

FAMILY & COMMUNITY HEALTH “CONNECTIONS” IN RUNNELS COUNTY

Inside this issue:

National Handmade Day	1
Make Healthy Easy Potlucks	2
Energy Booster Snacks	3
Recipe: Vegetable Sticks	4
County News	4



National Handmade Day on the first Saturday in April recognizes all those who put forth their creative talents into gifts warming the heart and leaving us awed.

Whether it's baked goods, beauty products or woodcraft, quilts, toys, or artwork, those who create handmade gifts do so with an eye toward craftsmanship. Some carry on traditions from one generation to the next, and others transfer skills learned in a trade, making it an art form. From artisans to craftsmen, tinkerers, and those with eclectic style who create beautiful, functional works of art and scrumptious delights, each shares a bit of their passion.

For anyone who has ever received a handmade gift, we delight in these one-of-a-kind treasures. We savor baked goods, bath, and skin products, and we can't wait for more. Pottery, jewelry, and other designs become heirlooms, handed down from generation to generation, gathering history wherever they go. We marvel at each stitch in a quilt or notch in a carving, the care taken to make just the right cut or to pair scents or colors. Custom

pieces carry even more meaning.

From inspiration to finished pieces, those who have a passion for handmade crafts delight in their projects. It brings pleasure to their lives, and they enjoy bringing them to you.

HOW TO OBSERVE #NationalHandmadeDay

- Shop your local handmade artisan stores and see their latest offerings.
- Share your homemade projects for others to admire.
- Try your hand at making something handmade. You might discover a skill you didn't know you had.
- Explore the world of handmade products and get to know the faces behind them.

Share your favorite finds and use #NationalHandmadeDay to share on social media.
<https://nationaldaycalendar.com/national-handmade-day-first-saturday-in-april/>



Make Healthy Easy at Potlucks!

Healthy Appetizers

Make it easy on yourself and healthy on others by cutting up fresh veggies and serving with a healthy dip such as hummus. Another option is fruit! Make fruit kabobs on party toothpicks or skewers.

This makes them easy to pick-up, an attractive option, and a great way to increase intake of important nutrients!

Go Ahead and Get the Chips

Don't forego the chips and guacamole, but make it a healthy option by bringing whole grain tortilla chips to go with heart healthy guacamole. Want to control portions on the guacamole?

Serve it in individual soufflé cups with lids (makes it easy for transport as well).

Do a Salad Swap

Instead of taking a green salad which may result in a high fat creamy dressing on top, choose a grain based salad such as quinoa. Add low fat veggies such as tomatoes, corn, and black beans; finish off with lime juice and chopped cilantro!



Energy Booster: SNACKS!

Many adults and youth snack during the day. A quick snack can provide our bodies with a boost of energy between meals. There are a variety of energy boosting snacks available; however, when we are hungry it is easy to reach for less healthy snacks like chips, candy bars, and sodas. While these snacks might be tasty, we want to enjoy them in moderation as these items are often high in added sugars and sodium which when over-consumed can negatively affect our health. Our time may feel limited during the day, but proper planning can help fit healthy snacks into our daily meal plan!



When planning a snack, try to incorporate several MyPlate food groups which are fruits, vegetables, low-fat dairy, lean protein, and whole grains. Including a variety of food groups will help satisfy and curb your hunger for longer. Additionally, compare the nutrition facts label and look to select snacks low in saturated fats, added sugars, and sodium. By reading the label you can see if an item is low or high in a specific nutrient by looking at the Percent Daily Value (DV). A DV at or

below 5% is considered a low source of the specific nutrient listed for one serving. You can learn more here <https://youtu.be/s5zroZfMn0I>. In need of more ideas on how to pack some energy boosting snacks? Check out these snack tips!

Snack Tips:

- Add snacks into your meal plan and grocery list. Think about ingredients that might be left over from breakfast, lunch, or dinner that can be used for snacks.
- Wash and prepare fruit and vegetables and pre-portion other snack ingredients the night before.
- Keep healthy snacks within reach to avoid spending extra money at vending machines.
- Tasty low-fat dairy options can include yogurt or string cheese. Great pairings include berries with yogurt or whole grain crackers with cheese.
- Substitute beverages with high amounts of added sugar for water, 100% fruit juice, sparkling water with fruit, or unsweet tea.
- Enjoy some extra flavor and protein by dipping fruits or vegetables into hummus or nut butter.
- Freeze grapes or blueberries for a quick, sweet, refreshing snack. Or satisfy a crunchy and salty craving with popcorn or homemade trail mix.

Written by Sarah Ashley Pisquiy, Extension Agent - Better Living for Texans, April 2022

Content Source: <https://www.heart.org/en/healthy-living/healthy-eating/add-color/healthy-snacking>

Photo Source: <https://snaped.fns.usda.gov/photo-gallery/three-teens-share-snack>

Vegetable Sticks with Chili and Lime

Lime and chili powder taste great on many fruits like cantaloupe, honeydew, watermelon, pineapple, strawberries, mangos, and orange too! Serves: 4

Ingredients:

- 1 cucumber, peeled and cut into sticks
- 1 small jicama, peeled and cut into sticks
- 1 medium zucchini, cut into sticks
- 1 carrot, peeled and cut into sticks
- 2 tablespoons lime juice
- 1/4 teaspoon salt
- 1/4 teaspoon chili powder

Dash cayenne pepper (optional)

Recipe and photo from: Kids Get Cookin'! Fast and Fun Recipes, California Department of Public Health (CDPH) - Nutrition Education and Obesity Prevention Branch (NEOPB)

Directions:

1. In a medium bowl combine jicama, cucumbers, zucchinis, carrots, and lime juice.
2. In a small bowl, combine salt, chili powder, and cayenne pepper (optional). Sprinkle over cut vegetable sticks.
3. Put vegetable sticks onto a plate or in cups and enjoy!



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