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Sharing is caring with TEEA

Kathy Farrow, Family and Community Health Agent

September 2021



Mark Your Calendar

County Extension Education
Association Meeting

Monday, September 27, 2021

San Patricio County Extension Office



Walk Across Texas Program begins on
Monday, Sept 27th and ends on
Sunday, Nov. 21st

Through a modest increase in daily activity, most Americans can improve their health. Walk Across Texas is a program that persuades and motivates people of all ages to make that most important change...to get started. All you need is a team of eight people and a desire to get moving.



WALK
ACROSS TEXAS!

WHAT YOU NEED TO START A SAN PATRICIO COUNTY WALK ACROSS TEXAS TEAM



WALK
ACROSS TEXAS!

- ★ Form a team of 8 members that includes friends, family, or co-workers. Select a team captain.
- ★ Team captains can pick up a Walk Across Texas Registration Packet at the San Patricio County Extension office or Personnel office.
- ★ Captains must complete **team registration form** and return to the Extension office by Wednesday, September 1, 2021

Then...

- ★ **Team captains**, must set up a Howdy Health profile at <https://howdyhealth.org/programs/>. See instructions in **Walk Across Texas Registration Packet**. Team captains can then create a team with the San Patricio County league code. A team code is automatically generated for the Team captains that they must save and share with team members.
- ★ **All Walk Across Texas participants** will need to establish a Howdy Health Account at <https://howdyhealth.org/programs/>. Once profile is created, team members can join their team by including the team code that was given by the Team captain. See instructions in **Walk Across Texas Registration Packet**.

If you have any questions please call the San Patricio County Extension office at 361-587-3400.

Keep Food Safe

Wash your Hands

- ✿ before preparing food.
- ✿ after touching raw meat, seafood, poultry or eggs.

Rinse Produce

- ✿ For tender foods such as berries, rub gently under cool running water.
- ✿ For firm foods such as potatoes, scrub with a clean vegetable brush under running water.

Clean Surfaces

- ✿ Wash counters, cutting boards, knives and other tools with hot soapy water after each use.

Reduce bacteria in the kitchen to lower the risk of illness.



Prevent the Spread of Bacteria

- ✿ Put raw meat, seafood and poultry on the bottom shelf of the refrigerator, away from fresh produce and ready-to-eat food.
- ✿ Wipe up refrigerator spills right away and clean the inside often.
- ✿ Do not rinse raw meat, seafood or poultry. Cooking them will kill bacteria.
- ✿ Do not put cooked food on a plate that held raw meat, seafood, poultry or eggs.
- ✿ Do not reuse marinades used on raw foods.

Kitchen Towels and Sponges



Change towels often and wash them with hot water. Sanitize sponges at least weekly and replace them often.

Here are 2 ways to sanitize:

- 1) Wash sponges in the dishwasher using a heated drying cycle.
- 2) Microwave wet, non-metallic sponges on **HIGH** for one minute. Let cool before touching.

Store Well Waste Less



- Keep the refrigerator temperature at or below 40 degrees F and the freezer at 0 degrees F.
- Put cold foods in the refrigerator or freezer as soon as you get home with them.
- Thaw and marinate foods in the refrigerator, not on the counter.
- Refrigerate or freeze leftovers within 2 hours (or 1 hour if the temperature outside is above 90 degrees F).

Cook and Serve Food Safely

Skillet-Braised Chicken

This recipe works great on its own or in any recipe that uses cooked chicken.

Directions:

1. Wash hands with soap and water.
2. Season chicken breasts that are about 1-inch thick. In a lightly greased skillet over medium-high heat, sauté the chicken for one minute on each side until lightly browned.
3. Wash hands, surfaces and tools after touching raw chicken.
4. Cover the skillet with a tight-fitting lid. Reduce the heat to low and cook for 10 minutes. Do not lift the lid.
5. Turn off the heat and let the chicken rest for 10 minutes. Do not lift the lid.
6. Check for an internal temperature of 165 degrees F on a food thermometer to know the chicken is safely cooked. If not yet done, cover and return to low heat for 3 to 5 minutes and check temperature again.
7. Refrigerate leftovers within 2 hours or freeze for longer storage.



Quick Chicken Rice Soup

Makes 8 cups

Prep time: 10 minutes

Cook time: 25 minutes

Ingredients:

- 4 cups water
- 4 cups low-sodium chicken broth
- ½ cup white rice
- 1 cup cooked and chopped chicken
- cups mixed vegetables (fresh, frozen, or canned, drained and rinsed)
- 1 teaspoon oregano or thyme (or a mixture)
- ¼ teaspoon pepper



Directions:

1. Wash hands with soap and water.
2. In a large saucepan, bring water and broth to a boil. Add the rest of the ingredients. Reduce heat to simmer, cover the pan and cook for 20 minutes or until the rice and vegetables are tender. Serve warm.
3. Refrigerate leftovers within 2 hours or freeze for longer storage.

Notes:

- Try with brown rice. Simmer for 45 minutes or until the rice is tender.
- Try other seasonings, such as rosemary or crushed red pepper.

Tips for Using Food Thermometer

- ✿ Put the thermometer in the middle of the thickest part of the food, making sure it does not touch the cooking dish or any bone.
- ✿ Find the safe cooking temperature of foods in the table below.
- ✿ Wash the thermometer after each use with hot, soapy water.
- ✿ Check your thermometer each month by putting it in ice water to see if it reads 32 degrees F. If it does not, look for manufacturer directions that may tell you how to adjust it.

Cook to at least the temperature listed:

Beef, pork and lamb	145 degrees F
Ground beef, pork and lamb	160 degrees F
Egg dishes	160 degrees F
Chicken, turkey and other poultry	165 degrees F
Casseroles and leftovers	165 degrees F

TEXAS A&M AGRI LIFE EXTENSION

San Patricio County
219 N. Vineyard
Sinton, Texas 78387-2613

Return Service Requested

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information or veteran status. sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Articles and recipes from Foodhero.org, Learning Zone University of Nebraska-Lincoln Extension, Geniuskitchen.com, fruitsandveglessmorematter.org, Produceforkids.com and Eatright.org. References to commercial product or trade name are made with the understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service is implied. The content of this newsletter is not intended to provide medical advice; this should be obtained from a qualified health professional.

Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in any of the mentioned activities, are encouraged to contact the County Extension Office five days before all programs for assistance.

San Patricio County
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For additional information contact:

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