



Family & Community Health Newsletter



Super Bowl LVI is Coming, Make a Game Plan: Drive Sober. No Regrets.

Super Bowl LVI is right around the corner, Sunday, Feb. 13, 2022. This year, the Texas Department of Transportation (TxDOT) is teaming up with Texas A&M AgriLife Extension Service to remind football fans and Super Bowl partygoers that designated drivers are the best defense against the dangers of drunk driving.

When Super Bowl celebrations involve alcohol, plan for a ride home with a sober driver. TxDOT and AgriLife Extension want to remind everyone: Drive Sober. No Regrets.

Upcoming Events

Feb. 3rd- A Fresh Start to a Healthier You!

Feb. 3rd- 4-H Consumer Decision Making Workshop

Feb. 10th- 4-H Photography Workshop

February 12th- CPR Training

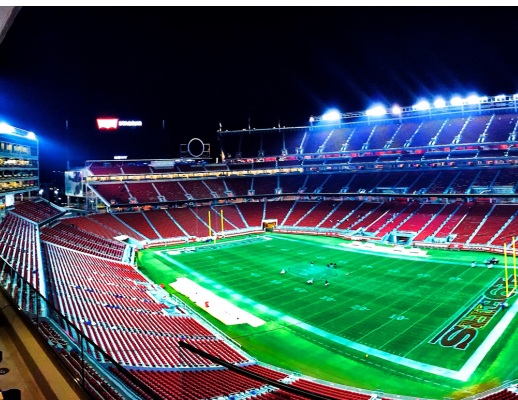
Feb. 15th- 4-H Educational Presentation Workshop

Mar. 3rd- A Fresh Start to a Healthier You!

Mar. 7th- 4-H Educational Presentation Workshop

Mar. 10- 4-H Consumer Decision Making Workshop

“Even one drink can impair judgement. You should never put yourself, or others, at risk because you made the choice to drink and drive. One drink can be one too many.”



If hosting a Super Bowl LVI party, prepare plenty of snacks and non-alcoholic beverages for guests and the designated drivers. Additionally, do not serve alcohol to minors. If an underage person drinks and drives, the person who provided the alcohol can be held liable for any damage, injury, or death caused by the underage driver. In fact, the alcohol contributor can face jail time if they host a party where alcohol is served to people under 21.

“Everyone wants to have a good time on Super Bowl night, so we want our community members to plan safe rides home if they plan to be out at a party,” said AgriLife Extension Family and Community Health Agent. “Even one drink can impair judgement. You should never put yourself, or others, at risk because you made the choice to drink and drive. One drink can be one too many.”

The decision to drive impaired—and the consequences that follow—are irreversible. When heading out for a night of Super Bowl fun, make a game plan and follow these simple tips for a safe and happy evening:

- Remember: It is never OK to drive drunk. Designate a sober driver or plan to use public transportation or a ride service to get home safely after drinking.
- Use the community’s sober ride program if available.
- If a drunk driver is seen on the road, call 911 immediately.
- Have a friend who is about to drink and drive? Take their keys away and plan to get them home safely.

Remember: Choosing to drive drunk may result in legal and financial hardships, diminished reputation, vehicle loss, and even loss of life. Everyone should know by now that it is illegal to drive impaired. Yet still, thousands die each year in drunk-driving-related crashes. In Texas alone during 2020, 958 people died in vehicular crashes in which the driver was under the influence of alcohol. Punishment for being caught drinking and driving will result in jail time, loss of driver’s license, loss of vehicle, and pay up to \$10,000 in attorney’s fees, fines, car towing, higher insurance rates, and lost wages.



A Healthy Super Bowl Snack

Zucchini Garlic Bites

Ingredients:

- 1 cup zucchini, grated and well drained
- 1 egg
- 1/3 cup breadcrumbs
- 1/2 cup reduced-fat parmesan cheese grated fine
- 1 clove garlic, grated fine
- 2 tablespoons fresh chives, chopped
- 1 tablespoon fresh parsley, chopped
- 1 teaspoon fresh oregano, chopped
- 1/4 teaspoon, cumin powder
- 1/2 teaspoon, onion powder
- 1/4 teaspoon, salt
- 1/4 teaspoon, pepper

Instructions:

1. Preheat oven to 400 degrees Fahrenheit and lightly grease a baking dish.
2. Grate or shred zucchini into fine pieces. Pat dry with a paper towel or ring moisture out in a cheesecloth.
3. Combine all ingredients in a medium bowl and mix well.
4. Form a tablespoon of the mixture into small round balls and place on the baking sheet.
5. Bake for 15-18 minutes until golden.



Maintaining Healthy Behaviors in the New Year

Have you kept up with your New Year's Resolution? January has come to an end but that doesn't mean you should quit your on your goals, even if you've fallen off the wagon. You don't need the start of a year to start working towards your goals. Today is as good a day as any to start again!

There are a few tips that may help you achieve your goals.

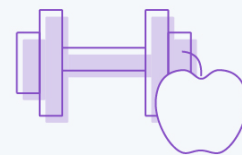
1. Set specific goals. Instead of saying "I want to walk more in 2022," say "I would like to walk for 30 minutes per day, 5 days per week in 2022."
2. Set lofty goals for yourself, and believe that you achieve them, but break it down into smaller sub-goals to make it attainable. For example, if your goal is to obtain a healthy body weight, set smaller goals such as "eat a serving of vegetables with each meal" and "drink 8 glasses of water per day."



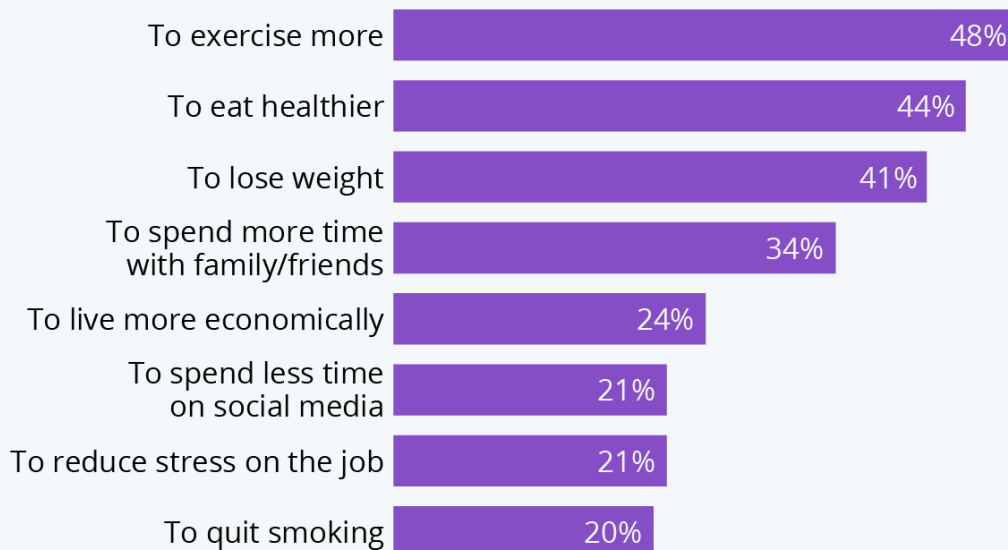
3. Make the commitment. Everyone will do this a little differently, whether you find an accountability partner, you write it on your bathroom mirror or on a note on the fridge, or you make a public social media post about your goal, put it out into the world!
4. Let go of perfection. No one is perfect, so your path to achieving your goal doesn't have to be either. If you take a day, or a week, or a month off, don't be afraid to start again. Tuesday, April 5th, 2022 is just as good of a day to get back at your goal as January 1st.

The moral of this story, if you have kept up with your New Year's health goals, HOORAY! If you haven't, oh well. There may be a lot of hype around starting your goals as you start the year, but let's challenge each other to keep getting back to our goals every time we find ourselves straying away.

Top U.S. New Year's Resolutions for 2022



"What are your New Year's resolutions?"



n=399 U.S. adults who have made New Year's resolutions.
Conducted November 2-11, 2021.

Source: Statista Global Consumer Survey



BLT Program Spotlight

Better Living for Texans (BLT) is a nutrition education program for adults and children that are SNAP participants and SNAP eligible. The BLT program helps people make healthy meals, improve their physical fitness, save money at the grocery store, grow their own foods, and adopt better food safety habits.

Check out these highlights of some of the BLT programs that Agrilife has to offer!

Get the Facts

A four-part series that will help participants learn how to use the Nutrition Facts panel to make healthy food choices when shopping. Special emphasis is given on sodium, fats, added sugars, and portion size.

Healthy Carbohydrates

A four-session series intended for audiences wanting to learn more about how to prevent chronic disease (specifically diabetes and obesity) through nutrition practices. The curriculum focuses on nutrition practices, hands-on activities, and participant goal setting to reinforce best practices in dietary management.

If you are interested in these or any other program from Texas A&M Agrilife Extension, contact us!

Hannah Hoffman
Hood County Extension Agent
Family & Community Health

Educational Programs of the Texas A&M Agrilife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information, or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Court of Texas Cooperating.

A Fresh Start to a Healthier You!

A holistic adult-learning series that uses practical experience and information to help change lives and improve health. Participants also gain support and understanding from the instructor and other participants while learning how to provide safe, healthy, and economical meals for their families and themselves.

Be Well, Live Well

A series designed to help older adults aspire to the ideal of successful aging. Successful aging has been defined as: reduced risk for disease, high cognitive and physical capacity, and active engagement with life.

Growing and Nourishing Healthy Communities

This course helps increase the availability of fresh produce through teaching participants how to grow fruits and vegetables in community and backyard gardens. The gardening series includes topics such as how to select the right garden location, planting and watering techniques, controlling insects, and composting.



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