



Winter 2016

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Flu and Cold Season

Scurry County Family and Consumer Sciences is part of the Texas A&M AgriLife Extension Service, Texas A&M System. AgriLife Extension offers practical information for families; raising children, housing and environment, eating well, managing money and staying healthy.

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A Taste of Scurry County Extension

*Scurry County Family & Consumer Science
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Wrapping Up Winter

Winter time is rapidly coming to an end and springtime is upon us. Did you hear the thunder this week? You know what this means. Thunder in February means a freeze

in April. Whether we have another freeze or not, we are still dealing with the effects of wintertime and cold and flu season. The flu and other illnesses have definitely had an effect on our community this past month. I encourage you to take extra precautions to stay well.

It is also a great time to make changes to your lifestyle to improve your overall health. By taking one step at a time, you can improve your health and reap the benefits of feeling better. Wishing you and your family good health in the months to come.

Heart to Heart: What is Your “Heart” Age

Your heart is the same age as you are correct? You might think again. According to a recent report published by the Centers for Disease Control and Prevention, 3 out of 4 U.S. adult’s heart age is older than their actual chronological age. The study has shown that 1 out of 2 men and 2 out of 5 women have a heart that is 5 years older than their actual age. The average is 7 years older.

How does your heart become older than you? Heart age is the

calculated age of a person’s cardiovascular system based on risk factors such as:

- High Blood Pressure
- Cigarette Smoking
- Diabetes Status
- Body Mass -which indicates obesity

These factors all contribute to “aging” of the heart which lead to greater risk of heart attack or stroke.

February is American Heart Month. Start taking steps this month to make your heart “young” again.

Young Heart Prescription:

- * Get 150 minutes moderate intensity exercise weekly.
- * Maintain a healthy weight.
- * Eat a healthy diet.
- * Control blood pressure.
- * Manage your cholesterol.
- * Manage diabetes.
- * Get help to quit smoking and avoid secondhand smoke.

For more information visit: www.heart.org.

Shaping Up Your Budget in the Kitchen

When we hear the term, “Shape Up”, we normally think of exercise and getting in better health. Instead of thinking in terms of physical health and wellness, let’s take a look at our finances. Monthly spending at the grocery store can add up fast if you are not careful to plan ahead. However, if you take the time to inventory what you have on hand, look at the store ads and plan meals, you can cut unnecessary spending. It’s all about the planning. Let’s take a look at how you can cook for your family with things you already have on hand. Instead of throwing out leftovers, expired items and ruined produce, get creative and turn them into something your family can enjoy and save those \$\$\$\$. You might be surprised at how many meals you can prepare without going to the grocery store. Of course, check expiration dates and only use food that is still safe to eat. You do not want to make your family sick by trying to save a dollar.

Freezer Foods

Take a look inside your freezer to see what can be used for your next meal and plan your meals around those items. Left over vegetables can easily be turned into a soup or stew. When cooking a whole chicken in water, freeze unused chicken broth for use at a later meal. This can be used in rice, soups and other casseroles.

Pantry Items

Biscuit mixes are handy and convenient when putting together a meal. They can be used for your standard biscuit, pot pies, quiches and in many other recipes. And who says breakfast can only be eaten in the morning? A meal with pancakes at night is a great change up from the traditional meal.

POTATO CRUSTED BEEF PIE

3 c. roast or beef cut into cubes
1 c. frozen peas and carrots
1 c. pre-made gravy

3 c. left-over mashed potatoes
1/4 c. or so melted butter

Cut beef or roast into bite size pieces and remove any gristle or fat. Add the beef to a large bowl. Microwave the gravy for a couple of minutes to loosen it up if necessary or heat on stovetop. Add the gravy to the beef along with the frozen vegetables and mix well. Pour that mixture into your baking dish and top with an even layer of mashed potatoes. Melt some butter and drizzle over the top. Bake at 350 degrees for about 30 minutes.

* Great meal to make with leftovers from a slow cooked pot roast with vegetables and gravy.

CHICKEN

Use in soups, potpies, casseroles, salads enchiladas, sandwiches or quesadillas.

BEEF

Use leftover roast in quesadillas, Sheppard's pie, fajitas or French onion sandwiches. Use leftover hamburger meat in spaghetti, soup, casseroles or sloppy joes.



FRUITS

Blend fruit and use as pancake topping, use to make muffins or quick bread or use in a smoothies.

VEGETABLES

Use in a quiche, omelet, fritter, casserole, soup or potpie. Vegetables such as sweet potatoes and pumpkin can be used in quick breads and muffins.



GRAINS

Use dried-out bread, rolls or hamburger buns to make bread pudding. Cube and toast the bread in the oven to make salad croutons or bread crumbs to top a casserole.

RICE

Use rice to make rice pudding, fried rice. Add to meatballs or omelet.



HANDY SUBSTITUTIONS

1 c. self rising flour
1 c. cake flour
1 c. all-purpose flour
1 t. baking powder
1 T. cornstarch
1 T. tapioca

2 large eggs
1 egg
1 egg
8 oz. sour cream
1 c. yogurt
1 c. buttermilk
1 c. fresh milk
1 c. honey
1 oz. unsweetened chocolate
1 t. dry mustard

1 c. all-purpose flour plus 1 t. baking powder and 1/2 t. salt
1 c. sifted all-purpose flour minus 2 T.
1 c. cake flour plus 2 T.
1/2 t. cream of tartar plus 1/4 t. baking soda
2 T. all-purpose flour
1 1/2 T. all-purpose flour

3 small eggs
2 egg yolks (for custard)
2 egg yolks plus 1 T. water (for cookies)
1 T. lemon juice plus evaporated milk to equal 1 c.
1 c. buttermilk or sour cream
1 T. vinegar or lemon juice plus sweet milk to equal 1 c.
1/2 c. evaporated milk plus 1/2 c. water
1 1/4 c. sugar plus 1/4 c. water
3 T. cocoa plus 1 T. butter or margarine
1 T. prepared mustard



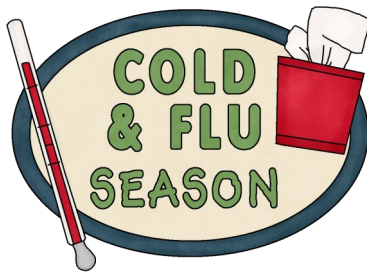
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Flu season has definitely taken a toll on residents in Scurry County the past few weeks. The flu and many other illnesses have run rampant this season. The flu and other virus can spread quickly however there are steps you can take to help slow the spread of germs.

According to the Centers for Disease Control (CDC), studies have shown the flu virus can live and potentially infect a person 2 to 8 hours after being deposited

on a surface. Routine cleaning of surfaces can help reduce the spread of the flu as well as proper and frequent hand washing.

Other good preventive actions are:

- If you are sick with flu-like illness, the CDC recommends you stay home at least 24 hours after fever is gone. This is **WITHOUT** the use of fever-reducing medicine.
- While sick, limit contact with others as much as possible.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw away after use.
- Avoid touching your eyes,

nose and mouth. This is how germs spread.

- Clean and disinfect surfaces or objects that may be contaminated with germs.
- Avoid close contact with sick people.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Homemade Disinfectant
1 tablespoon Bleach
4 cups water
Clean surface with household cleaner. Mix bleach with water and spray on surface. Let stand 3-5 minutes and rinse with clean water.