

PANHANDLE PATH TO HEALTHY LIVING



January 2022

New Year, New You!!

It's time for New Year's resolutions. Making behavioral changes is one of the toughest things a person can do. Breaking old patterns and creating new, healthy habits take time and dedication. This year, let's prepare for the new year by setting *NEW YEAR NEW YOU GOALS* that are meaningful and realistic!

Be specific and realistic about your 2022 New Year goals: It's natural to want to start a new year by changing everything. But you'll have better success if you limit the number of New Year's resolutions you make. By being specific about your wellness goals and realistic about what you hope to achieve, you can focus on measurable, attainable results.

Don't punish yourself for not being perfect. Don't punish yourself if you're having a hard time establishing new health goals. Studies show that people who are self-compassionate are actually more motivated to improve themselves. Be gentle, forgive yourself, and start again.

Be grateful for each mini-goal you achieve. When it comes to new goals/resolutions, progress takes time. Focus on setting and achieving mini-goals—and when you do, take time to appreciate your hard work and dedication. Research shows that cultivating and expressing gratitude builds self-esteem and resilience—two qualities that will reinforce your progress forward.

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Path to Food Safety

How Clean is Your Refrigerator?

With the beginning of a New Year, it is a great time to clean the refrigerator! Clean your fridge regularly: The best way to keep your refrigerator from being the source of a bout with foodborne illness is to keep it clean. Two of the “germiest” areas in the kitchen have been found to be the meat and vegetable bins in the home refrigerator. A least weekly—go through your fridge and throw out any perishable foods that are past their prime. Check dates on milk, yogurt and soft cheeses. Toss anything that is moldy, slimy, or just looks or smells spoiled. Take a look at your leftovers: generally, leftovers should be kept no longer than 3-5 days. Throw out those that have been there too long. A thorough, deep cleaning should be done monthly.

HOW TO DEEP CLEAN YOUR FRIDGE

WITH THESE SIMPLE STEPS

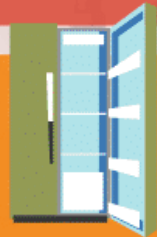


PREPARATION AND CLEANING

Remove everything from your fridge and freezer

REMOVE WHAT YOU CAN

Take out any shelves, drawers, and other detachable parts that can be cleaned separately and replaced

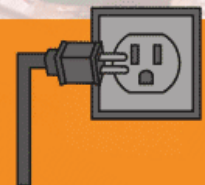


WASH THE REMOVABLE PARTS

Using hot water and regular dish detergent, wash all of the drawers and shelves that were removed

IMPORTANT: ALWAYS UNPLUG APPLIANCES

To protect yourself from the risk of electric shock and protect the appliance from damage



MAINTENANCE IS KEY

Keep it clean on a regular basis: regular wipe-downs and by getting rid of food before it spoils

Path to Declutter

The Benefits of Decluttering Your Life

There are many benefits to owning fewer possessions. Even then, it's tough to move into action. That is... until the many benefits of getting rid of clutter reveal themselves:



Less to clean. Cleaning is already enough of a chore, less things to clean!

Less to organize. Finding things suddenly become easier. Things don't just "disappear" anymore. You can actually move around your home and enjoy the space, instead of moving around things that are in the way.

Less stress. Looking around at the clutter is a stressful sight. Wouldn't it be nice to be able to look around and see a home you love?

Less debt. Spending less time shopping for material possessions and adding to the clutter means your wallet and bank accounts remain fuller, and your home doesn't get filled with costly things you don't need.

More financial freedom. Decluttering can help you build up savings to keep you protected in case of unexpected emergencies.

More energy for your greatest passions. With less debt, more financial freedom, and a clean home, you can now focus your energy on the things you enjoy!.

Use the Four-Box Method. Get four boxes and label them: trash, give away, keep, or re-locate. Enter any room in your home and place each item into one of the following boxes. Don't skip a single item, no matter how insignificant you may think it is. This may take



Path to Wellness

Walk Across Texas Power of Walking Path to 10,000 steps a day!

- 10,000 steps a day, over the course of 100 days, can have a positive impact on mental wellbeing, weight loss, blood pressure and cardiovascular health.

Millions of people experience stress every day – but now we know there is a way to combat the lasting negative impacts by simply moving more.



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**WALK
ACROSS TEXAS!**
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Family & Community Health

MEET THE AGENT



Hey y'all, my name is Chelsey Rash!

I grew up in the small town of San Jon, NM where everything revolved around sports, FFA, church and being a part of the family farm. I received a Bachelors of Science from Eastern New Mexico University in 2015 with the dream of becoming an agent for the extension service. Throughout school I worked in a blue corn seed pant office, I spent five years in the food service industry and two years at the child development center on campus. Following graduation, I have spent the last seven years as the Family and Community Health/4-H Agent for Oldham County. Currently, I live in Bushland with my husband Jeremy who is an ICU nurse at BSA.

Today I hold a strong sense of beliefs and values that are a reflection of my small town upbringing and career experience. I believe that being a County Extension Agent requires the desire to serve others diligently. Family and Consumer Sciences offers a diversified position on the industry that is the people; whether urban or rural, it serves as a connection for educating the general public on essential elements that make individuals or households capable and dynamic. I am excited to join the Randall County Extension team as the new Family & Community Health Agent and serve others by delivering relevant education and practical resources.

Outside of work I am always looking for a fun and creative outlet. I enjoy hosting family events or joining in on an adventure like 4-wheeling or playing paintball on the ranch. I live for my recipe box that has been handed down to me from the women of my hometown. The flavors are tried and true but it's the sentimental value of collecting memories and peoples passion for serving others through their recipes that make it so special. I sincerely look forward to meeting the people and communities that make up Randall County and adding to that recipe box!

New Year New You Recipe!

Black Eyed Pea & Jalapeno Salsa

- 1 15 ½ ounce can black-eyed peas low sodium, rinsed
- ½ cup pickled jalapeño peppers chopped
- ½ cup onion chopped
- ½ cup Tomato diced
- ½ cup olive oil
- ¼ teaspoon garlic powder
- ¼ teaspoon salt & pepper



Directions

Mix the black-eyed peas, jalapeño peppers, onion, tomato and olive oil together in a bowl, add seasonings, mix well & chill 15 min. before serving with whole grain tortilla chips. Enjoy!



Black-eyed peas are more than just a lucky charm on New Year's Day! They are a bean with a pleasant aroma and distinctive taste. Black eyed peas are low in fat and a great source of potassium, iron, and fiber. Although their interesting shape, white skin, and black eye make them a household favorite at the beginning of the year,

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“Panhandle Path to Healthy Living” is a Family 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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