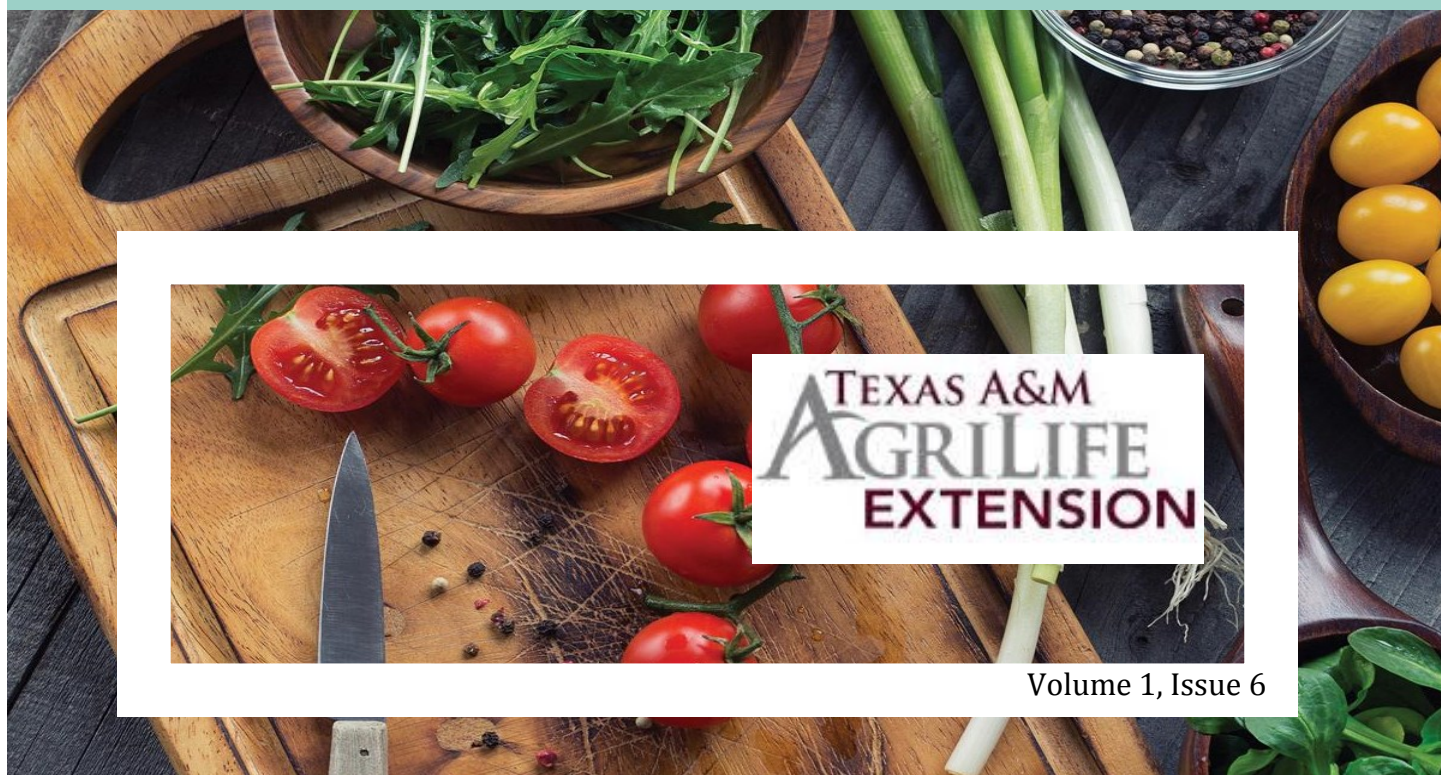


# PANHANDLE PATH TO HEALTHY LIVING



## Thinking Back to School

With the upcoming educational year fast approaching, many parents are gearing up for sending their children back to school. School supply, and clothes shopping, bus routes, adjusted time schedules, after school care and child safety are all on the minds of conscientious parents everywhere. It is time to be aware of the car safety, packing healthy and safe lunches and Tri state fair opportunities, all featured in this issue. As the school year approaches I am reminded of one of my favorite quotes as a teacher, Clay P. Bedford once said, "You can teach a student a lesson for a day; but if you can teach him to learn by creating curiosity, he will continue the learning process as long as he lives." I believe this, stay curious and learn a lesson for yourself everyday.

*Kay Rogers*



# Path to Wellness.....

## Car Seats: Information for Families

One of the most important jobs you have as a parent is keeping your child safe when riding in a vehicle. Each year, thousands of young children are killed or injured in car crashes. Proper use of car seats helps keep children safe. But with so many different seats on the market, many parents find this overwhelming.

If you are expectant parents, give yourself enough time to learn how to properly install the car seat in your car before your baby is born to ensure a safe ride home from the hospital.

The type of seat your child needs depends on several things, including your child's age and size and the type of vehicle you have. Read on for more information from the American Academy of Pediatrics (AAP) about choosing the most appropriate car seat for your child.

### When shopping for a car seat, keep the following tips in mind:

- **No one seat is the "best" or "safest."** The best seat is the one that fits your child's size, is correctly installed, fits well in your vehicle, and is used properly every time you drive.
- **Don't decide by price alone.** A higher price does not mean the seat is safer or easier to use.
- **Avoid used seats if you don't know the seat's history.**

### Never use a car seat that:

- **Is too old.** Or **Has any visible cracks on it.** Look on the label for the date it was made. Check with the manufacturer to find out how long it recommends using the seat.
- **Does not have a label with the date of manufacture and model number.** Without these, you cannot check to see if the seat has been recalled.
- **Does not come with instructions.** You need them to know how to use the seat.
- **Is missing parts.** Used car seats often come without important parts. Check with the manufacturer to make sure you can get the right parts.
- **Was recalled.** You can find out by calling the manufacturer or contacting the NHTSA . [Car Safety Seats: A Guide for Families 2017](#) (Copyright © 2017 American Academy of Pediatrics)

### Types of Car Seats

Age Group	Type of Seat	General Guidelines
Infants & toddlers	<ul style="list-style-type: none"><li>• Rear-facing-only</li><li>• Rear-facing convertible</li></ul>	All infants and toddlers should ride in a <b>rear-facing seat</b> until they are at least <b>2 years of age</b> or reach the highest weight or height allowed by their car seat manufacturer.
Toddlers & preschoolers	<ul style="list-style-type: none"><li>• Convertible</li><li>• Forward-facing with harness</li></ul>	Children who have outgrown the rear-facing weight or height limit for their convertible seat should use a <b>forward-facing seat</b> with a harness for as long as possible, up to the highest weight or height allowed by their car safety seat manufacturer.
School-aged children	<ul style="list-style-type: none"><li>• Booster seats</li></ul>	All children whose weight or height exceeds the forward-facing limit for their car safety seat should use a <b>belt-positioning booster seat</b> until the vehicle seat belt fits properly, typically when they have reached 4 feet 9 inches in height and are 8 through 12 years of age. All children younger than 13 should ride in the back seat.
Older children	<ul style="list-style-type: none"><li>• Seat belts</li></ul>	When children are old enough and large enough for the vehicle seat belt to fit them correctly, they should always use <b>lap and shoulder seat belts</b> for the best protection. All children younger than 13 years should ride in the back seat.



August 2017

Important Dates:

**Food Handlers Safety Course**

**Tuesday, August 15, 2017**

**3:00-5:00pm**

**Call the office for more information. 806-244-4434**

## Path to Dallam & Hartley Counties

Dallam EEA

Arts & Craft Show 9:00am—4:00pm

XIT Parade 10:00am

See Chamber schedule for a listing of all events.



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### District 1 Family Consumer Sciences

**TEA FCS Quilt Fundraiser**

**Draw Date:** October 19, 2017

National NEAFCS Conference, Omaha, Nebraska

1 ticket for \$5 OR 5 tickets for \$20

Talk to you FCS County Agent if you are interested in buying tickets for the raffle.

**Watch KAMR Studio 4**  
**From 4:00 to 5:00 PM**  
**Studio 4 highlights events**  
**happening in our panhandle**  
**region. You might even see**  
**someone you know!**



## Path to Youth Development.....

# Tri-State Fair

**Free Pass**  
for 3 Entries in One Department

**Great Opportunities To  
Show Off Your Talent**  
Enter Textiles, Culinary, Art,  
Ceramics, Photography and  
Garden

<https://www.tristatefair.com>  
For Details and Entry Forms



Prize Money Awarded to  
Top 3 Places in Each  
Category

September 15-23, 2017

Entries Taken Starting  
September 13, 2017

See Website



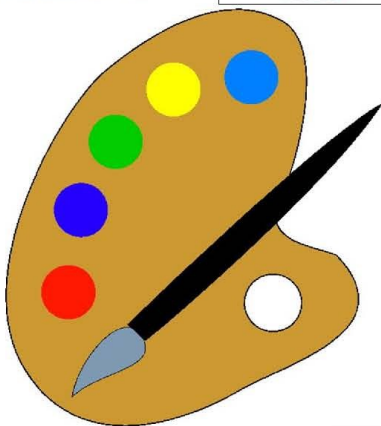
**TEXTILES**  
No Entry Fee



**CULINARY**  
Baked & Canned Goods  
No Entry Fee



**ART**  
No Entry Fee



**GARDEN**  
No Entry  
Fee



**CERAMICS/PORCELAIN**  
No Entry Fee



**AMATEUR  
PHOTOGRAPHY**  
Youth (18 and under)  
\$2.00 Entry Fee per Entry

If you are interested in 4-H, now is the time to get involved!! We have a lot of upcoming projects and activities! Look for the 4-H Newsletter or call the office @ 244-4434 for more information!!

**Dallam & Hartley**

**Counties 4-H Dates**

**Tuesday, August 15,**

**Enrollment Party**

**5:15—7:15**

**Rita Blanca Coliseum**

**Tri-State Fair Entries**

**Due dates:**

Livestock, Tuesday, August 15

Small animal, AG and 4-H exhibits, August 25

Horse, September 1

Food Fight at the Fair, September 18



# Path to Protection..... Food Safety

## ***Back To School Food Safety Tips for Parents and Caregivers***

Back to school, back to the books, back in the saddle, or back in the car for those of us shuttling students to and from school. The new school year means its back to packing lunches and after school snacks for students, scouts, athletes, dancers, and all the other children who carry these items to and from home. One 'back' you do not want to reacquire children with, however, is foodborne bacteria.

Bacteria that can cause foodborne illness, commonly known as food poisoning, grow rapidly at temperatures between 40 and 140 degrees Fahrenheit. In just two hours, these microorganisms can multiply to dangerous levels. To make sure lunches and snacks are safe for those you pack for, follow the USDA's four steps to food safety: Clean – Separate – Cook – and Chill.

### **Packing Tips**

- If the lunch/snack contains perishable food items like luncheon meats, eggs, cheese, or yogurt, make sure to pack it with at least two cold sources. Harmful bacteria multiply rapidly so perishable food transported without an ice source won't stay safe long.
- Frozen juice boxes or water can also be used as freezer packs. Freeze these items overnight and use with at least one other freezer pack. By lunchtime, the liquids should be thawed and ready to drink.
- Pack lunches containing perishable food in an insulated lunchbox or soft-sided lunch bag. Perishable food can be unsafe to eat by lunchtime if packed in a paper bag.
- If packing a hot lunch, like soup, chili or stew, use an insulated container to keep it hot. Fill the container with boiling water, let stand for a few minutes, empty, and then put in the piping hot food. Tell children to keep the insulated container closed until lunchtime to keep the food hot - 140 °F or above.
- If packing a child's lunch the night before, parents should leave it in the refrigerator overnight. The meal will stay cold longer because everything will be refrigerator temperature when it is placed in the lunchbox.
- If you're responsible for packing snacks for the team, troop, or group, keep perishable foods in a cooler with ice or cold packs until snack time. Pack snacks in individual bags or containers, rather than having children share food from one serving dish.

### **Storage Tips**

- If possible, a child's lunch should be stored in a refrigerator or cooler with ice upon arrival. Leave the lid of the lunchbox or bag open in the fridge so that cold air can better circulate and keep the food cold.

### **Eating and Disposal Tips**

- Pack disposable wipes for washing hands before and after eating.
- After lunch, discard all leftover food, used food packaging, and paper bags. Do not reuse packaging because it could contaminate other food and cause foodborne illness.

Consumers can learn more about key food safety practices at [Foodsafety.gov](http://Foodsafety.gov), by 'following' [@USDAFoodSafety](https://twitter.com/USDAFoodSafety)





# TEXAS A&M AGRILIFE EXTENSION

Panhandle Path to Healthy Living is a Family and Consumer Sciences 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.

**Editors include:** Carolyn Prill-Bennett, Chelsey Eicke, Tanya Holloway, Jill Pronger Killian, Amalia Mata, Kay Heron-Rogers, Miquela Garcia-Smith, Joan Gray-Soria & Amy Wagner.

**Layout & Design:** Amy Wagner,  
D1 County Extension Agents- Family & Consumer Science

TEXAS A&M AGRILIFE EXTENSION SERVICE  
Dallam & Hartley Counties

401 Denrock Ave

Dalhart, TX 79022

[Dallam.agrilife.org](http://Dallam.agrilife.org)

Postage

*Return Service Requested*

## Path to Plate.....



### Lunch Box Idea,

#### BLT Pinwheels

##### Ingredients:

4 Ounces Cream Cheese  
1/2 cup light mayonnaise  
1/4 cup finely chopped sundried tomatoes packed in oil  
6 slices of cooked turkey bacon  
3 spinach tortillas  
1 chopped plum tomato, seeded  
1/2 cups shredded romaine lettuce

Prep time: 10 minutes

1. In a small bowl mix cream cheese, mayo, and sun dried tomatoes.
2. Add bacon but be careful not to crumble it too much.
3. Spread mayo mixture over tortillas and top each with plum tomatoes and lettuce.
4. Roll tightly and secure in plastic wrap.
5. Refrigerated for one hour so they get firm.
6. To serve cut each roll into 1 inch thick sliced with a serrated knife. A regular knife will squish them!