

PANHANDLE PATH TO HEALTHY LIVING



Let's Welcome 2019 With Excitement!

Welcome to 2019!! It's hard to believe that another year has come and gone! Did you know that the first week in January is national diet resolution week? I can believe that! This is the time of year when everyone is making their yearly goals and resolutions and trying their hardest to prepare for them! I know I have some goals of my own this year that I am going to try my hardest to achieve! What are some goals that you have for 2019?

One of the best ways to reach your goals is to write them down somewhere, where you can look at them often. I have mine written down in my calendar that I look at daily. Some people like to post them on their walls in their office or home. Where do you think you will post your goals for the year? Another key to success with goals is to celebrate when you accomplish your goals. Don't forget to celebrate your goals this year and make sure to write those accomplishments down!

With the help of our Extension programs, I hope that we can help you meet your goals for the year! We look forward to working with you this year and seeing what 2019 has in store for all of us!!

Happy New Year from all of us with Texas A&M AgriLife Extension

Handwritten signature of Kay Rogers

"A goal properly set, is half way reached," Zig Ziglar

Path to Wellness.....

January is National Slow Cooker Month



Americans' busy lifestyles often show up in their cooking and eating habits. Over 30 percent of calories are consumed away from home, with more than 40 percent of food dollars spent on food away from home, which is typically higher in calories and fat and lower in calcium, fiber, and iron. Planning meals ahead can improve health while saving time and money. When families eat together, meals are likely to be more nutritious. Family meals also provide a great time for children and parents to reconnect. January is National Slow Cooker Month and one way to increase meals at home is to use a slow cooker. Check out the following information on slow cooker benefits, food safety, and recipe ideas.

Slow cooker benefits. They use less electricity than an oven and can be used year-round. Because of the long, low-temperature cooking, slow cookers help tenderize less-expensive cuts of meat. They usually allow for one-step preparation; putting all the ingredients in the slow cooker saves time and reduces cleanup. A variety of foods can be cooked in a slow cooker, including soups, stews, side dishes, main dishes, meats, poultry, and desserts. Know your slow cooker. Most slow cookers have two or three settings. Food typically cooks in six to 10 hours on the low setting and four to six hours on the high setting. If possible, turn the slow cooker on the high setting for the first hour of cooking time and then use the setting that fits your needs. Read your slow cooker instruction manual and follow manufacturers' directions. Slow cookers are available in different sizes, so instructions will vary.

Slow cookers and food safety. Begin with a clean cooker, utensils and work area. Keep perishable foods refrigerated until preparation time. Store cut-up meat and vegetables separately in the fridge. Always thaw meat or poultry before putting it into a slow cooker. Vegetables cook slower than meat and poultry, so if using them, put vegetables in first. Then add meat and liquid suggested in the recipe, such as broth, water or sauce. Keep the lid in place, removing only to stir the food or check for doneness.

Safely handle leftovers. Do not store leftovers in a deep container, such as the slow cooker. Store leftovers in shallow covered containers and refrigerate within two hours after cooking is completed. Reheating leftovers in a slow cooker is not recommended. Cooked food should be reheated on the stove, in a microwave, or in a conventional oven until it reaches 165 degrees Fahrenheit (F). Then the hot food can be placed in a preheated slow cooker to keep it hot for serving, at least 140 degrees F as measured with a food thermometer.

Recipe conversions. Most recipes can be converted. Because liquids do not boil away in a slow cooker, you can usually reduce liquids by one-third to one-half. This reduction in liquid does not apply to soups. Pasta may become mushy if added too early, so it could be added at the end of the cooking process or cooked separately and added just before serving. Milk, cheese and cream may be added one hour before serving.

Article retrieved from University of Nebraska Extension and written by: Lisa Franzen-Castle, RD, PhD, Nutrition Specialist University of Nebraska-Lincoln Extension Author E-mail: lfranzen2@unl.edu
https://food.unl.edu/documents/January_Webletter_SlowCooking_01_06_15.pdf



Path to Youth Development.....

Texas 4-H Shooting Sports

When you think about 4-H, most people think about the agriculture aspect of the program.

While agriculture is a big part of the program, 4-H is much more and offers so many different programs. 4-H teaches youth by implementing hands on learning experiences through different projects, all while turning them into future leaders. Agriculture, livestock, STEM, Family and Community Health, and Natural Resources are just a few of the many project areas 4-H has.

Falling under the Natural Resources project area is the 4-H Shooting Sports program. Shooting Sports is the largest growing program in the United States. The shooting disciplines in this project include: archery, rifle, shotgun, pistol, muzzle loading, and hunting. The Shooting Sports program teaches today's youth about proper firearm safety, leadership,

good sportsmanship, self-discipline, teamwork, and much more. Through this program you can even apply to become a Texas 4-H Shooting Sports Ambassador. These Ambassadors promote the Shooting Sports program not only in their local communities, but even on District and State levels. Being an ambassador helps with leadership and character development and encourages youth to step out of their shells.

Youth can also apply to serve on the Texas State Shooting team in the discipline of their choice. If selected, they then compete at Nationals on the state team. Not only is this an exciting opportunity to compete, but it is also a great opportunity to learn teamwork skills. If you decide you don't want to become a Shooting Sports Ambassador or apply for the state team, there are still many opportunities to compete on your county, district, and state levels.

For adults looking to become involved in the 4-H Shooting Sports program, we're always looking for more volunteers. All volunteers are required to go through a background check, and receive training in whichever discipline they wish to help coach. This is a wonderful opportunity for us to teach the youth of today life skills that they will carry with them for the rest of their lives.

The Shooting Sports program continues to reach youth in rural, suburban, and urban communities all over the United States. For more information on 4-H and the Shooting Sports program, please contact your local 4-H Extension office.

Dallam-Hartley Extension Office:

Phone: (806)244-4434

Written By:

Avonley Powers

North Region Texas 4-H Shooting Sports Ambassador

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 at 806-244-4434 for more information!!

All Dalhart Clubs will now meet at 402 Denver (Directly behind the Extension Office)

County 4-H Dates

January 5

Dog Project Meeting

@4:15—Rita Blanca Coliseum

Mean Green Scientists Club Meeting

@5:30—402 Denver

Archery Project Meeting @ 5:30—
Rita Blanca Coliseum

January 6

Leaders & Feeders Club Meeting @
7:00—402 Denver

January 9

Channing Club Meeting @ 6—
Channing

January 10

Texline Club Meeting @ 4—Texline
Boomer Consumer Club Meeting @
6:00—402 Denver

January 11

Hartley Plainsmen Club Meeting
@4—Hartley

January 17-19

Bi-County Stock Show—Rita Blanca
Coliseum



January

Important Dates:

Dalhart EEA Program @ the Extension Office - **Tuesday, January 8th @ 2:00**

Bi-County Junior Livestock Show - **January 17-19**

Hartley EEA Program- **Tuesday, January 15 @ 11:00**

Textiles & Arts Extravaganza @ the Rita Blanca Coliseum - **Tuesday, January 22 @ 4:15**

Healthy Cooking—@ Channing School—**Monday, January 14**

Direct Mobile Distribution @ Channing - **Wednesday, January 16**
Bring Re-enrollment information

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!

IF YOU ARE INTERESTED IN ANY OF THESE PROGRAMS OR WOULD LIKE MORE INFORMATION, PLEASE CALL AMY @ 806-244-4434

Path to Dallam & Hartley Counties



Make plans to attend the next Dinner Tonight Healthy Cooking School

Tuesday, February 5th.

Call our office for more information.

806-244-4434



Path to Safety.....End the Streak

Texas Roads Have Not Had a Fatality Free Day Since November 7, 2000

What if ... We Could End the Streak!

It has been 18 years since Texas could claim a day where there were no fatalities on our roads. The fatalities add up to more than 66,000 people killed on Texas roadways over the past 18 years. According to the Texas Department of Transportation (TxDOT) the leading causes of these deadly crashes continue to be failure to stay in one lane, alcohol and speed. TxDOT is promoting the “End the Streak” campaign to help end motor vehicle fatalities in Texas.



What if we all drove like the driver we would want in front of us, beside us and behind us. Ending this streak of needless tragedy on Texas roadways is a shared responsibility.

What if, for one day, everyone took responsibility for themselves and their friends and there were no drunk drivers on our roads. What if there was not one person driving somewhere to drink without a plan for a sober ride home — and no underage drunk drivers were to be found anywhere.

What if there were no distracted drivers on the road. No teens were riding with other teens, which is the main source of their distractions and against the law according to the Graduated Driver License Law. What if no youth or adult was driving while using a cell phone and totally concentrating on their driving.

What if there was no driver speeding down the road and all were driving within the speed limit, including slowing down for construction and emergency vehicles, and driving more slowly and cautiously when weather conditions are bad.

What if we all took time to put on our seatbelts and make sure that all of our passengers were also buckled up. And, that all children were riding in the correct car seat for their age, weight and developmental stage. What if the car seat had been inspected by a certified child passenger safety technician to make sure it was being used correctly and installed correctly.

What if there were no drowsy drivers on the road and every driver, including commercial drivers, made sure they were well rested and prepared for the trip.

What if every driver made sure their vehicle and tires were in good condition and everyone drove defensively and civilly so that every car was treated as if the lives of the people inside were important. What if all drivers were looking out for each other.

What if all of these things could be done on the same day and Texas could once again enjoy a day where there was not one fatality on our roads? Then, we could put an end to this terrible streak of roadway deaths in Texas — and it would bear repeating!

For information on the End the Streak campaign visit: <http://www.txdot.gov/inside-txdot/media-center/psas/end-streak.html>

Article written by Bev Kellner with Texas A&M AgriLife Extension Service

TEXAS A&M AGRI LIFE EXTENSION

Panhandle Path to Healthy Living is a Family and 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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Path to Plate.....

Slow Cooker Chipotle Burritos

- 1 lb. boneless, skinless chicken breasts, trimmed
- 1 10 oz. jar of salsa
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1 canned chipotle pepper in adobo sauce, chopped
- 1 can black beans, drained and rinsed
- 1 can whole kernel corn
- Flour or corn tortillas



- Place all ingredients, except the tortillas, into a slow cooker and cook on low for 8 hours.
- After 8 hours, remove chicken and shred using two forks.
- Return chicken to slow cooker and stir to mix.
- Serve on tortillas with sour cream, avocado, shredded cheese, etc.

Serves 4-6