in a bowl, add seasonings, mix well & chill 15 min. before serving with whole grain tortilla chips. Enjoy!



Black-eyed peas are more than just a lucky charm on New Year's Day! They are a bean with a pleasant aroma and distinctive taste. Black eyed peas are low in fat and a great source of potassium, iron, and fiber. Although their interesting shape, white skin, and black eye make them a household favorite at the beginning of the year,

