

FRIO COUNTY

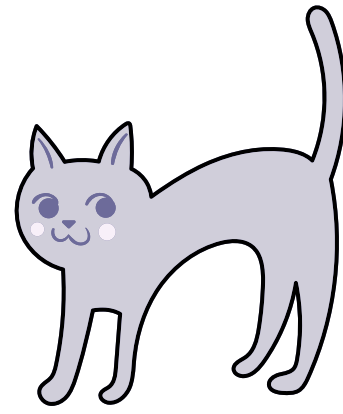
Family Community Health
Newsletters



October 2023



SEPTEMBER WAS ALL ABOUT HYDRATION



Thirsty for more info....

Join the FB Group:



FABLOW AgriLife

HEALTHY TREATS MINI SUGGESTIONS FROM LUKE & LOGAN

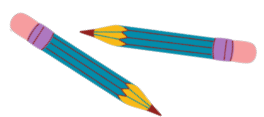
To the People Who Pass Out Candy on Halloween:

- Fun Size Candies
- Rice Krispy Treats
- Fruit Snacks
- Fruit Cups
- Animals Crackers
- Small bags of Pretzels

DON'T FORGET ABOUT THE TEAL PUMPKIN PROJECT

The Teal Pumpkin Project is a simple way to make trick-or-treating safer and more inclusive for the one in 13 children living with food allergies, and many others impacted by intolerances and other conditions.

Placing a teal pumpkin on your doorstep signals that, in addition to candy, you offer non-food trinkets and treats that are safe for all trick or treaters. Learn more on <https://www.foodallergy.org>.



*Non- Food Trinkets Examples: pencils, stickers, spider rings, tattoos, etc.

Pumpkin Hummus

Recipe Provided By: Dinner Tonight

<https://dinnertonight.tamu.edu/recipe/pumpkin-hummus/>

Ingredients:

1 (15 oz) low sodium garbanzo beans
2 (15 oz) pumpkin puree (unsalted)
1 garlic clove minced
1 tbs. olive oil
2 tbs. lemon juice
2 tsp. ground cumin
2 tsp. paprika
2 tsp. cinnamon

Instructions:

1. Puree garbanzo beans in food processor
2. Add pumpkin puree and mix well
3. Add garlic, olive oil, lemon juice, ground cumin, and paprika. Mix well.
4. If this recipe is too bland, add more cumin and paprika to taste.



OCTOBER

ISSUE 7 | 10/01/2023



OCTOBER IS A HALLELUJAH!

October is a funny month. It kicks off the holiday whirlwind with ushering cooler weather, pumpkins, and Halloween (an unofficial official holiday- just ask any kid you know). It's a month of many birthdays, mine and my husband's included. It's a month of mystery, I think, with shorter days and cooler mornings. It offers us a pause to reflect and take time to be still...until Halloween, that is. The month of October offers many opportunities for traditions such as going to the corn maze or pumpkin patch (or both!), dressing up pets and children in costumes, pumpkin spice EVERYTHING; however, it also brings awareness to tough issues such as breast cancer and depression, challenging us to face our fears and overcome. So let's take a deep breath as we launch headfirst into the start of the holiday season. October is a hallelujah and we must not forget to pause and contemplate.

- Sara Nicholson, Family Community Health Agent

BREAST CANCER AWARENESS

For the 31 days of Breast Cancer Awareness Month (BCAM), pink ribbons appear as the impact of breast cancer is brought to the forefront of national conversation.

But we know that to help those facing breast cancer, awareness alone isn't enough. This October, get involved. Get screened. Make a donation. Take action. Make this BCAM about more than awareness. Read more on **page 1**.

DEPRESSION AWARENESS MONTH

If you have been experiencing some of the following signs and symptoms, most of the day, nearly every day, for at least 2 weeks, you may be experiencing depression.

Read more starting on **page 5**.

NATIONAL BOOK MONTH

National Book Month is held each October. The month-long celebration focuses on the importance of reading, writing and literature. National Book Month is also a time to honor the country's best books and authors. In mid-October, the National Book Awards announces the year's 15 finalists. In 2018, that will happen on October 10th. The National Book Foundation created the first National Book Month in 2003.

Keep reading on **page 7**.

AND MORE!

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

OCTOBER BREAST CANCER MONTH

Cancer begins in the cells which are the basic building blocks that make up tissue. Tissue is found in the breast and other parts of the body. Sometimes, the process of cell growth goes wrong and new cells form when the body doesn't need them and old or damaged cells do not die as they should. When this occurs, a build up of cells often forms a mass of tissue called a lump, growth, or tumor.

Breast cancer occurs when malignant tumors develop in the breast. These cells can spread by breaking away from the original tumor and entering blood vessels or lymph vessels, which branch into tissues throughout the body. When cancer cells travel to other parts of the body and begin damaging other tissues and organs, the process is called metastasis.

Signs and symptoms of breast cancer may include:

- A breast lump or thickening that feels different from the surrounding tissue
- Change in the size, shape or appearance of a breast
- Changes to the skin over the breast, such as dimpling
- A newly inverted nipple
- Peeling, scaling, crusting or flaking of the pigmented area of skin surrounding the nipple (areola) or breast skin
- Redness or pitting of the skin over your breast, like the skin of an orange

If you find a lump or other change in your breast — even if a recent mammogram was normal — make an appointment with your doctor for prompt evaluation.

Doctors know that breast cancer occurs when some breast cells begin to grow abnormally. These cells divide more rapidly than healthy cells do and continue to accumulate, forming a lump or mass. Cells may spread (metastasize) through your breast to your lymph nodes or to other parts of your body.

Breast cancer most often begins with cells in the milk-producing ducts (invasive ductal carcinoma). Breast cancer may also begin in the glandular tissue called lobules (invasive lobular carcinoma) or in other cells or tissue within the breast.

Researchers have identified hormonal, lifestyle and environmental factors that may increase your risk of breast cancer. But it's not clear why some people who have no risk factors develop cancer, yet other people with risk factors never do. It's likely that breast cancer is caused by a complex interaction of your genetic makeup and your environment.

A breast cancer risk factor is anything that makes it more likely you'll get breast cancer. But having one or even several breast cancer risk factors doesn't necessarily mean you'll develop breast cancer. Many women who develop breast cancer have no known risk factors other than simply being women.

Factors that are associated with an increased risk of breast cancer include:

- Being female. Women are much more likely than men are to develop breast cancer.
- Increasing age. Your risk of breast cancer increases as you age.
- A personal history of breast conditions. If you've had a breast biopsy that found lobular carcinoma in situ (LCIS) or atypical hyperplasia of the breast, you have an increased risk of breast cancer.
- A personal history of breast cancer. If you've had breast cancer in one breast, you have an increased risk of developing cancer in the other breast.
- A family history of breast cancer. If your mother, sister or daughter was diagnosed with breast cancer, particularly at a young age, your risk of breast cancer is increased. Still, the majority of people diagnosed with breast cancer have no family history of the disease.
- Inherited genes that increase cancer risk. Certain gene mutations that increase the risk of breast cancer can be passed from parents to children. The most well-known gene mutations are referred to as BRCA1 and BRCA2. These genes can greatly increase your risk of breast cancer and other cancers, but they don't make cancer inevitable.



- Radiation exposure. If you received radiation treatments to your chest as a child or young adult, your risk of breast cancer is increased.
- Obesity. Being obese increases your risk of breast cancer.
- Beginning your period at a younger age. Beginning your period before age 12 increases your risk of breast cancer.
- Beginning menopause at an older age. If you began menopause at an older age, you're more likely to develop breast cancer.
- Having your first child at an older age. Women who give birth to their first child after age 30 may have an increased risk of breast cancer.
- Having never been pregnant. Women who have never been pregnant have a greater risk of breast cancer than do women who have had one or more pregnancies.
- Postmenopausal hormone therapy. Women who take hormone therapy medications that combine estrogen and progesterone to treat the signs and symptoms of menopause have an increased risk of breast cancer. The risk of breast cancer decreases when women stop taking these medications.
- Drinking alcohol. Drinking alcohol increases the risk of breast cancer.

Making changes in your daily life may help reduce your risk of breast cancer. Try to:

- Ask your doctor about breast cancer screening. Discuss with your doctor when to begin breast cancer screening exams and tests, such as clinical breast exams and mammograms.
- Talk to your doctor about the benefits and risks of screening. Together, you can decide what breast cancer screening strategies are right for you.
- Become familiar with your breasts through breast self-exam for breast awareness. Women may choose to become familiar with their breasts by occasionally inspecting their breasts during a breast self-exam for breast awareness. If there is a new change, lumps or other unusual signs in your breasts, talk to your doctor promptly.
- Breast awareness can't prevent breast cancer, but it may help you to better understand the normal changes that your breasts undergo and identify any unusual signs and symptoms.
- Drink alcohol in moderation, if at all. Limit the amount of alcohol you drink to no more than one drink a day, if you choose to drink.
- Exercise most days of the week. Aim for at least 30 minutes of exercise on most days of the week. If you haven't been active lately, ask your doctor whether it's OK and start slowly.
- Limit postmenopausal hormone therapy. Combination hormone therapy may increase the risk of breast cancer. Talk with your doctor about the benefits and risks of hormone therapy.
- Some women experience bothersome signs and symptoms during menopause and, for these women, the increased risk of breast cancer may be acceptable in order to relieve menopause signs and symptoms.
- To reduce the risk of breast cancer, use the lowest dose of hormone therapy possible for the shortest amount of time.
- Maintain a healthy weight. If your weight is healthy, work to maintain that weight. If you need to lose weight, ask your doctor about healthy strategies to accomplish this. Reduce the number of calories you eat each day and slowly increase the amount of exercise.
- Choose a healthy diet. Women who eat a Mediterranean diet supplemented with extra-virgin olive oil and mixed nuts may have a reduced risk of breast cancer. The Mediterranean diet focuses mostly on plant-based foods, such as fruits and vegetables, whole grains, legumes, and nuts. People who follow the Mediterranean diet choose healthy fats, such as olive oil, over butter and fish instead of red meat.



15 FOODS THAT CANCER PATIENTS SHOULD HAVE ON HAND

Smoothies



Bread/
Crackers



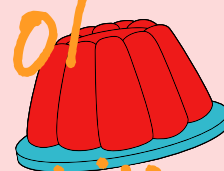
Bananas



Yogurt



Jello/
Gelatin



Avocados



Cottage
cheese



Oatmeal



Nuts &
Seeds



Apple Sauce



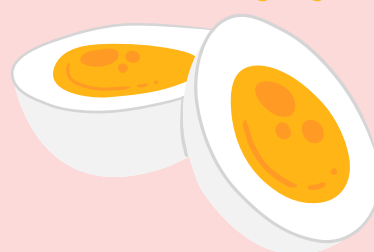
Hummus



Teas
(Ginger, Chamomile,
Peppermint)



Eggs



Broths/
Soups



Popsicles



Taken from <https://www.nationalbreastcancer.org/blog/15-foods-to-keep-stocked-when-facing-cancer/>

BOO!

How to Have a Healthy Halloween



Too much Halloween candy got you spooked? Try some of these healthy tips for party snacks and trick-or-treats. Ideas so good, it's scary!

Curb the Candy Craze

The kids look adorable in their costumes and are counting down the days until October 31! Are you ready for the sugar rush? With a little creativity, you can find fun ways to include some healthy options in the mix, whether you're having a party with friends or trick-or-treating in the neighborhood.

Try these tips to make your Halloween festivities a little healthier for your family, party guests and trick-or-treaters.

For the Trick-or-Treater

- Fill up first. What kid doesn't want to eat their favorite candy right when it goes into their trick-or-treat bag? Having a healthy meal BEFORE your kids go trick-or-treating can reduce their temptation to snack while walking or to overindulge, because their tummies will be full.
- Bag the monster bag. Choose or make a smaller collection container for your child and steer clear of the pillow case method. If you encourage kids to only take one piece of candy from each house, they'll be able to visit more houses in the neighborhood.
- Get moving. Get some exercise by making Halloween a fun family activity. Walk instead of driving kids house to house. Set a goal of how many houses or streets you'll visit, or compete in teams to do as many as you can. Bring a bottle of water and a flashlight, and wear comfortable shoes for walking.
- Look before you eat. Check expiration dates and inspect all edibles before allowing children to eat them. Don't let children eat anything with questionable or unknown ingredients, especially if they have food allergies.
- Have a plan. Halloween, and Eat Smart Month in November, can be a great time to talk with kids about moderation and making smart eating choices. Plan in advance how much candy they'll be allowed to take at each house, keep, and eat. If they're old enough, let them help decide what to do with excess candy. See our suggestions later on in this article.

For the Party Host

- Up the fright factor. Serve healthy snacks dressed up in the Halloween theme. There are lots of creative ideas being shared online at this time of year, like banana ghosts, apple monster mouths, carrot witch fingers, and candy-corn-colored fruit popsicles or parfaits!
- Play with food. Incorporate healthy foods into party activities, such as decorating oranges like Jack-O-Lanterns and bobbing for apples.
- Keep 'em on their feet. Include plenty of physical activities, like a zombie dance party, three-legged monster race, spider crawl, or pumpkin toss.
- Rethink the drink. Don't forget that cutting back on sugary treats includes soda and sugar-sweetened beverages. Offer water, unsweetened tea, 100% juice, or fat-free/low-fat milk instead. Make a Halloween-themed punch from sparkling water and a splash of 100% orange juice, garnished with plenty of orange slices and black grapes or blackberries.

For the Stay-At-Home Crew

- No self-service. Hand out treats to each trick-or-treater – one per child – instead of letting them decide how much to take. If you have more than one item, ask them to choose which they prefer. This can help you get control of your Halloween budget, too!
- Avoid the whole mess. Want to avoid candy altogether, not to mention masses of kids at your door? Dress your family up in costumes and go see a movie or deliver healthy Halloween treats to your local police or fire station, nursing home, or children's hospital.
- Be that house. You don't have to pass out candy on Halloween. Start a new tradition and give out healthier treats or non-edible items. Don't worry, we're not talking about toothbrushes! Get creative, and keep it colorful and kid-friendly. Here are some ideas.



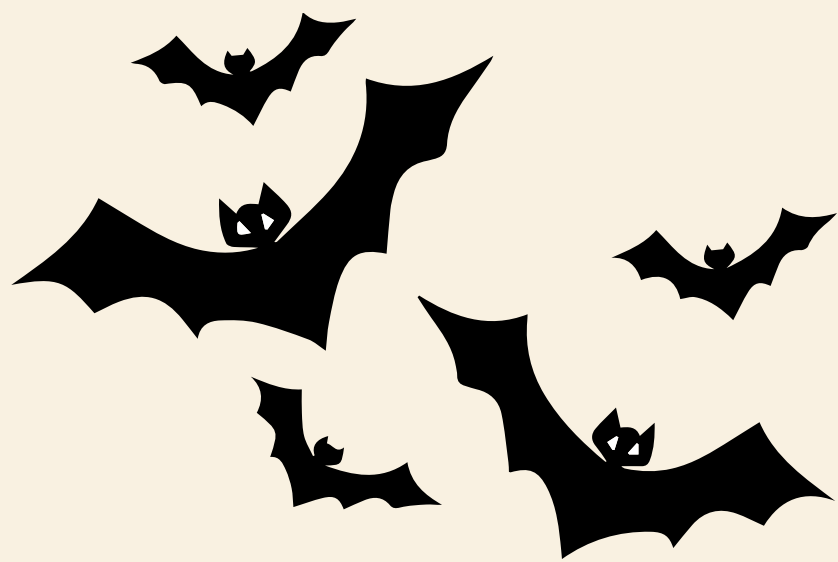
MUAAHAA!

Healthier Treats:

- Clementines, blood oranges, or oranges decorated like Jack-O-Lanterns (with non-toxic ink)
- 100% juice boxes or pouches
- Snack-sized packages of pretzels, popcorn, graham crackers, dried fruit or vegetables, trail mix, nuts, or pumpkin seeds
- 100% real fruit strips, ropes or leathers
- Squeezable yogurt tubes or pouches
- Single-serving containers of mandarin oranges
- Sugar-free gum

Non-edible items:

- Glow sticks or small glow-in-the-dark toys
- Bouncy balls
- Mini plush toys and wind-up toys
- Crayons and coloring books (or intricate coloring pages for older kids)
- Stickers or stamps
- Temporary tattoos
- Bubble makers
- Spider rings or vampire teeth
- Slime, putty or squishy toys
- Friendship bracelets



Be careful to avoid giving very small items that could be a choking hazard to little ones.

What to Do with Excess Candy

- Afraid you’ll be dealing with an excess of Halloween treats until long after Valentine’s Day? Here are some ideas for enjoying the evening’s haul responsibly and getting rid of leftover candy: Let each child keep enough candy to have one or two pieces a day for one or two weeks (long enough for the excitement to wane). Throw away, donate or re-purpose the rest.
- When your child asks for a piece of candy, pair it with a healthy snack: an apple, a banana, some nuts, or celery with peanut butter.
- “Buy back” candy from your child with money or tokens they can trade in for a fun activity: a day at the zoo, an afternoon playing at the park, going ice skating, or a day at the pool.
- Some dentists’ offices have buy-back or trade-in programs, too.
- Save it for holiday baking.
- Save it to fill the piñata at the next birthday celebration or give out with Valentine cards.
- Use it in an arts and crafts project or to decorate a holiday gingerbread house.
- Donate excess candy to a homeless shelter, children’s hospital, or care package program for troops overseas. A familiar sweet treat from home can be comforting at the holidays.



Have no fear – you got this! Let’s make Halloween fun, spooky, and a little healthier, too.

Your mental health matters

Symptoms of Depression

Depression is a serious mental health condition that affects people from all walks of life. If you have symptoms, please seek help as there are many treatment options available.

Seasonal affective disorder is depression that comes and goes with the seasons, with symptoms typically starting in the late fall and early winter and going away during the spring and summer.



Persistent depressive disorder (also called dysthymia or dysthymic disorder) consists of less severe symptoms of depression that last much longer, usually for at least 2 years.



Perinatal depression is depression that occurs during or after pregnancy. Depression that begins during pregnancy is prenatal depression and depression that begins after the baby is born is postpartum depression.



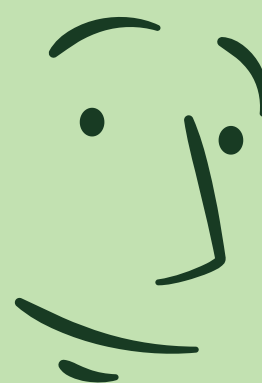
Major depression includes symptoms of depressed mood or loss of interest, most of the time for at least 2 weeks, that interfere with daily activities.

Depression with symptoms of **psychosis** is a severe form of depression in which a person experiences psychosis symptoms, such as delusions (disturbing, false fixed beliefs) or hallucinations (hearing or seeing things others do not hear or see).



Depression can affect people of all ages, races, ethnicities, and genders.

Women are diagnosed with depression more often than men, but men can also be depressed. Because men may be less likely to recognize, talk about, and seek help for their feelings or emotional problems, they are at greater risk of depression symptoms being undiagnosed or undertreated.



For more information, please visit:
<https://www.nimh.nih.gov/health/topics/depression>

October Self-Care

Whether we're in a funk or feeling like it's more than a funk, taking care of ourselves helps give perspective and offers a break from being stuck inside our heads.

Do something
creative

Moisturize your skin

Go hiking

Prioritize sleep

Drink enough water

Enjoy a quiet
moment

Set a new goal

Have a cozy
night in

Go somewhere new

Clean out your pantry

Donate something
you don't use

Call a friend

Add something
nice to your
routine

Read

Light a candle

Do something you've been
putting off

Put on comfy PJs

Share a hug

Have a movie marathon

Journal

Declutter your wardrobe

Look at the stars

Go on an outing

Bake cookies

Make an autumn playlist

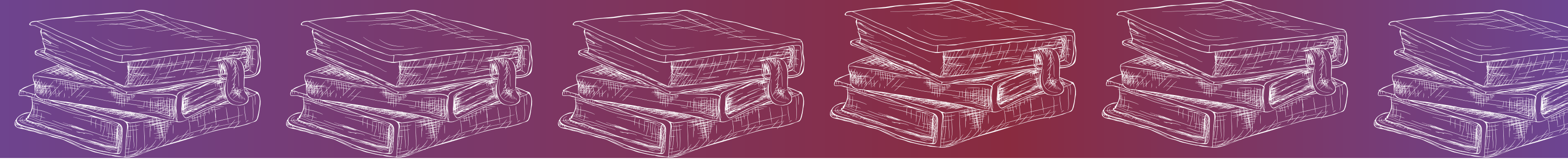
Face a fear

Make a hearty soup

Visit a museum

Be present

Drink something warm



HOW TO OBSERVE NATIONAL BOOK MONTH

Start a new book

N

One of the best ways to celebrate National Book Month is by opening a book you've never read before. It may be your 20th of the year, or your first. Either way, you're embracing what this month is all about.

A

Share an old book

There are so many powerful, funny, touching and life-changing books out there. Take one of your favorites and share it with someone.

T

Post on social media

Use #NationalBookMonth to let your friends and followers know what you're up to this month. Tell them what you're reading and why, and encourage them to do the same!

I

WHY NATIONAL BOOK MONTH IS IMPORTANT

It encourages reading

The ultimate goal of National Book Month is to encourage reading — an activity with many proven benefits. Reading can help anyone develop better vocabulary, improve memory, expand knowledge, and lower stress.

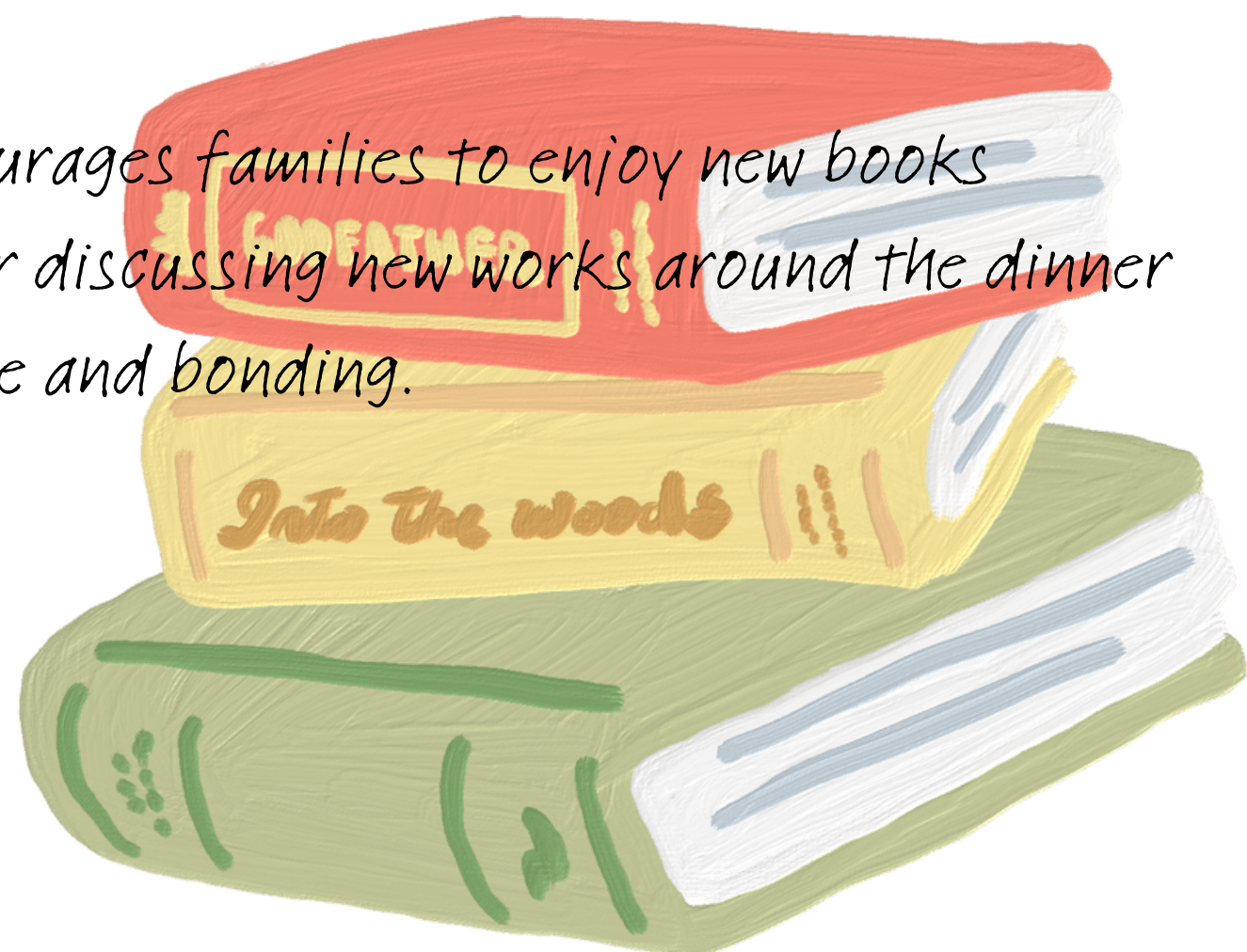
It honors the greatest

National Book Month helps recognize the greatest books and authors, which in turn gives young children diverse role models. It's important to show young people that literature and authors are still relevant and important.

It encourages family time

National Book Month encourages families to enjoy new books together. Reading aloud or discussing new works around the dinner table supports family time and bonding.

"A great way to celebrate national book month is to stop by your local library to see what they have to offer. For instance this month we are bringing awareness to the solar eclipse event by giving away free solar eclipse glasses. There is always something interesting to discover at your local library."
—Jennifer Dudley-Muniz, Head Librarian at Pearsall Library



BOOK

N

A

L

Month

RECIPES TO TRY

PUMPKIN CHILI



- 1 tablespoon olive oil
- 1 cup yellow onion chopped
- 1 cup green bell pepper chopped
- 1/2 cup jalapeno seeded & chopped
- 1 tablespoon garlic minced
- 1 pound extra lean ground beef
- 1 14.5 oz can diced tomatoes with the liquid
- 1 cup water
- 1 15 oz can pumpkin puree
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 15 oz can kidney beans rinsed and drained

1. Wash your hands and clean your preparation area.
2. Heat oil in a large pot over medium high heat.
3. Add onion, bell pepper, jalapeños and garlic and cook, stirring frequently, until tender.
4. Add lean beef and cook until browned.
5. Add diced tomatoes, pumpkin puree, water, chili powder, cumin, and bring to a boil.
6. Reduce heat to medium low and add beans.
7. Cover and simmer, stirring occasionally, for 30 minutes more. Ladle chili into bowls and serve.

QUINOA BUTTERNUT SQUASH BAKE



- 1 pounds ground turkey fat free
- 6 cups butternut squash (about 2 whole squash) cubed
- 1 tablepoons extra virgin olive oil
- 3/4 cup dry quinoa
- 5 cups spinach leaves
- 2 cloves garlic minced
- 2 teaspoon Italian seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/4 cup grated Parmesan cheese reduced fat
- 1/3 cup dried cranberries

1. Start with a clean prep area and washed hands.
2. Preheat oven to 350 degrees.
3. Cook ground turkey in a skillet on medium heat until done.
4. On a separate burner, cook quinoa according to the package instructions.
5. In a separate bowl, combine butternut squash, olive oil, spinach, garlic, Italian seasoning, salt, and ground pepper to a bowl.
6. Once ground turkey and quinoa are finished, add both ingredients to butternut squash mixture.
7. Place in oven safe pan and bake for 55 minutes.
8. Top dish with parmesan cheese and cranberries.

PUMPKIN NUT MUFFINS



- 13.5 ounce french vanilla cake mix
- 2.5 cups pumpkin puree
- 2 teaspoons pumpkin pie spice
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 4 tablespoons chia seeds
- 1.5 cups pecan pieces

1. Preheat oven to 350 degrees.
2. In a large bowl, combine the vanilla cake mix, pumpkin puree, pie spice, cinnamon, and vanilla extract until thoroughly combined.
3. Stir in the chia seeds and pecan pieces.
4. Line a muffin tin with liners and distribute evenly across 22 muffin wells.
5. Bake for 15-18 minutes

ROASTED GARLIC & GORGONZOLA DIP



- 2 1/2 cups nonfat plain Greek yogurt
- 4 heads of garlic
- 4 tablespoons olive oil
- 1/4 teaspoon black pepper fresh cracked
- 1/2 teaspoon fresh rosemary minced
- 4 ounces gorgonzola cheese

1. Preheat oven to 400 degrees. Cut 3 squares of aluminum foil.
2. Cut the tops off the garlic heads from the papery pointed end, and cut enough to expose the tops of the garlic cloves, about 1/2 an inch.
3. Place each cut garlic clove inside the aluminum foil square and begin to bunch up the foil to create a casing for the cloves. On each head, drizzle 1 tablespoon of olive oil. Combine the pepper and rosemary and sprinkle the spices evenly over the 3 garlic heads.
4. Close the foil to create a packet and bake in the oven for 35-40 minutes.
5. Remove garlic heads from the oven and open the foil packets, let cool just enough to handle.
6. On a cutting board or in a bowl, squeeze all of the garlic cloves out of their roasted casings and mash with a fork to create a rough paste.
7. In a bowl, combine the Greek yogurt, the gorgonzola cheese, and the garlic, and combine well. Use a blender, food processor or hand blender if a smoother texture is preferred.
8. Serve with fresh-cut vegetables such as bell pepper slices, celery, carrots, pita chips, or similar*.

Fall Gardening: October Checklist

It's October, and I don't care where you live, it's fall. We might still be experiencing 80+ degrees, but hey, the mornings are cooler, right? And those cooler mornings make gardening even more enjoyable — which is perfect timing, as October is a huge garden month. So grab your Pumpkin Spice latte and go get some gardening done!

Plan

Now's the time to take a final inventory of this year's garden. Did you plant too much of something? Was a new variety a winner for you? What bombed? Why did it bomb? What veggie did your family absolutely love? Make notes in your garden journal and refer to them next year.

Prepare & Maintain

Collect leaves for composting and mulching — ask your neighbors for theirs! Take a garden inventory and notice where your soil is bare; you'll want to cover that up with mulch to avoid winter weeds from germinating. If you sowed seeds of carrots, beets, greens, or lettuce last month, go ahead and thin them out now. Gardeners in cooler climates can mulch strawberries and asparagus.

Sow & Plant Indoors

Start cool weather veggie seeds for transplanting:

- Broccoli
- Cabbage
- Cauliflower
- Kale
- Lettuce
- Peas
- Swiss Chard

Sow & Plant Outdoors

Plant garlic, leeks, onions, and shallots. Also sow seeds of beets, carrots, mustard, turnips, spinach, lettuce, Chinese cabbage, radishes, and bok choy. Set out strawberry plants. Plant trees and shrubs. Make a final planting of tomatoes, peppers, and eggplant.



Get Healthy Cenla 🧛🏻 October Challenge Calendar 2023

Eat 5 servings of fruits and vegetables every day.

Get 30 min. of moderate physical activity 5 days a week.

See exercise and nutrition challenges on the Foundation's Facebook, Twitter, YouTube, Pinterest and Instagram pages.

rapidest foundation . org

Scary SUNDAY	Monster MONDAY	Thriller TUESDAY	Witchy WEDNESDAY	Trick or Treat THURSDAY	Freaky FRIDAY	Spooky SATURDAY
1 Sundays are great for family meals. Prep the night before to save time. Football Challenge: 30-second plank for every TOUCHDOWN 1	2 Our family meal will be at _____ this week. LEG STRENGTH: 10 Lunges 10 Squats 10 Heel Raises 2	3 Try lean meats, nuts/seeds, or lentils for healthy protein options. 3	4 Tonight's dinner question: "How did you show kindness today?" ARM STRENGTH: Wall Pushups & Floor Dips - 10 reps x 2 sets 4	5 Always fill up 1/2 the plate with fruits & veggies. 5	6 Pack a picnic for lunch with co-workers today! FULL BODY: 15 Squat Press 15 Glute Bridges 5 Burpees 40-second Plank 6	7 Let the kids pick a new vegetable to try next week. Football Challenge: 10 pushups for every FIELD GOAL 7
8 Text co-workers to join you in bringing lunch every day this week. Football Challenge: 10 pushups for every FIELD GOAL 8	9 Our family meal will be at _____ this week. LEG STRENGTH: 15 Lunges 15 Squats 15 Heel Raises 9	10 Keep easy meal ingredients on hand for quick meals. 10	11 Replace processed boxed meals with home-cooked meals. ARM STRENGTH: Wall Pushups & Floor Dips - 15 reps x 2 sets 11	12 Tonight's dinner question: "What's one thing you are thankful for today?" 12	13 Eat a healthy afternoon snack to curb the appetite before supper. FULL BODY: 15 Squat Press 15 Glute Bridges 10 Burpees 50-second Plank 13	14 Plan a balanced breakfast around the table after a busy week. Football Challenge: 20 crunches for every TOUCHDOWN 14
15 Meal plan ahead to enjoy at least 1 meal together each day this week. Football Challenge: 20 crunches for every TOUCHDOWN 15	16 Our family meal will be at _____ this week. LEG STRENGTH: 20 Lunges 20 Squats 20 Heel Raises 16	17 Tonight's dinner question: "What was your favorite part of the day?" 17	18 Aim for 3 cups of non-starchy veggies today. ARM STRENGTH: Wall Pushups & Floor Dips - 20 reps x 2 sets 18	19 Let the kids pick their own healthy after-school snack. 19	20 Fun Meal: Make homemade pizzas together tonight! Try extra veggies! FULL BODY: 20 Squat Press 20 Glute Bridges 10 Burpees 60-second Plank 20	21 Plan your grocery shopping with a meal plan & list before going. Football Challenge: 10 squats for every FIELD GOAL 21
22 Get the kids in the kitchen to help make breakfast. Football Challenge: 10 squats for every FIELD GOAL 22	23 Our family meal will be at _____ this week. LEG STRENGTH: 25 Lunges 25 Squats 25 Heel Raises 23	24 Use the Crockpot/Instantpot to get your meals on the table faster. 24	25 Have a lunch potluck today at the office! ARM STRENGTH: Wall Pushups & Floor Dips - 25 reps x 2 sets 25	26 Avoid processed snacks; choose nuts, yogurt, fruit, veggies. 26	27 Tonight's dinner topic: "Name 3 things that you are grateful for." FULL BODY: 20 Squat Press 20 Glute Bridges 15 Burpees 70-second Plank 27	28 Proper hydration is challenging on weekends. Aim for 64 oz. of water today! Football Challenge: Walk in place during COMMERCIAL BREAKS 28
29 No electronics at the dinner table this week. Football Challenge: Walk in place during COMMERCIAL BREAKS 29	30 Our family meal will be at _____ this week. LEG STRENGTH: 30 Lunges 30 Squats 30 Heel Raises 30	31 Happy Halloween! Limit candy to 1-2 small pieces of your favorite and enjoy! 31	<p>October is National Eat Together, Eat Better Month. Research shows eating meals together teaches kids healthier eating habits, improves social skills, creates stronger family communication and can reduce risky behaviors in kids. Eating meals together improves morale among co-workers making for a healthier work environment. We challenge you to eat one meal a day together with family, friends or co-workers and create healthier habits all around. Complete our Weekend Football Challenge too. The challenge exercises are for every game you watch - don't forget Monday night games, too!</p>			

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SOCKTOBER

Each night in the United States, an estimated 600,000 people live on the streets. This October, we want 2 million people to show that even a small act of love, such as donating a pair of socks, can make a big difference in the lives of our neighbors who are homeless.

It all started with a silly idea: Socks + October = Socktober!

In October 2011, creator Brad Montague realized there was a large homeless population in his hometown, and he wanted to do something about it. While researching the needs of the homeless community, he learned that socks are the items least donated to homeless shelters. So Brad took action. He began to film himself wishing people “Happy Socktober!” as he gave out pairs of socks on the streets, and he posted these videos on social media.

Word got around about these videos, and people wanted to know how they could help. So in a stroke of genius, Brad created a Socktober rap that could be purchased for a \$5 donation to The Van, a group that drives a van around Arkansas to deliver necessities, including socks, to those in need.

Since then, Socktober has exploded! Kids and adults around the world have started their own sock drives to benefit their local homeless shelters. In 2013, Socktober teamed up with Kid President to spread the word and encourage more people to participate. Last year, participants on all seven continents donated pairs of socks!

Want to get involved?

Go to <https://www.happysocktober.com/get-started>




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