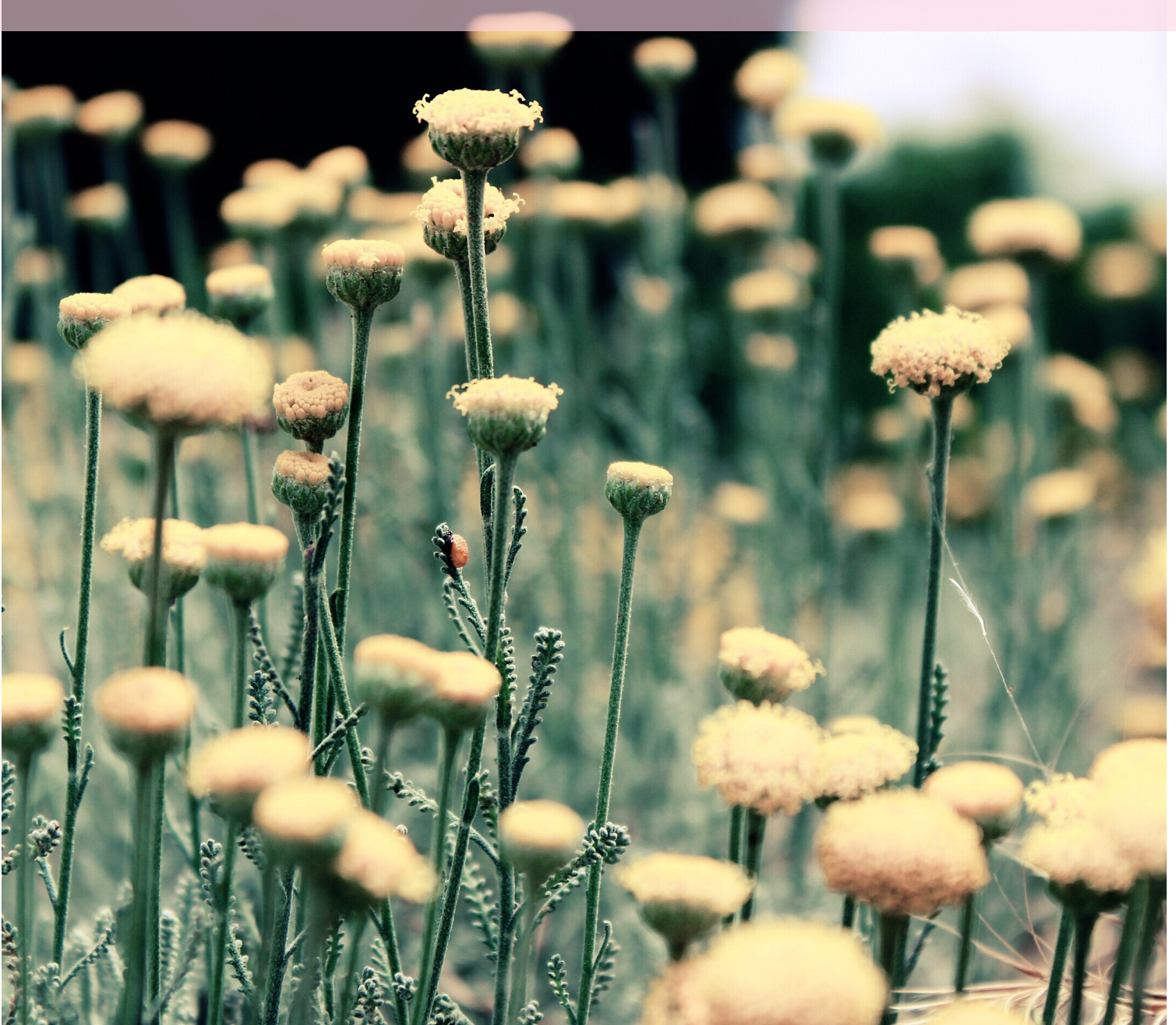


April 2021 Newsletter

# LIMESTONE CO.

TEXAS A&M AGRILIFE EXTENSION - FAMILY & COMMUNITY HEALTH



THIS MONTH

Limestone County  
4-H

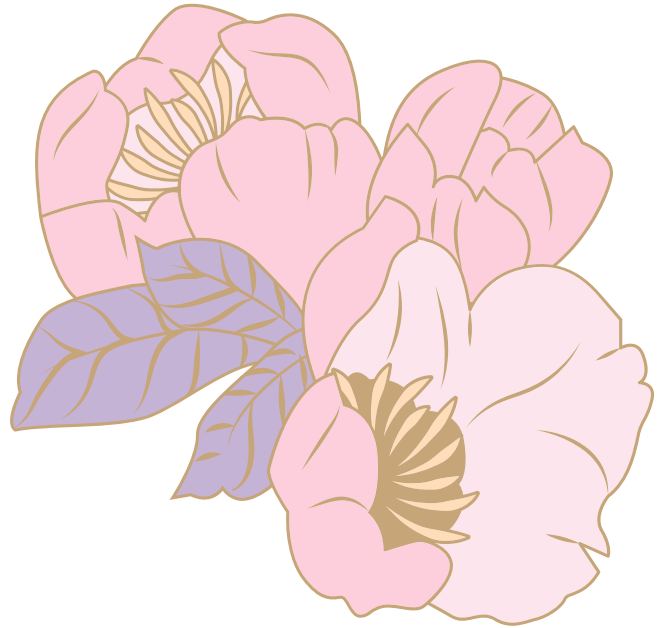
FCH Happenings

Healthy Cooking

## SPRING HAS SPRUNG!

EMILY FISHER, CEA-FCH

Spring has arrived & what a great time to renew focus on our health. With another County Fair in the books & a little break in-between holidays, we can finally take a breather. That is...if your kiddos aren't in all the Spring sports like mine!

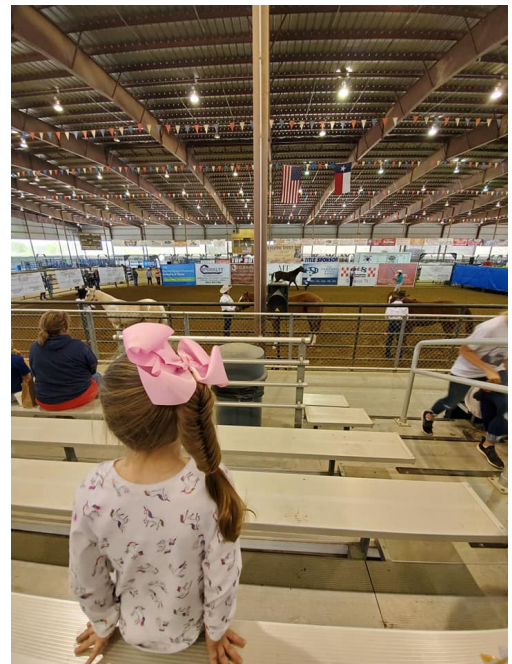


## #WALKERSTRONG

Our thoughts, prayers & deepest condolences go out to the Walker family during this difficult time. I am so proud of our County for working together and supporting this sweet family.  
#WALKERSTRONG

## THANK YOU!

FOR YOUR CONTINUED SUPPORT OF THE  
LIMESTONE COUNTY YOUTH FAIR.





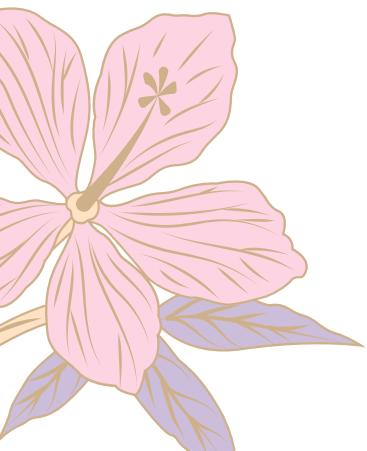
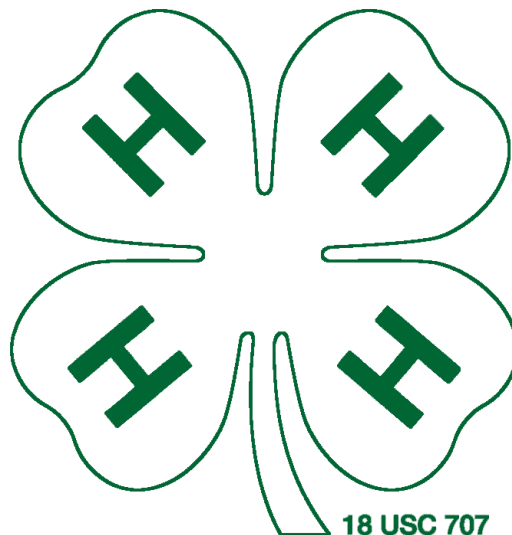
## 4-H NEWS

Another County Fair done! Congratulations to all who participated in the Limestone County Youth Fair. We are so proud of you and all of the hard work put into those projects!

If you participated in the FCH Division, ribbons are ready to be picked up at the Extension Office. With 95 entries, approximately \$4,000 was raised in the 2021 FCH Silent Auction; all of which goes right back to the kids!

We will notify everyone once checks are ready. As always, you will not be able to receive your check until your HANDWRITTEN Thank You cards to buyers are received.

We are proud of you, Limestone County 4-Hers!



## **FCH HAPPENINGS**

Be Well, Live Well (at a distance) has kicked off for the Limestone Co. Foster Grandparents! If you or your group is interested in participating, you can sign up by calling the Extension Office at (254) 729-5314.

This is a 5 Session Series focused on diet-related chronic disease.

Texas A&M AgriLife Extension has many programs available from diet to mental health & everything in-between!



**VISIT US AT**

**[HTTPS://AGRILIFE.TAMU.EDU/](https://agrilife.tamu.edu/)**

**FOR MORE INFORMATION & AVAILABLE  
PROGRAMMING**

## RASPBERRY LEMON OVERNIGHT OATS

- 1/2 Cup Rolled Oats
- 1/2 Cup Unsweetened Vanilla Almond Milk
- 1/4 Cup Raspberries
- 1 Tablespoon Lemon Zest
- 1 Tablespoon Chia Seeds
- 1/4 Cup Lowfat Vanilla Greek Yogurt
- 2 Teaspoons Stevia Sweetener



In a mason jar or tight seal container, place the rolled oats and almond milk.  
Stir together.

Continue to add ingredients (raspberries, lemon zest, chia seeds, yogurt & sweetener) and stir after adding each for even distribution..

Once all ingredients are mixed, place in the refrigerator overnight or for 6-8 hours.

Serve and enjoy! \*Overnight oats are best eaten within 3 days.\*

