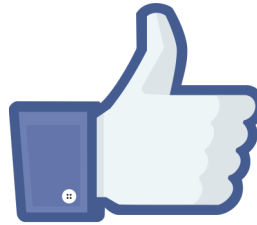


Adopt a Family for Thanksgiving

Starting November 6th, Huntsville Head Stare is doing their "Adopt a Family for Thanksgiving." If you would like to adopt a family, you may go to Brookshire Brothers ask for Patsy at the Deli, she will have a list of the families, you can pick the family and pay them for the meal there. You can also call Brookshire Brothers and pay for the meals by phone with a credit card. There are two meal types: meal that will feed up to 4 people (\$34.95) and a meal that will feed 6-8 people (\$68.95). If you have any questions. Contact Mary Dooley at (936)291-9190 or Patsy at the deli at Brookshire's at (936)435-1209

Like Our Facebook Page!



We just made a Walker County Family and Consumer Sciences Facebook page! Keep up with upcoming programs and events. Get healthy delicious recipes, and tips on topics relating to the various subject areas of Family and Consumer Sciences. Click the following link:

[Facebook.com/WalkerCountyFCS](https://www.facebook.com/WalkerCountyFCS)

Walk Across Texas

Walk Across Texas is a free, 8 week program made to help Texans establish the habit of



**Walk[®]
Across
Texas!**

regular physical activity. Doing Walk Across Texas with a group of 8 people you know is a great way to help you keep going when you feel like quitting. The goal is walk the mileage across our beautiful state from El Paso to Longview, 830 miles, in eight weeks. To achieve that mileage everyone on a team must walk only about 13 miles each week. Which may be a challenge to some, but not impossible. You can do it! We are starting in January, so you have plenty of time to get a team together. Along with getting physically active, there will be prizes for the teams and individuals! For more info and to register go to walker.agrilife.org/walk-across-texas or contact Lana Franceschini

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

November

- 4—Health Screen/Food Bank at St. Paul's Methodist
- 5—Diabetes Support Group
- 11—Mended Hearts Support Group
- 17—Eat Healthy Lunch Day
- 17—Diabetes Health Fair
(County Annex room 101)
- 21—Heart Walk
- 23—Health Screen/Food Bank at St. Joseph.

December

- 3—FCS Day
- 7—Diabetes Support Group
- 9—Mended Hearts Support Group

Contact Information

Lana Franceschini

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Family and Consumer Sciences
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Huntsville, Texas
www.walker.agrilife.org

Tips for Adding Fruits and Vegetables in Your Diet!

Breakfast

- Top your eggs with fresh Salsa
- Toss tomato, mushrooms, bell peppers and onions in with eggs to make an omelet.
- Add bananas or berries to waffles, pancakes, cereal, oatmeal, or toast.
- Make a smoothie with frozen fruit

Lunch

- Add tomato, lettuce, sprouts, spinach and other vegetables to sandwiches.
- Order pizzas with extra vegetables.
- Make a veggie wrap or bean burrito with salsa.
- Go Greek with hummus and whole wheat pita.

Snacks

- Try a turkey and cucumber wrap with low-fat cream cheese
- Top baked tortilla chips with black bean & corn salsa or fresh guacamole.
- Eat raw carrots, pepper strips, and broccoli with low-fat dressing.
- Make a slush with fruit and 100% juice.
- Make a trail mix with dried fruit, whole grain cereal, dark chocolate chips, banana chips and nuts.

Dinner

- Add a coup or two of frozen vegetables to your favorite casserole dish.
- Add fresh tomatoes, chopped spinach, avocados, cilantro, and pico de gallo to tacos.
- Pan fry or bake your won fries using sweet potatoes and a small amount of oil.

Heat up fresh, frozen, or canned vegetables for a quick side dish or add a colorful salad.

Dessert

- Put berries on angel food cake.
- Have a bowl of mixed berries with light whip cream.
- Bake/broil cinnamon apples or pears.
- Add fruits to sugar-free gelatin.

Recipe of the Month

Serves: 6

Corn Casserole

Ingredients

- | | |
|---|--------------------------|
| ½ cup onion, chopped | 4 tablespoons egg mix |
| 1½ teaspoon vegetable oil | ¼ cup all-purpose flour |
| 1 can (15 oz) low-sodium cream style corn | ½ teaspoon baking powder |
| ¾ cup yellow or white cornmeal | Nonstick cooking spray |
| ½ 1% low-fat milk | |

Directions

1. Preheat oven to 350 degrees F. In a sauce pan, cook onions over medium heat in vegetable oil until tender (about 4-5 minutes)
2. Open canned corn and drain liquid into a measuring cup. Add water to make 1 cup of liquid.
3. Add liquid and corn meal to the cooked onions in the saucepan. Stir until the mixture boils.
4. Remove saucepan from heat. Mix in milk, corn, and egg mix.
5. In a mixing bowl, mix flour and baking powder. Add cornmeal mixture, and mix well.
6. Spray a 9 inch baking pan with nonstick cooking spray. Pour mixture into baking pan. Bake for 25-30 minutes.

Nutrition Facts:

Calories: 214	Sodium: 181mg
Carbohydrates: 36g	Total Fat: 5.5g
Dietary Fiber: 2g	Protein: 7g