

February 2021



NEWSLETTER

LIMESTONE CO.

family & community health

FROM YOUR AGENT:

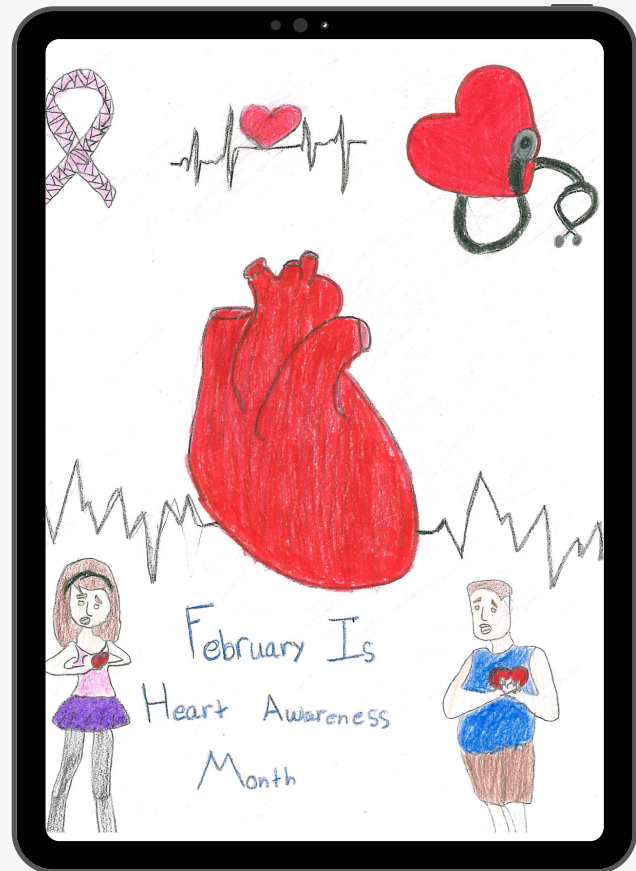
I hope that your 2021 got off to a great start! We have made it through our first month, and I hope those resolutions are still going strong.

February is Heart Health Awareness month! Here in Limestone County, cardiovascular disease is all too common. In fact, we are one of six counties in the state of Texas chosen to participate in a grant-funded research program studying cardiovascular disease. If that isn't enough to get your attention, I don't know what will!

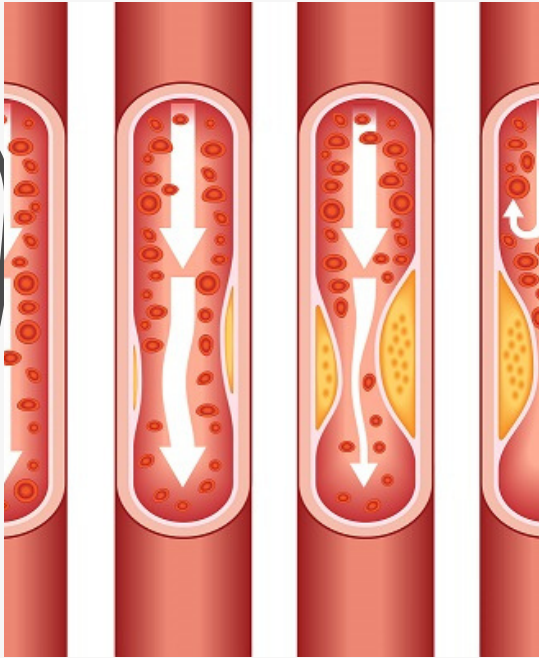
Together let's work to spread awareness and make healthy lifestyle changes to improve our own heart health and hopefully inspire those around us to do the same.

Your Family & Community Health Agent,

Emily Fisher



An entry from last year's cover contest:
Mexia Jr. High



DID YOU KNOW?



Heart disease is the **leading cause of death** for men, women & people of most racial & ethnic groups in the United States.

One person dies every 36 seconds in the U.S. from cardiovascular disease.

About **655,000** Americans die from heart disease each year-that's **1 in every 4 deaths**.

-Centers for Disease Control & Prevention

WHO IS AT RISK?

Several medical conditions & lifestyle choices can put people at a higher risk for heart disease, including:

- Diabetes
- Obesity
- Unhealthy Diet
- Physical Inactivity
- Excessive Alcohol Use
- Smoking
- High Blood Pressure
- High Blood Cholesterol



The **American Heart Association** tells us to "Go Red:"

G - Get your numbers

O - Own your lifestyle

R - Realize your risk

E - Educate your family

D - Don't be silent



TEXAS A&M
AGRILIFE
EXTENSION



DISTRICT 3 AGRILIFE FEATURING:

Love Your Heart

Heart Info | Recipes | Activity Tips | Giveaways



Cholesterol



Blood Pressure



Stroke



Stress

Each Wednesday in February

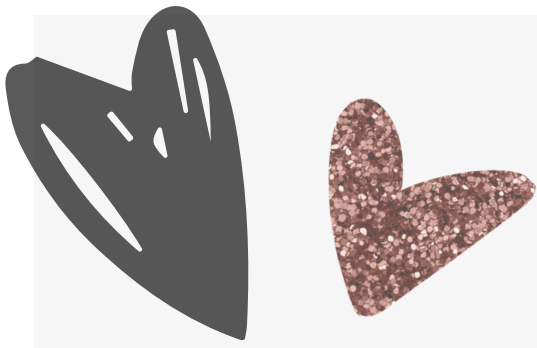
12-1PM / Zoom

\$10 Registration Fee

Register Here:

<https://tinyurl.com/LoveYourHeart21>

as A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.



Try this: Chicken Veggie Risotto

Ingredients:

- 1 Tbsp. Canola Oil
- 1 lb. Chicken Breast, Boneless/Skinless & Cubed
- 1 tsp. Garlic Powder
- 1/2 tsp. Black Pepper
- 1/4 tsp. Red Pepper Flakes
- 1 Small Onion
- 1 10.5 oz. Can Chicken Broth, Reduced Fat & Unsalted
- 1/4 C. Water
- 1 1/2 C. Instant Brown Rice, Uncooked
- 1 1/2 C. Grape Tomatoes
- 4 C. Baby Spinach Leaves, Washed & Patted Dry



Instructions:

Heat oil in large skillet over medium heat. Sprinkle chicken pieces with seasonings.

Add chicken pieces to skillet; cover & cook about 10 minutes, stirring frequently until chicken is done.

Add onion & stir-fry for about 1 minute. Stir in broth, water, rice, tomatoes & spinach. Bring to a boil. Reduce heat to low & cover.

Simmer about 10 minutes. Turn burner off & let stand for 5 more minutes or until rice absorbs most of the liquid.



Nutrition Facts	
4 servings per container	
Serving size	(277g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 100mg	4%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 12mg	70%
Potassium 737mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



IMPORTANT DATES:

February 5, 2021 - Broiler Pick-up & Validation

March 6, 2021 - Rabbit & Pen of 2 Second Validation

April 19, 2021 - D8 4-H Consumer Decision Making Contest

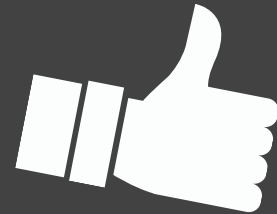
Stay up-to-date by checking your email for weekly memos,
following our Facebook pages & signing up for Remind
notifications!



FCH: Limestone FCH
Ag/ANR: Limestone County Extension



@4Limestone



Limestone County
Youth Fair



March 20th - 27th

For contest rules & details, visit the LCFA website:
www.limestonefair.org