

Jefferson County

Family & Consumer Science

Newsletter

A Note from the Agent....

Well, dear friends, we are coming to the end of another year. It seems as though time is flying by much more quickly than in the past. If your year has been anything like mine, you have mixed emotions about the new year. I am sure that for some of us this year has brought challenges that we are blessed to have made it through, and I hope that you take the time to celebrate that success. Hopefully, there are many more positive life events to celebrate as well. Whatever the case may be, we must look forward to the New Year as a time to move on to bigger and/or better pursuits that will increase our knowledge and skills (professional or personal hobbies), strengthen our families, and improve our communities. Through the years, I have collected pages and pages of inspirational quotations. I would like to share a few random selections with you now (most of the authors are unknown):

- 1. Never grow a wishbone where your backbone ought to be.**
- 2. It's not enough to be good if you have the ability to be better.**
- 3. Give worshipfully, Save willingly, and Spend wisely.**
- 4. Follow the 3 Rs: Respect for self, respect for others, and responsibility for all your actions.**
- 5. Don't wait for your ship to come in, swim out to it.**
- 6. If you don't like where you are, change it! You're not a tree. (Jim Rohn)**
- 7. Things may come to those who wait, but only the things left by those who hustle! (Abe Lincoln)**
- 8. There are four steps to accomplishment: Plan purposefully, Prepare prayerfully, Proceed positively, Pursue persistently.**

And finally, my wish for you was expressed well when the author wrote:

**May there always be work for your hands to do;
May your purse always hold a coin or two;
May the sun always shine on your window pane;
May a rainbow be certain to follow each rain;
May the hand of a friend always be near you;
May your heart be filled with gladness to cheer you.**

It has been my distinct pleasure serving and working with you this year, and I look forward to helping you reach your personal and family life goals in the coming year.

Sincerely,



Barbara Evans

A Good Night's Rest Is Best

Andrew B. Crocker –

Gerontology Health Specialist



Humans devote about one-third of their lives to one activity but think little about it – until they cannot do it. This activity has a calming effect, often leaves one feeling refreshed and promotes overall wellness. What is this activity? Sleep.

Along with the physical changes that occur as we get older, changes to our sleep patterns may also occur. As people age they tend to have a harder time falling asleep and more trouble staying asleep. It is a common misconception that sleep needs decline with age; but, our sleep needs remain constant throughout life. Sleep occurs in multiple stages including dreamless periods of light and deep sleep, and occasional periods of active dreaming. The sleep cycle is repeated several times during the night. Older people spend more time in the lighter stages of sleep than in deep sleep.

Insomnia is the inability to sleep and occurs more frequently among older adults. Insomnia may create serious effects, complicating other conditions or making a person too tired to function normally during his waking hours. People with insomnia can experience excessive daytime sleepiness, difficulty concentrating and increased risk for accidents and illness. If you experience insomnia at least a few nights per week or more, it is worthwhile to speak to your health provider about your trouble sleeping and any effects your insomnia may have on your body.

Snoring, a condition that gets worse with age, is the primary cause of sleep disruption for many adults. Snoring is most commonly associated with persons who are overweight. Loud snoring is particularly serious as it can be a symptom of sleep apnea. In sleep apnea, breathing stops and the amount of oxygen in the blood drops. This alerts the brain, causing you to wake-up and resume breathing. These stoppages of breathing can occur repeatedly, causing multiple sleep disruptions throughout the night and result in excessive daytime sleepiness and impaired daytime function.

Untreated sleep apnea puts a person at risk for cardiovascular disease, headaches, memory loss and depression. If you experience snoring on a regular basis and it can be heard from another room or you have been told you stop breathing during your sleep, these are signs that you might have sleep apnea and it should be discussed with your health provider.

Certain conditions are related to increased sleep problems:

- Hypertension is associated with both snoring and sleep apnea.
- The hot flashes, changes in breathing and decreasing hormonal levels associated with menopause may lead to trouble sleeping.
- Many cancer patients experience sleep problems.
- Acid reflux may cause difficulty falling and staying asleep. Heartburn sufferers experience nighttime burn, causing discomfort and awakenings. This is more likely to occur while resting your back.
- Depression is most closely associated with insomnia and is a risk factor for having difficulty sleeping. This is especially true for those who have chronic insomnia.
- The pain and discomfort of arthritis may make it difficult to sleep through the night.

In addition, the medications used to treat these conditions and other medical conditions may adversely affect your ability to sleep.

If you experience sleep problems, think about whether your difficulty sleeping may be caused by an event or particular stress. If so, the problem may resolve in time and you need not seek treatment. Also, you may try the following to improve your sleep:

- Use your bed and bedroom for sleep only. It is best to take work materials, computers and televisions out of the sleeping environment.
- Maintain a regular bed and wake time schedule, including weekends.
- Create a good sleep environment that is dark, quiet, comfortable and cool.
- Sleep on a comfortable mattress and pillows.
- Finish eating at least two to three hours before your regular bedtime.
- Exercise regularly, completing your workout at least two hours before bedtime.
- Avoid alcohol, nicotine and caffeine – used close to bedtime, they can lead to poor sleep.

If sleep problems persist, they may be a sign of a larger issue that could adversely affect your health. See your health provider and discuss your sleep problems with him or her to try to determine

the cause of your sleep issues. Your body and mind work very hard for you and you owe both the seven to eight hours of sleep per night that they deserve.

For more information, go to The National Institute of Aging “Good Night’s Sleep” webpage at <http://www.niapublications.org/engagepages/sleep.asp> or contact your County Extension Agent



Smartphone Identity Theft

This quiz will take just a few minutes to complete, and will help you understand your level of awareness and understanding of ID theft protection as it relates to smartphone technology. Answer true or false to each question.

- | | | |
|--|------|-------|
| 1. All smartphone apps encrypt the data that you enter when using the app. | TRUE | FALSE |
| 2. Mobile phone apps can track your location. | TRUE | FALSE |
| 3. Nearly 20% of mobile apps have access to the user's address book. | TRUE | FALSE |
| 4. Smartphones are so advanced that they protect users against identity theft. | TRUE | FALSE |
| 5. Most smartphone owners use password protection, preventing anyone who finds or steals their phone from having access to the contents. | TRUE | FALSE |
| 6. Public wifi networks are as safe as using the wireless network at my home. | TRUE | FALSE |
| 7. If a site ranks highly in mobile web search results, it's safe to click on. | TRUE | FALSE |

☆ See page 7 for answers to explanations ☆



Family Dinner: It's more than meat and potatoes

Eating family dinner improves nutrition, and there is a solid link between nutrition and improved health. Nutrition is not

only related to health in the short term, such as improved immune functioning, but to long-term health as well, such as chronic disease prevention. Research demonstrates that people who eat at home more frequently have better quality diets than people who eat out frequently. When meals are eaten at home, calcium, fruit, vegetable, whole grain, and milk intakes increase. Also, soda and high-fat food consumption decreases compared to when meals are eaten away from home.

In addition to the nutritional benefits of family dinner, there are social benefits as well. When asked, children and even teens say that they enjoy family dinner. Research associates higher levels of emotional well-being and fewer inappropriate weight-control behaviors with a greater frequency of family meals. Interestingly, the benefits associated with family meals are independent of socio-economic status.

A secret to minimizing stress when it comes to planning and preparing dinner is to keep a well-stocked pantry. A well-stocked pantry may contain foods such as: dried or liquid milk; frozen, canned, or dried vegetables and fruit; rice, pasta, cornmeal, crackers, bread, or tortillas; canned or dried beans; canned tuna fish, chicken, or salmon; soup; oatmeal and/or breakfast cereal; and peanut butter and jelly. Other staples to keep on hand may include: cooking oil, eggs, cheese, flour, sugar, herbs, and spices.

Successful family dinners need to be planned. Perhaps not all family members are available at the same time due to work schedules. Nonetheless, select which days of the week most members of the family can participate in the family dinner. Start slow, but strive for at least three family dinners a week. Many of the social and health benefits of eating family dinners can be seen when families have at least three family dinners a week.

When you plan your menus, keep things simple. It's sharing the meal, not the complexity of the cooking that counts. Fancy tableware and linens are not necessary and may detract from the enjoyment of the meal.

The MyPlate approach to menu planning is easy. MyPlate contains five food groups: vegetables, fruits, grains, protein foods, and dairy. A food item from each of these five food groups should be represented at dinner. Even when eating a casserole or another mixed dish, a food item from each food group should be included in the meal.

When planning the meal, about half of the plate should be covered with vegetables and fruit. When it's in season, fresh produce may be best. However, frozen, canned, and dried fruits and vegetables also have nutritional value and are easy to store and prepare. Try different vegetables instead of always having potatoes, peas, and corn. Green beans, spinach, or cauliflower might make for an interesting vegetable choice.

Grains include foods made of wheat, corn, rice, oats, and barley. It is best to choose whole grains for their added nutrition and fiber content. Grain foods include bread, pasta, tortillas, rice, corn muffins, and barley. A serving of these foods should fill about one-fourth of the plate.

The protein foods group includes meat, poultry, and fish as well as beans, nuts, and seeds. The serving of protein should not be larger than one-fourth the size of the plate. In other words, a piece of meat should not be larger than a deck of cards. Try chicken, fish, and beans, which are good protein sources.

Milk should be served with meals unless cheese or yogurt is already included. A fortified soy milk beverage can be substituted for milk.

When planning your family dinners, take advantage of familiar family recipes. If you want to try preparing something new, look for recipes that have a few ingredients, and read through the entire directions before deciding. Keep meals simple, and make only one item that takes extra or long preparation. You want to be able to enjoy your family dinner relaxed, not exhausted from cooking.

Remember, a main reason for having family dinner is to connect with and enjoy family. Minimize distractions by setting a few rules. Keep the television off, do not take phone calls, and leave all other electronic devices off the dinner table. Keep family dinner family time.

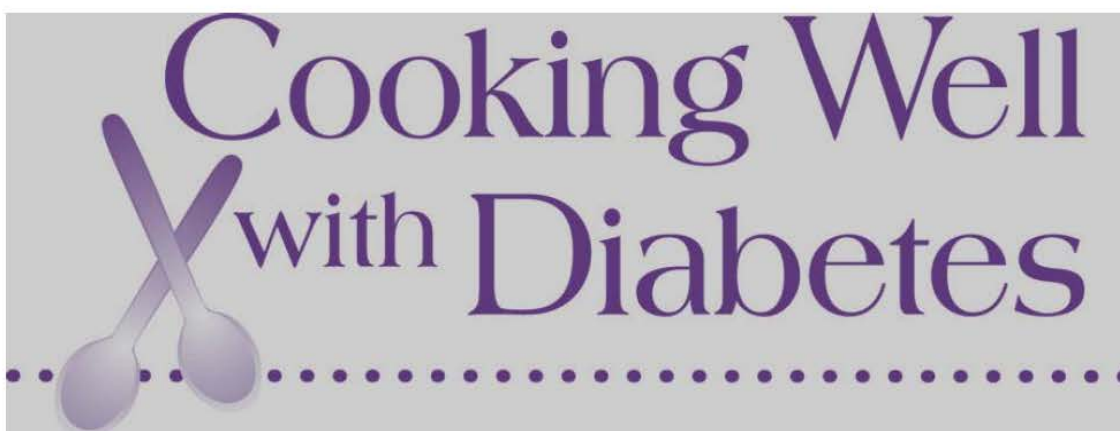
MyPlate, <http://www.choosemyplate.gov/>
Sharon Francey Robinson, PhD, RD, LD
Texas A&M AgriLife Extension Service
September 2012





*Are you, or someone you love, still struggling with eating well
and controlling your diabetes?*

Come to the Do Well, Be Well with Diabetes Cooking School and get fresh new ideas. There will be sampling of several recipes prepared right on the spot to demonstrate easy preparation and great taste!



**Saturday, December 15, 2012
10:00am – 1:00pm**

**Texas A&M AgriLife Extension Service
1225 Pearl Street, 2nd floor
Beaumont, Texas**

Space is limited. Call now to reserve your spot!
409-835-8461

Persons with disabilities who plan to attend this meeting and who may need auxiliary aids or services are requested to contact Cary Erickson, Jefferson County Human Resources Director at (409) 839-2391, five working days prior to the meeting so appropriate arrangements can be made. Programs conducted by the Texas A&M AgriLife Extension Service serves people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin. The Texas A&M University System, U.S. Department of Agriculture and the County Commissioners' Court of Texas Cooperating.



Stopping Diabetes Start Now

NATIONAL DIABETES EDUCATION PROGRAM (NDEP) **Diabetes** Numbers At-a-Glance 2012† For non-pregnant adults

Criteria for Diagnosis of Diabetes*

- (1) A1C †† ≥ 6.5% **or**
- (2) Fasting plasma glucose ≥ 126 mg/dl **or**
- (3) 2-hr plasma glucose ≥ 200 mg/dl post 75g oral glucose challenge **or**
- (4) Random plasma glucose ≥ 200 mg/dl with symptoms (polyuria, polydypsia, and unexplained weight loss)

*For criteria 1-3: Repeat test to confirm unless symptoms are present. It is preferable that the same test be repeated for confirmation. If two different tests are used (e.g., FPG and A1C) and both indicate diabetes, consider the diagnosis confirmed. If the two different tests are discordant, repeat the test above the diagnostic cut point.

Criteria for Prediabetes**

- (1) Fasting plasma glucose 100 – 125 mg/dl [Impaired fasting glucose (IFG)] **or**
- (2) 2-hr post 75g oral glucose challenge 140 – 199 mg/dl [Impaired glucose tolerance (IGT)] **or**
- (3) A1C †† 5.7 % – 6.4 %

**For all tests, risk of diabetes is continuous, extending below the lower limit of the range and becoming disproportionately greater at higher ends of the range.

Treatment Goals: the ABCs of Diabetes***

A1C†† < 7 % for many people

Preprandial capillary plasma glucose 70 – 130 mg/dl
Peak postprandial capillary plasma glucose < 180 mg/dl
(usually 1 to 2 hr after the start of a meal)

Blood pressure (mmHg)

Systolic < 130 for most people
Diastolic < 80

Cholesterol – Lipid Profile (mg/dl)

LDL Cholesterol < 100
HDL Cholesterol Men > 40, Women > 50
Triglycerides < 150

***Individualize target levels. For example, consider:

Diabetes Management Schedule

Adults with diabetes should receive medical care from a physician-coordinated team of health care professionals. Referrals to team members should be made as appropriate.

At each regular diabetes visit:

- Measure weight and blood pressure.
- Inspect feet if one or more high-risk foot conditions are present.
- Review self-monitoring glucose record.
- Review/adjust medications to control glucose, blood pressure, and lipids. Consider low-dose aspirin for CVD prevention.
- Review self-management skills, dietary needs, and physical activity.
- Assess for depression or other mood disorder.
- Counsel on smoking cessation and alcohol use.

Quarterly:

- Obtain A1C in patients whose therapy has changed or who are not meeting glycemic goals (twice a year if at goal with stable glycemia).

Annually:

- Obtain fasting lipid profile (every 2 years if patient has low-risk lipid values).
- Obtain serum creatinine to estimate glomerular filtration rate and stage the level of chronic kidney disease.
- Perform urine test for albumin-to-creatinine ratio in patients with type 1 diabetes >5 years and in all patients with type 2 diabetes.
- Refer for dilated eye exam (if normal, an eye care specialist may advise an exam every 2–3 years).
- Perform comprehensive foot exam.
- Refer for dental/oral exam at least once a year.
- Administer influenza vaccination.
- Review need for other preventive care or treatment.



You are at increased risk for diabetes if: You are overweight ★ A parent, brother or sister has diabetes ★ You are African American Hispanic/Latino, Native American, Asian American or Pacific Islander ★ You have high blood pressure ★ You have low HDL (good cholesterol) ★ You have high triglycerides ★ You had a baby weighing more than 9 pounds or had gestational diabetes

New Trends In Sewing

One thing you can be sure of when it comes to fashion, is that it is changing. Open up your favorite fashion magazine and take a good look. Fashions are constantly being reinvented and redefined. It can be a challenge to keep up with all the changes, but it can also be exciting.

When you sew, you can create your own amazing fashion statement. You can create your own special twist on current trends. Choose the styles you like. Make it simple, elegant, or flashy. Make it practical, or express your own fashion flair.

Maybe you are one of those sewers who like short cuts. Instead of worrying about designing your own pattern, laying it out, cutting it out, sewing, and fitting; you might take advantage of the ready to wear world. Find simple even plain ready to wear items, and transform them with your own special flare. Embellish with embroidery, metallic embellishments, add ons (like pockets), sparkles. What you can imagine you can achieve.

You might also consider creating your own fashion style by recycling items already in your closet. Do some minor alterations. Embellish. Rework. Be creative. Your friends will be amazed. You will be the envy of your own fashion world.

Sewing has so many great benefits. Sewing relaxes us; expresses our creativity; builds self confidence; Fashion sewing empowers us to create our own styles with the colors, textures, fit, design, comfort, and personal statements.

Sewing use to be hard work. Today, sewing with the new modern convenience rich sewing machines is a breeze. Amazing convenience features have been designed to make sewing easy, fun, and satisfying.

So, what are you going to create today?



Smartphone Identity Theft Answers



1. **False.** Only 57% of iPhone apps encrypt the data they collect, meaning the other 42% put their customers in danger of data breaches and identity theft.
2. **True** - A recent study looked at 65,000 iPhone apps and found that 41% these apps track location.
3. **True** - A recent study found that nearly 20% of the apps studied have access to your address book.
4. **False** - A recent study found that smartphone users are approximately 33% more likely to become a victim of identity theft than non-users.
5. **False** - A recent study found that 62% of smartphone users **do not use** password protection, allowing anyone who finds or steals their phone to have access to the contents which typically includes a vast amount of personal information.
6. **False** - To avoid becoming an identity fraud victim as well as mitigating losses, share information carefully when you are on a public wifi network.
7. **False** - "Search Poisoning", according to InTechnic, is a result of many legitimate websites not being optimized for mobile search, allowing cybercriminals to get their website to show up higher in mobile search results. By having their sites rank so highly, people click on the links thinking they're legitimate, but end up going to malicious sites with malware.

SOURCE: <http://blog.usa.gov/post/34104330685/protect-your-identity-when-using-mobile-devices>



Curbing Holiday Weight Gain

Amanda Scott, Program Specialist, Expanded Nutrition Program

It's that festive and joyful time of year again... the holiday season! The holidays are a time to celebrate and spend time with family and friends alike. However, the holiday season and winter months often bring more high calorie "party" and "comfort" foods to the table and less physical activity which can result in weight

gain. "Weight gain associated with the holidays can contribute to overall increases in body weight as we age".

To help curb holiday weight gain, we suggest that you concentrate on family, friends, and reasons for celebrating the holiday rather than what kind and how good the foods served will be. In other words, shift the focus of your holiday celebration away from food and more on the people you are celebrating with. Use these tips to make your holiday celebrations a little easier on your waistline:

Plan before you feast. If you are going to a holiday party, don't go on an empty stomach. Skipping meals may cause you to overindulge on high calorie, high fat foods. Instead, eat small amounts of healthful foods such as fresh fruits and vegetables, cereal, yogurt, or a small wrap or sandwich before the event. Once you arrive at the party, take a look at the foods being served and decide what you will eat ahead of time. Also, consider if there will be a main meal later in the day. This will help you maintain control of your eating while still enjoying your favorite foods.

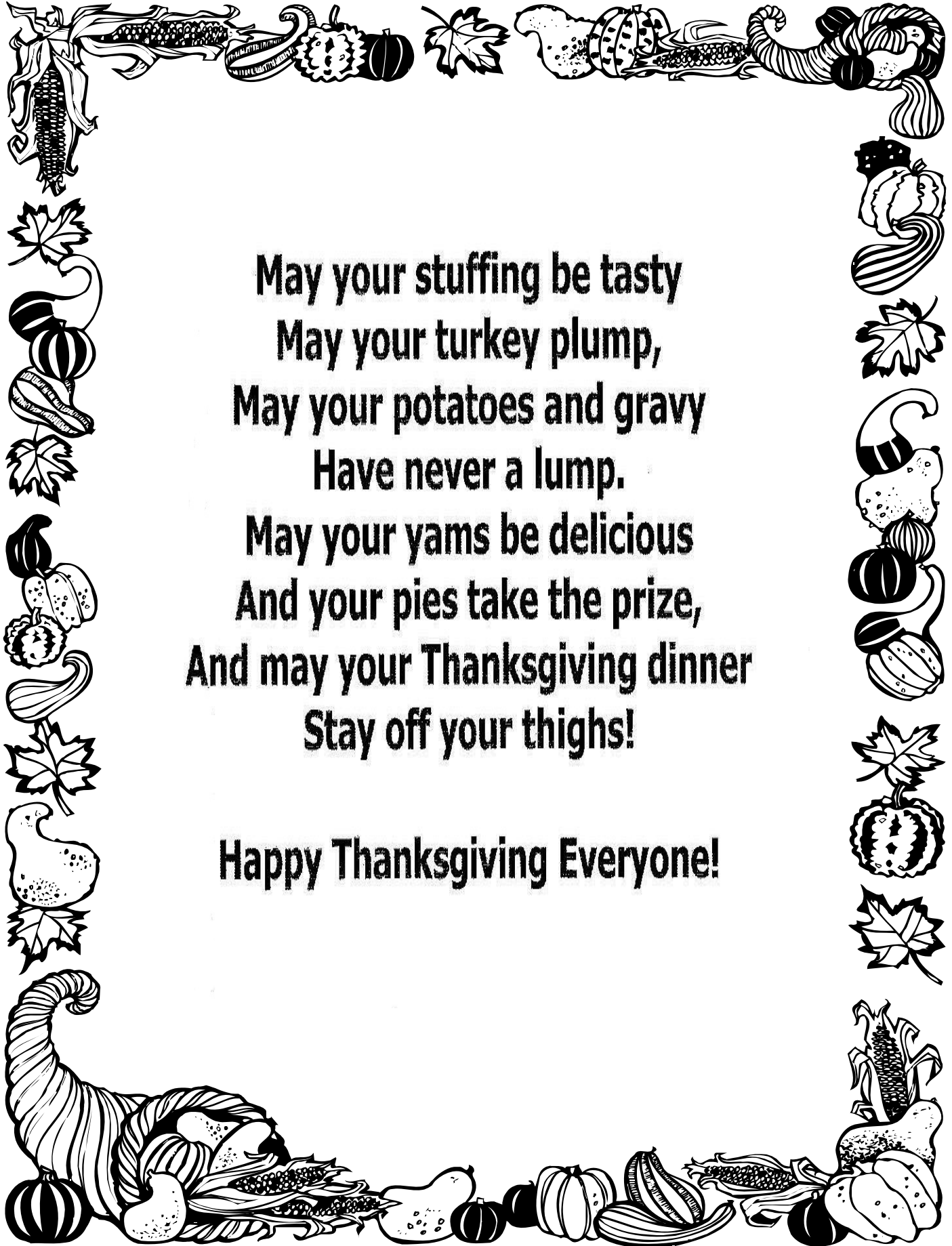
Avoid extra calories from drinks. Alcoholic drinks and other holiday favorites such as eggnog may taste great but provide lots of extra calories and few nutrients. In fact, one 6 oz. glass of wine has 150 calories, while an 8 oz. glass of eggnog provides 350 calories! In addition, regular sodas contain on average, 140 calories per can. Consider skipping these high calorie beverages, or limiting yourself to just one small glass so that you can save most of your calories for the main meal or appetizers.

Control yourself at the table. When sitting down at the table for the main meal, remember to keep your portion sizes in check. Choose small portions of the foods you want to eat then take your time and enjoy your meal. Remember to take small bites, chew slowly and savor your food. Once you have finished eating, get up from the table. If you remain at the table, it will be easy to continue eating. Instead, offer to clean the table or put away leftovers. Once the work is done, suggest a walk outside or a fun game to take the focus off of food. Another good tip is to avoid being near the buffet table at parties which can lead to over eating as well.

Be a healthy helper. One way to ensure that a healthy option will be available at the party is to offer to prepare and bring a dish. Your host will appreciate your help and you will have one dish that is a healthy alternative. If you are in the kitchen preparing foods, also be conscious of all of those tiny tastes you sneak when no one is looking. For example, that taste of sugar cookie dough packs 40 calories and that lick of frosting adds another 25 calories! The calories from these tiny tastes can add up quickly.

Stick to your routine. The holiday season can be challenging for anyone trying maintain their weight but especially so for a person trying to lose weight. Do your best to stick to your routine during the holiday season. Continue to be physically active as much as possible, ideally for 30 minutes five days per week. Maintain your healthy eating habits at home by focusing on fruits, vegetables, whole grains, lean protein sources, and low-fat or fat-free milk products. Use these tips to curb holiday weight gain while still enjoying your favorite foods in moderation. Remember to focus on friends and family and stick to your routine!





**May your stuffing be tasty
May your turkey plump,
May your potatoes and gravy
Have never a lump.
May your yams be delicious
And your pies take the prize,
And may your Thanksgiving dinner
Stay off your thighs!**

Happy Thanksgiving Everyone!

FN-1494

(Revised)



Mix It Up

to Expand Your Gift-giving Dollar With

Food Mixes in a Jar

When the holiday season rolls around, many family budgets become strained. With a long list of family and friends, finding enough money to go around may be challenging. To help reduce the stress of your next holiday season, try making gifts instead of purchasing them. Consider these fun and economical gift ideas:

- ✓ Create gift baskets. For the family member who loves movies, make a "night-in" basket. Get a large bowl for popcorn to use as the container. Add packaged popcorn and a coupon for a free movie rental. Gardening, sports or any other themed baskets also work.
- ✓ For parents with young children, provide a homemade coupon good for free baby-sitting. Other ideas include coupons for helping walk the dog, painting or cleaning.
- ✓ Create a recipe booklet with favorite holiday recipes. Copy the recipes onto festive recipe cards, punch a hole in the corner of the

cards and tie them together with a red ribbon. Holiday photo albums also can be used to hold recipes.

- ✓ Fill a holiday mug with packets of flavored tea, hot cocoa or coffee for those who enjoy warm beverages. Or tie a packet of soup mix to a large wooden spoon. Include a bowl and package of biscuit mix for a complete gift.
- ✓ If you are computer savvy, create homemade calendars for family members. These could include highlighted birthday and anniversary dates. Try adding family photos for a personal touch.
- ✓ Repurpose old tins, filling them with cookies, muffins or other holiday goodies. A gift like this will be a delight to anybody who has little time for baking.
- ✓ Make homemade mixes in a jar. Mixes for soups and cookies are popular gift items that are fairly inexpensive to make. The gift recipient will appreciate the attractive and thoughtful gift and also will value the convenience.

Key to Abbreviations

tsp. = teaspoon	g = grams
Tbsp. = tablespoon	qt. = quart
c. = cup	mg = milligrams
oz. = ounce	lb. = pound

Try any of these four tasty and inexpensive recipes during this holiday season. You can decorate the jar with fabric and a ribbon. Either photocopy and cut out the provided recipes or hand-print each recipe on a card and attach it to the jar.

Country Chili Mix

- 1 lb. kidney beans
- 3 Tbsp. chili powder
- 2 Tbsp. dehydrated onions
- 1 Tbsp. garlic salt
- 1 tsp. oregano
- ¾ tsp. salt
- ¼ tsp. cayenne pepper (optional)

* To reduce sodium, substitute garlic powder for some of the garlic salt.

Pour the kidney beans into a clean quart-sized jar. In a small bowl, mix the remaining ingredients. Pour mixture into a clear sandwich bag and place it on top of the beans. Cover the jar tightly with a lid, decorate and attach a copy of the recipe card.



NDSU EXTENSION SERVICE

Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food and Nutrition Specialist
Kendra Otto, Program Assistant

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Homemade Cornbread Mix

- 1 c. flour
- ¾ tsp. salt
- ¼ c. sugar
- 2 tsp. baking powder
- ½ tsp. baking soda
- ½ c. dry milk powder
- 1 c. plus 2 Tbsp. cornmeal

In a large bowl, mix all the ingredients. Place the mixture in a clean quart-sized jar. Cover the jar tightly with a lid, decorate it and attach a copy of the recipe card.

Cranberry-Oatmeal Cookie Mix

- 1 c. plus 2 Tbsp. flour
- 1 c. rolled oats
- ½ tsp. baking soda
- ½ tsp. salt
- ¼ c. brown sugar
- ¼ c. white sugar
- ½ c. dried cranberries
- ½ c. white chocolate chips

Layer the ingredients in a clean, quart-sized jar. Cover the jar tightly with a lid, decorate it and attach a copy of the recipe card.

Friendship Soup Mix

- ½ c. dry split peas
- 2 Tbsp. beef bouillon granules
- ¼ c. pearl barley
- ½ c. dry lentils
- ¼ c. dry, minced onions
- 2 tsp. Italian seasoning
- ½ c. rice
- ½ c. macaroni noodles

In a clean, quart-sized jar, layer all the ingredients except the macaroni. Place the macaroni in a sandwich bag and place it on top of the other ingredients. Cover the jar tightly with a lid, decorate it and attach a copy of the recipe card.

▼ Recipe Cards – you may photocopy the recipes and cut them apart. To attach a card, punch a hole in the flower in the upper right.

Country Chili

- 1 container Country Chili Mix
- Additional ingredients: 10 c. water (for soaking beans)
1 (8-oz.) can reduced-sodium tomato sauce
1 (24-oz.) can diced tomatoes
1 lb. ground beef or turkey
6 c. water (for cooking beans)

Remove bag of seasoning from jar and rinse beans. In a stockpot, bring 10 cups of water to a boil. Add beans and return to a boil; let boil two to three minutes. Cover and set aside at room temperature for one hour. Drain and rinse the beans.

Fill a pot with 6 cups of water and add the beans. Cook beans until soft, about one hour; simmer gently with lid tilted. Brown meat; drain and add to the beans with tomatoes and sauce. Add in seasonings, stir and simmer, covered, for one hour. Add a little more water if needed to thin the broth. For best flavor, use mix within one year.

Makes eight servings. Each serving has 240 calories, 6 g fat, 21 g carbohydrate and 290 mg sodium.

Homemade Cornbread

- 1 container Homemade Cornbread Mix
- Additional ingredients: 1 egg
1 c. water
2 Tbsp. oil

Preheat oven to 425 degrees. Pour dry mix into a large bowl. In a second bowl, combine egg, water and oil. Add liquid ingredients to dry ingredients. Stir well. Pour into a greased baking pan and bake for 20 to 25 minutes until the top is golden brown. For best flavor, use this mix within nine months.

Makes 10 servings. Each serving has 150 calories, 4 g fat, 25 g carbohydrate and 330 mg sodium.

Cranberry Oatmeal Cookies

- 1 container Cranberry Oatmeal Cookie Mix
- Additional ingredients: ½ c. butter
1 tsp. vanilla
1 egg

Preheat oven to 350 degrees. In a large bowl, mix butter, vanilla and egg together until smooth. Add cookie mix and mix well. Place by spoonfuls onto a greased cookie sheet and bake for eight to 10 minutes until golden brown. For best flavor, use this mix within nine months.

Makes 28 cookies. Each serving has 100 calories, 4.5 g fat, 13 g carbohydrate and 70 mg sodium.

Friendship Soup

- 1 container Friendship Soup Mix
- Additional ingredients: 1 lb. lean ground beef or turkey
3 qt. water
1 (28-oz.) can diced tomatoes

Brown meat and drain. Place in a large pot and add the water and tomatoes. Add soup mix except macaroni. Bring to a boil, reduce heat and simmer for one hour. Add macaroni and continue cooking for another 10 to 15 minutes (until macaroni is done). For best flavor, use this mix within one year.

Note: To avoid overcooked pasta in leftovers, add the appropriate amount of macaroni to the portion being served.

Makes 12 servings. Each serving has 150 calories, 4 g fat, 12 g carbohydrate and 390 mg sodium.

TEXAS A&M AGRI LIFE EXTENSION

Barbara A. Evans, CEA/FCS
1225 Pearl Street, Suite 200
Beaumont TX 77701
409-835-8461



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