

PANHANDLE PATH TO HEALTHY LIVING

May 2022



Travel Relieves Stress and Boosts Mental Health

The most obvious and potentially most important health benefit of traveling is stress reduction. Traveling has the ability to take you out of your daily routine and into new surroundings and experiences and this can reset your body and mind.

Even planning a trip can have a fantastic effect on the body – it boosts happiness and feels rewarding. Not only does travel reduce stress, but it expands the mind. Meeting new people and adapting to new situations makes one more globally and culturally aware. This keeps the mind sharp, increases creativity and helps with personal growth.

With all of the excitement of a vacation, don't forget to take some necessary precautions for personal hygiene and to pack some healthy snacks for your journey!

TEXAS A&M
AGRILIFE
EXTENSION



HEALTHY SNACKS ON THE GO

Try these healthy snack ideas.

Combine fruits and veggies with dairy or proteins:

Make “ants on a log” (celery with peanut butter and raisins)

Dip vegetable “matchsticks” (thin sticks made from fresh carrots, zucchini, or bell peppers) in hummus (a dip made from chickpeas)

Top apple slices with nut butter – or try them on their own

Keep fresh fruit in a cooler in individual snack baggies. Kids will choose these if they are accessible.

Top whole-grain crackers with low-fat cheese

Mix air-popped popcorn with dried fruit and unsalted nuts for homemade trail mix – and serve with a glass of fat-free (skim) or low-fat (1%) milk

Snack healthy on the go.

Take unsalted nuts and unsweetened dried fruits

Grab fresh vegetables or fresh fruit

Pack low-fat string cheese sticks

Use small reusable containers or baggies to take snacks on the go

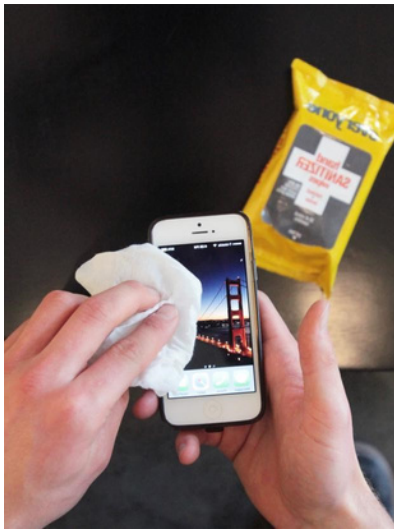
Set the rules.

Teach younger kids to ask before they help themselves to snacks

Serve snacks like pretzels or popcorn from individual serving dishes or baggies – try not to let kids snack directly out of the bag or box

Serve water or fat-free or low-fat milk instead of soda or fruit-flavored drinks

Most of the time, serve whole fruit instead of juice – when you do serve juice, make sure it’s 100% fruit juice and give kids no more than half a cup per day



SANITIZING ON THE MOVE

We are more aware of our surroundings now more than ever. We want things to be clean and germ free to prevent illness and to keep us healthy. Here are a few tips you can use while you enjoy your summer vacations or any time!

Washing your hands with soap and water should always be your first option. Stash a pack of hand sanitizing wipes in your bag. Not only are they great for cleaning hands, they can also be used to wipe down airplane tray tables and arm rests, hotel door knobs and remotes, and cell phones, too. You can also carry hand sanitizer or gel in your backpack or purse. It'll come in handy after using public transportation (and) can double as a room spray to freshen up rental cars or hotel rooms. You can also clean your hands with it after you've punched the buttons on an ATM or elevator. To use the gel, just squeeze the recommended amount into your palm and rub your hands together, making sure you spread the gel between your fingers and on the backs of your hands. The gel or spray will quickly air-dry.



Wear Your Shoes

Obviously, you can't disinfect the hotel carpet, although it probably needs it. Just don't walk on it barefoot. Bring slippers to pad about your room, and flip flops or water shoes to wear in the shower.



Disinfect Surfaces

Studies have shown that some 81 percent of hotel room surfaces contain fecal bacteria. Other things, like airplane seat covers and the tray tables in the coach section, may not get daily cleanings. Disinfecting wipes can be used to clean door handles, bathroom countertops, sink and shower faucets, toilet flushers and more, killing up to 99.9 percent of germs, and up to 99.9 percent of viruses and bacteria. Just don't use them for personal cleaning; they're not meant to use on your skin.

Banish The Bedspread

Back to that hotel bedspread: since spreads and other large bed covers aren't cleaned frequently, just fold them and put them aside. While you're at it, check the sheets and mattress for stains or signs of bedbugs. You can't clean those either, but you can opt to bring your own travel sheets. Some are available as "cocoon" that you can slip into, on top of the bedding that's already there. But even your own fresh sheets won't protect you from bedbugs and other pests. You'll need to switch rooms or even hotels if they're present



COME ON OUT
ON MAY 21!

On the Square in Canyon, Tx.



2022 RANDALL COUNTY LAWN & GARDEN EXPO

Saturday, May 21st 9:00 A.M - 1:00 P.M

FREE ADMISSION | GUEST SPEAKERS
FOOD TRUCK | ASK THE EXPERTS | EXHIBIT BOOTHS
DEMONSTRATIONS & MORE

.....

SPEAKER PRESENTATIONS

Lawn chairs encouraged!

- 9:30 a.m - Lawn & Garden Care
*J.D. Ragland and Erin Jones-Gray-
Randall County Extension Agents*
- 10:00 a.m - Water Conservation
Jeff Lewter- NRCS
- 10:30 a.m - Tree Care & Maintenance
Hutch Reed- Arborlogical Inc
- 11:00 a.m - Small Acreage Maintenance
Neal Hinders- Canyon's Edge Plants
- 11:30 a.m - Plant Potting Presentation
Randall County Master Gardeners

BOOTHS

- CANYON'S EDGE PLANTS
- AMARILLO HERB SOCIETY
- TEXAS A&M FOREST SERVICE
- PIXIE HOLLOW FARM
- USDA-NRCS AND PALO DURO SWCD
- AMARILLO COLLEGE
- THE GARDENS ON ANGELUS DRIVE
- TEXAS MASTER NATURALIST
- MARIPOSA
- RANDALL COUNTY MASTER GARDENERS
- AMARILLO LAND SERVICES
- CITY OF AMARILLO - EVERY DROP COUNTS
- PALO DURO BEE CLUB

For more information or to become a vender, contact the
Texas A&M AgriLife Extension Service
Randall County Office at (806) 468-5543

MEET & GREET RECEPTION

with **Dr. Rick Avery**

Join us for a come & go event welcoming the new
Director of Texas A&M AgriLife Extension Service

THURSDAY, MAY 26 | 5 PM - 6 PM
Randall County Kuhlman Extension Center
200 N. Brown Road
Canyon, Texas



Chelsey Rash

Randall County

200 N. Brown Rd

P. 806.468.5543

“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.

Editors include: Carolyn Prill-Bennett, Chelsey Rash, Wendy Hazzard, Lizabeth Gresham, Tanya Holloway, Jill Pronger Killian, Amalia Mata, Kay Herron-Rogers, Eadie Bradford, Billie Peden, Joan Gray-Soria, Molly Forman.

HEALTHY TRAIL MIX RECIPE

1. Nuts – *Feel free to use any kind of nut here! Ideally, purchase raw nuts that haven't been coated and roasted in hydrogenated or soybean oils and salt. You're welcome to dry roast them at home for an added toastiness, but if you're a nut purist, just keep them raw.*

2. Seeds – *Don't forget about seeds! Often overlooked for the health benefits of nuts, seeds actually pack a serious nutritional punch including protein, iron, magnesium and an array of vitamins and minerals. Again, look for raw, unsalted seeds.*

3. Dried Fruit – *Because of the high sugar content in dried fruit, they're a great snack to help boost your low blood sugar after a high dose of physical activity. Be careful when picking dried fruit! Do your best to find sun dried fruit that isn't coated in sugar and is ideally unsulfured. It's more expensive, but it's worth it.*

4. Fun Stuff!– *Just because it's healthy doesn't mean you can't throw in a little fun! I'm all about balance, so feel free to add in a handful of your favorite decadent treat. Dark chocolate and popcorn are my favs so those are my go-tos but feel free to get a little crazy with some pretzels, peanut butter chips or other sweet treat.*

THE ANATOMY OF THE TRAIL MIX

