A Message from Your Extension Agent

Hey, Y’all! Summer’s coming to an end and school will start soon. Back to the classroom, completing school work, studying and socializing with classmates. Read on for some “end of summer” fun and back to school preparation.

If you have any questions or need some more information, call me @ (210) 467-6575. Grace Guerra-Gonzalez

Your Newsletter is Online! Visit our Extension homepage: http://bexar-tx.tamu.edu/. Scroll down the left-hand column to “Cooperative Extension Program” then look for “THE BUZZ...” link on the right. And hey, it’s in color!

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MY PLATE REVIEW
Build A Healthy Meal - 10 Tips for Healthy Meals

😊 Make half your plate veggies and fruits - vegetables & fruits are full of nutrients and may help to promote good health. Choose red, orange and dark green vegetables, such as tomatoes, sweet potatoes and broccoli.

😊 Add lean protein - choose protein foods, such as lean beef & pork, or chicken, turkey, beans or tofu. Twice a week, make seafood the protein on your plate.

😊 Include whole grains - aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber than refined grains.

😊 Don’t forget the dairy - pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don’t drink milk? Try soymilk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.

😊 Avoid extra fat - using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steam broccoli is great, but avoid topping it with cheese sauce - try sprinkling low-fat parmesan cheese or a squeeze of lemon.

😊 Take your time - savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

😊 Use a smaller plate - use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

😊 Take control of your food - eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

😊 Try new foods - keep it interesting by picking out new foods you’ve never tried before, like mango, lentils or kale. You may find a new favorite. Trade fun and tasty recipes with friends or find them online.

😊 Satisfy your sweet tooth in a healthy way - indulge in a naturally sweet dessert dish-fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples & top with cinnamon.

Source: www.choosemyplate.gov.
BACK TO SCHOOL SHOPPING

Shopping for school clothes, shoes, backpacks, and school supplies can be hectic. Several stores offer great deals and provide a lot of sale offers, too. Be patient and only buy what is needed. Here are some tips to keep in mind:

- Look through newspaper ads or online ads to locate which stores are offering coupons or extra savings on Back to School items.
- Map out the stores before heading out to shop.
- Find out what school supplies are needed so no extra ones are bought.
- Do your shopping in the early morning or late evening to avoid big crowds.
- Stay within budget.

SAYIN’ GOODBYE TO SUMMER

Since summertime is my favorite time of the year, I am going to be sad to see it all come to an end. Before the summer is over, we always plan a get-together with friends and family for “an end of summer” barbeque.

Planning an “end of summer” party with friends can be fun. One idea is to host a sleep-over party: hanging out all night with friends can be fun! Plan some fun activities like: watching movies, playing music, playing board games and telling ghost stories – ooh scary! Serve healthy snacks and in the morning have a big pancake breakfast. This party will be a great way to celebrate the “end of summer” and welcome back a new school year!

Cheesy Strawberry Bites

What you need:

- 4 Ritz crackers
- 1 Kraft 2% milk singles, quartered
- 3 Fresh strawberries, sliced

Make it:

TOP crackers with 2% milk singles and berries.

Source: www.kraftrecipes.com

Recipe of the Month

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