

# PANHANDLE PATH TO HEALTHY LIVING

April 2022



## The Start of a New School Year!

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The new school year is right around the corner, let's make sure to start it off right. While some believe COVID-19 was under wraps or "gone", Texas and the nation has seen a influx of active cases. As the school year starts, let's remember germs, bacteria and other viruses are still present, such as the Flu, Stomach Bugs, Covid-19, Strep throat and many other sicknesses.

To keep schools running as normal as possible it's important for us to practice basic safety precautions, like washing hands, sneezing into our elbow, and staying home if we don't feel well.

Back to school is an exciting time for parents and children, but let's not forget to prioritize our safety, as well as the safety of everyone around us.

Wishing everyone a happy and healthy school year!

Chelsey Rash



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# Path to Wellness

## Back to School Tips for a Healthy School Year

### **Wash your hands:**

The CDC recommends to wash your hands BEFORE and AFTER:

- Preparing and eating food
- Caring for someone who is sick
- Treating cuts or wounds

The CDC recommends to wash your hands AFTER:

- Blowing your nose, coughing or sneezing
- Using the toilet
- Helping child use toilet and/or changing diapers
- Touching animals/pets, feed or waste
- Touching garbage



### **How to wash your hands properly:**

1. **Wet:** Use clean, running water.
2. **Lather:** With soap can lift dirt, grease, and germs from skin.
3. **Scrub:** With soap for at least 20-seconds to provide ample coverage and duration (see below).
4. **Rinse:** Completely to get help rinse dirt, grease and germs down the sink.
5. **Dry:** Completely, as germs are transferred more easily to and from wet hands.

### **If you don't feel well, stay home!**

- Stay home, this applies to any illness. Don't go to public places, help stop the spread.
  - Keep yourself hydrated, drink lots of water.
- Rest! Make sure you are getting adequate sleep for your body to heal.
- See a doctor. Seeing a doctor will help you get the right medication your body needs to heal.
- Monitor your symptoms. If symptoms do not improve, get ahold of your doctor.



# Path to Wellness

## Back to School Tips for a Healthy School Year

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While most schools have great lunch programs, if you decide to pack a lunch follow these food safety guidelines.

### Packed Lunches

- \* Your child's lunch could include perishable items (sandwiches, fresh fruit) and shelf stable items (crackers, packaged pudding). Perishable items need to be kept chilled to reduce risk of foodborne illness.
- \* Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Blot dry with a paper towel before packing them in your child's lunch.
- \* You can prepare sandwiches or other perishable items the night before. Store lunch items in the refrigerator until your child is ready to go to school.
  - \* Insulated, soft-sided lunch totes are best for keeping perishable foods chilled. Two cold sources, such as a small frozen gel pack or frozen juice box, should be packed with perishable foods. Frozen gel packs will keep foods cold until lunchtime, but are not recommended for all day storage.
- \* Keep hot foods hot by using an insulated bottle. Fill the bottle with boiling water and let it stand for a few minutes. Empty the bottle and then fill it with piping hot food. Keep the bottle closed until lunchtime.
- \* Make sure your child knows to throw out all used food packaging and perishable leftovers. Do not reuse plastic bags as they could contaminate other foods leading to foodborne illness.
- \* Tell your child to use the refrigerator at school, if one is available. If not, make sure he or she keeps the lunch out of direct sunlight and away from radiators, baseboards and other heat sources found in the classroom.







# PRESSURE CANNER

**INTERESTED?**

**DROP OFF DURING THE  
MONTH OF AUGUST  
PICK UP ON 8/31**

# TESTING!

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*For Presto & All American Brand Canners*



Chelsey Rash

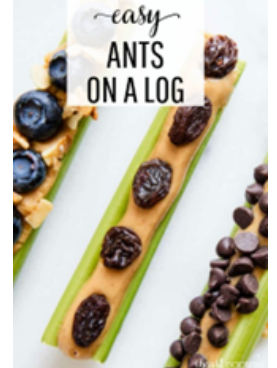
Randall County

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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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Enjoy Healthy Recipes  
[dinnertonight.tamu.edu](http://dinnertonight.tamu.edu)

## Butterfly Bites Recipe

This is a great packed lunch snack your kids will enjoy making with you!

### What you need:

- Cutting board & knife
- Measuring spoons
- Spoon & spreading knife

### Ingredients:

- 3 stalks celery
- 6 tablespoons creamy peanut butter
- 12 large twist pretzels
- 3 tablespoons raisins

### What to do:

1. Wash your hands and clean your cooking area.
2. Clean celery with vegetable brush under cool running water.
3. Cut celery in half cross wise.
4. Fill center of each celery stick with one tablespoon of peanut butter. This is the body of the butterfly
5. Add two pretzels to form the butterfly's wings.
6. Use extra pretzel pieces for antenna and raisins for decoration.

### Variation: (Ants on a Log)

1. Repeat steps 1-3 from Butterfly Bites.
2. Fill center of celery sticks with peanut butter.
3. Top with raisins.
4. Cover with plastic wrap or aluminum foil and place in refrigerator until ready to serve.