

Support Groups

If you have diabetes or hypertension, the Huntsville Memorial Hospital has a support group for both diabetes (First Thursday of the month), and Cardiac/Hypertension (Second Wednesday of the month). They cover a lot of good topics that would be beneficial for persons with these conditions. The classes are located at Memorial Hospital second floor, above the Heart and Vascular Center. For more information contact Karen Bilsing at

Karen.Bilsing@huntsvillememorial.com

Learn Grow Eat Go!

“Learn Grow Eat Go!” is formerly known as “Grow Eat Go!” and it is a 10 week program focused on 3rd-5th graders, done in schools to help students build and grow a garden, have students get a taste of the nutrient-dense food that they grew in their garden, and to strengthen students brains and bodies with physical activities. If you are a teacher or a principle and would like to sign your classes, please email Lana Franceschini (contact info below) by the end of the semester. If you would like to help volunteer in the classroom, once a week, with gardening, cooking, taste testing, or physical activity, also contact Lana Franceschini. Planning and training sessions will begin in January.

One Day 4-H

One day 4-H is on October 10th , and it is for all the 4-H members, parents, leaders, and volunteers to step out into their communities and county and say “thank you” by giving back for them more than 103 years of support to 4-H in Texas. This year, every county will be planting a Burr Oak tree, the only tree that can thrive in all the various environments of Texas. Walker County 4-H’ers will also be doing random acts of kindness such as: helping load groceries and buying somebody's lunch. Texas 4-H has teamed up, once again, with Tractor Supply Company and will be doing the Paper Clover campaign from October 7th-18th to help raise funds for your local 4-H club. Please help by joining us the next time you are in your local Tractor Supply.

Child Care Provider Hours

If you are a child care provider and need training hours, contact Lana Franceschini, and she will be able to help get you mandatory training hours for little to no cost.

Upcoming Events

October

- 10—One Day 4-H
- 14—Head Start Resource Fair
- 17— Master Gardener Plant Sale

November

- 5—Diabetes Support Group
- 11—Mended Hearts Support Group
- 17—Eat Healthy Lunch Day
- 17—Diabetes Health Fair
(County Annex room 101)
- 18—Health Fair /Mob Food Bnk
- 21—Heart Walk

Contact Information

Lana Franceschini

County Extension Agent

Family and Consumer Sciences

lane.franceschini@ag.tamu.edu

936.435.2426

102 Tam Road, Suite B

Huntsville, Texas

www.walker.agrilife.org

Protein

Protein seems to be a “buzzword” around the grocery stores today. Protein is important for building and repairing muscle tissue and cells within our bodies, but significant research also shows that on average 20-30g of high quality protein at each meal improves metabolism, healthy aging and weight loss and maintenance.

WHAT DOES 25 GRAMS OF PROTEIN LOOK LIKE?

Take a look at what 25 grams of protein looks like and the caloric cost of plant protein

		Calories	Protein
Quinoa	 3 cups	666 calories	25g
Peanut Butter	 6 tablespoons	564 calories	25g
Black Beans	 1 3/4 cups	382 calories	25g
Edamame	 1 1/2 cups	284 calories	25g
Lean Beef	 3 oz	154 calories	25g

Protein will help you feel fuller longer, therefore aiding in lower calorie intake. Protein is obviously a very important part of your diet. Recommended intake varies with age and gender. Infant: 10g/day, School-age: 19-34g/day, Male Teens: 52g/day, Female Teens: 46g/day, Adult Men: 56g/day, Adult Female: 46g/day, and if you are Pregnant/breastfeeding: 71g/day.

Animal protein, such as lean beef, provide complete high-quality protein that contains all the essential amino acids the body needs. However, animal protein does contain saturated fats. In addition to animal protein, good sources of protein that are low in fat include: salmon, tuna, eggs, beans and nuts.

Recipe of the Month

Serves: 4

Pumpkin Soup

Ingredients

3/4 cup water, divided	1/4 teaspoon ground nutmeg
1 small onion, chopped	1 cup fat-free milk
1 can (15 ounces) pumpkin puree	1/8 teaspoon black pepper
2 cups unsalted vegetable broth	1 green onion top, chopped
1/2 teaspoon ground cinnamon	

Directions

In a large saucepan, heat 1/4 cup water over medium heat. Add onion and cook until tender, about 3 minutes. Don't let onion dry out.

Add remaining water, pumpkin, broth, cinnamon and nutmeg. Bring to a boil, reduce heat and simmer for 5 minutes. Stir in the milk and cook until hot. Don't boil.

Ladle soup into warmed bowls and garnish with black pepper and green onion tops. Serve immediately.

Nutrition Facts:

Calories: 77	Sodium: 57g
Carbohydrates: 14g	Total Fat: 1g
Dietary Fiber: 4g	Protein: 3g