

October 2023

Tyler County Nutrition Center Activity & Event Calendar

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1 Exercise9:30 BINGO 10AM	2	3 Exercise9:30	4 Tyler County Hospital Rinnon 10am	5 Exercise9:30	6 Exercise9:30	7
8 <u>Columbus Day</u> <u>Closed</u>	9 Ana SE TX Food Bank 10am	10	11 Exercise9:30 BINGO 10AM	12	13	14
15 Bingo 10am	16 Linda ADAC Crafts 12:30	17 Bingo 10am	18 Marianne East Texas Home Health 10:30 Blood Pressure/Sugar Screening	19	20 EARLY VOTING	21
22 BINGO 10am EARLY VOTING	23 Shannon Healthy Carbs 9-11 Andrea BP & BS 1pm	24 BINGO 10am EARLY VOTING	25	26 Marianne East Texas Home Health 10:30 Healthy Habits Class	27	28
29 BINGO 10am Carletta Craft 12:30 EARLY VOTING	30 Shannon Healthy Carbs 9-11	31	NO EXERCISE FROM OCTOBER 12-NOVEMBER 7 DUE TO ROOM C BEING CLOSED FOR VOTING PURPOSES. THANK YOU			

Events and times Subject to Change

CHANGE

October 2023

Highlights for October

Lunch Served
Monday-Friday
11:30-12:30

Salads Always an Option

MON	TUE	WED	THU	FRI	SA	SUN
2 Hot Dogs Chili Fritos Salad Apple Pie Bread	3 Patty Melt Chips Salad Coconut Pie	4 Chicken & Dressing Sweet Potatoes Green Beans Cranberry Sauce Pumpkin Cake	5 Hamburger Steak Rice Greens Cornbread Assorted Dessert	6 Fish or Chicken Basket French Fries Hushpuppies Cole Slaw or Salad Ice Cream	7 Fish or Chicken Basket Tots Hushpuppies Cole Slaw or Cucumber Tomato Salad Ice Cream	8 Fish or Chicken Basket Tots Hushpuppies Cole Slaw or Cucumber Tomato Salad Ice Cream
9 CLOSED COLUMBUS DAY	10 Breakfast Burrito Biscuits & Gravy Cinnamon Roll	11 Meatloaf Mashed Potatoes Broccoli Roll Funnel Cake	12 Pulled Pork Sand Chips Pea Salad Assorted Desserts	13 Fish or Chicken Basket Tots Hushpuppies Cole Slaw or Cucumber Tomato Salad Ice Cream	14 Fish or Chicken Basket Tots Hushpuppies Cole Slaw or Cucumber Tomato Salad Ice Cream	15 Fish or Chicken Basket Tots Hushpuppies Cole Slaw or Cucumber Tomato Salad Ice Cream
16 Chicken Spaghetti California Vegetables Salad Roll Cream Pies	17 Hamburger with Toppings Potato Skins Coconut Cake	18 Pizza Salad Banana Pudding	19 Chicken & Dumplings Peas Cornbread Assorted Dessert	20 Fish or Chicken Basket French Fries Hushpuppies Cole Slaw or Cucumber Tomato Salad Ice Cream	21 Fish or Chicken Basket French Fries Hushpuppies Cole Slaw or Cucumber Tomato Salad Ice Cream	22 Fish or Chicken Basket French Fries Hushpuppies Cole Slaw or Cucumber Tomato Salad Ice Cream
23 Beans W/Meat Rice Cornbread Peanut Butter Cookies	24 Steak Finger or Chicken Strip Basket FP Salad or Broccoli Salad Toast Peach Cobbler	25 Smoked Sausage & Cabbage Dirty Rice Strawberry Parfait	26 Frito Pie Corn Salad Strawberry Shortcake	27 Fish or Chicken Basket French Fries Hushpuppies Cole Slaw or Salad Ice Cream	28 Fish or Chicken Basket French Fries Hushpuppies Cole Slaw or Salad Ice Cream	29 Fish or Chicken Basket French Fries Hushpuppies Cole Slaw or Salad Ice Cream
30 Beef Stew Cornbread Salad No Bake Cheesecake	31 Grill Chicken Mac & Cheese Pea Salad Cupcakes					

Carletta - Crafts - 12:30p

Last

First

Signature

Date: 10/30/23

	Last	First	Signature	Date
26	Idwell	Dennis		
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~~Cancelled~~

Oct-23

Bingo

Date: 10/30/23

	Last	First	Signature	
1	Hext	RUBY	<i>Ruby Hext</i>	
2	Royer	Suellen	<i>Suellen Royer</i>	
3	Linker	Debbi	<i>Debbi Linker</i>	
4	Johnson	Carolyn	<i>Carolyn Johnson</i>	
5	MIDDLE	MARIE	<i>Marie Middle</i>	
6	BRUNING	SARA	<i>Sara Bruning</i>	
7	Rudell	Super	<i>Super Rudell</i>	
8	DePaso	Etherine	<i>Etherine DePaso</i>	
9	Kirkwood	Helen	<i>Helen Kirkwood</i>	
10	Kirkwood	Veronica	<i>Veronica Kirkwood</i>	
11	Blackman	John	<i>John Blackman</i>	
12	ASON	MARCY	<i>Marcy Ason</i>	
13	ALTTU	SYBIL	<i>Sybil Alttu</i>	
14	Reese	Bridget	<i>Bridget Reese</i>	
15	William	JACKIE	<i>Jackie William</i>	
16	CONNOR	JENNIFER	<i>Jennifer Connor</i>	
17	FOSTER	COLINOLA	<i>Colinola Foster</i>	
18	Idwell	Deana	<i>Deana Idwell</i>	
19	Harman	Becky	<i>Becky Harman</i>	
20	Harman	LIMING	<i>Liming Harman</i>	
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Oct-23

Bingo

Date:

10/23/23

	Last	First	Signature	
1	Poler	Suellen	Suellen Poler	
2	Russell	Susan	Susan Russell	
3	Foster	Colinda	Colinda Foster	
4	Hatto	Sybil	Sybil Hatto	
5	Hampson	Barby	Barbara Hampson	
6	Speckie	Franklin W.	Franklin W. Speckie	
7	Shepherd	Kathryn	Kathryn Shepherd	
8	Shaw	Conner	Conner Shaw	
9	EVANS	JUDITH	Judith Evans	
10	Johnston	Carolyn	Carolyn Johnston	
11	KINDLE	MARGIE	Margie Kindle	
12	Tidwell	Deanna	Deanna Tidwell	
13	BRADY	Gatherine	Gatherine Brady	
14	McKoy	Helena	Helena McKoy	
15	Blackmon	Don	Don Blackmon	
16	Allen	Margy	Margy Allen	
17	Winnison	Denny	Denny Winnison	
18	HUNT	RUBY	Ruby Hunt	
19	LINS	DOVIA	Dovia Lins	
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Dominines

Last

First

Signature

Date: 10-23-23

	Last	First	Signature		
1	FORBES	H	<i>Henry Forbess</i>		
2	FAIRBROTHER	BILLY	<i>Billy Fairbrother</i>		
3	McALISTER	DAVID	<i>David McAlister</i>		
4	HILL	MAX	<i>Max Hill</i>		
5	ROBINSON	GENE	<i>Gene Robinson</i>		
6	FREEMAN	CATHY	<i>Cathy Freeman</i>		
7	ALVARADO	GEORGE	<i>George Alvarado</i>		
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Dominoes

Last

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Signature

Date: 10/24/23

1	Freeman	Cathy	Cathy Freeman	
2	Hill	Max	Max Hill	
3	DAVIS	CHARLES	Charles Davis	
4	FORBETH	EVA	Eva Forbeth	
5	Alvarado	George	George Alvarado	
6	RRIVER	Keri	Keri RRIVER	
7	McAlister	David	David McAlister	
8	Robinson	Gene	Gene Robinson	
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Last

First

Signature

Date: 10/25/23

26	Hill	Max	Max Hill	
27	McAlister	David	David McAlister	
28	DAVIS	Charles	Charles Davis	
29	FOXWORTH	EVA	Eva Foxworth	
30	RAIMER	LEN	Ken Raimer	
31	Alvarado	George	George Alvarado	
32	Freeman	Cathy	Cathy Freeman	
33	Messert	Billy	Billy Messert	
34	Davis	CHARLES	Charles Davis	
35	Gems	Robinson	Kane Robinson	
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Center presentation Kathy -
 program overview's Last

Andrea BP+BS 1pm

Date: 10/24/23

	Last	First	Signature	Date
1	Foster	Colinda	Colinda Foster	
2	MUTHO	Sybil	Sybil Mutho	
3	MORI	Sybil	Sybil Mori	10-24-23
4	MORIS Swinyney	Patry	Patry Swinyney	10-24-23
5	Gell	LARRY		
6	Williams	Harold		
7	Robinson	Gene		
8	Conner	Leonard		
9	Williams	Jackie		
10	Morell	Herbert		
11	Powell	Rosemary		
12	Powell	Lonnie		
13	Lewis	Anthony		
14	Sweeney	Carl		
15	Conner	Burtis		
	Russell	Kenny		
	Price	Paul		

Brochtrup Frances
 Brochtrup Leo
 Fortenberry Magorarie
 Fortenberry Cecil
 Kindle Margie
 Sims Donna
 Hext Ruby
 Reed Mary

Oct-23

Bingo

Date: 10/25/23

	Last	First	Signature	
1	Sims	Dawn	Dawn Sims	
2	Royer	Suellen	Suellen Royer	
3	Teknston	Greely	Greely Teknston	
4	Waring	Daly	Daly Waring	
5	Hight	Barbara	Barbara Hight	
6	Deesen	Catherine	Catherine Deesen	
7	Hidley	Deanna	Deanna Hidley	
8	Hammer	Reiby	Reiby Hammer	
9	Hammer	Lynny	Lynny Hammer	
10	Poppe	Sharon	Sharon Poppe	
11	Poppe	David	David Poppe	
12	Fason	Nancy	Nancy Fason	
13	Bowen	Jana	Jana Bowen	
14	Barraguer	Carl	Carl Barraguer	
15	VanDyke	Georgia	Georgia VanDyke	
16	Reese	Bridget	Bridget Reese	
17	Remmick	Katherine	Katherine Remmick	
18	Kirkwood	Helena	Helena Kirkwood	
19	Blackman	Jean	Jean Blackman	
20	MOIT	Judy	Judy MOIT	
21	Borey	Dorlene	Dorlene Borey	
22	Richoux	Carol	Carol Richoux	
23	Chambers	Linda	Linda Chambers	
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Marianne East TX Home Health - Healthy Habits

Last First Signature Date: 10/26/23

1	Deegan	Catherine	Catherine Deegan
2	EVANS	JUDITH	Judith Evans
3	Foster	Colinda	Colinda Foster
4	Hutto	Sybil	Sybil Hutto
5	FELL	LARRY	Larry Fell
6	Carbelle	Beverly	Beverly Carbelle
7	Johnson	Gregory	Gregory Johnson
8			
9	ANDERSON	DAIE	DAIE ANDERSON
10	MORRELL	ALBERTA	ALBERTA MORRELL
11	M ^c Alister	David	David M ^c Alister
12	Falkenberg	Sassandra	Sassandra Falkenberg
13	Caulley	Cheryl	Cheryl Caulley
14	RAMBER	KEN	KEN RAMBER
15	THORP	JOYCE	JOYCE THORP
16	Timme	Ray	Ray Timme
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Dominoes

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Signature

Date: 10/26/23

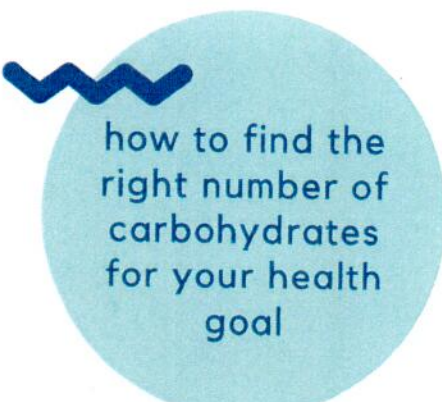
	Last	First	Signature	
1	Alvarado	George	George Alvarado	
2	Foxworth	Kevin	Kevin Foxworth	
3	Nesbitt	Billy	Billy Nesbitt	
4	McAlister	David	David McAlister	
5	Freeman	Cathy	Cathy Freeman	
6	Faircloth	Billy	Billy Faircloth	
7	Raimel	Ken	Ken Raimel	
8	Hilli	Max	Max Hilli	
9	Davis	Charles	Charles Davis	
10	Cooper	Robinson	Robinson Cooper	
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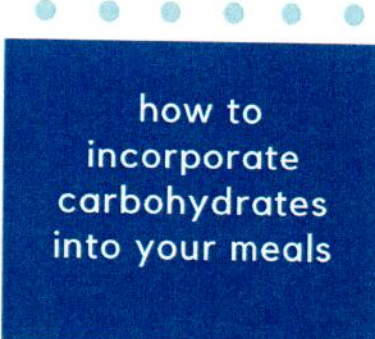
Healthy Carbohydrates

BETTER LIVING FOR TEXANS IS EXCITED TO OFFER A NEW CLASS SERIES FOCUSED ON **HEALTHY CARBOHYDRATES**.

This **4 session series** discusses:



how to find the right number of carbohydrates for your health goal



how to incorporate carbohydrates into your meals

To learn more, contact your local agent!

JOIN ME TUESDAYS THIS FALL

DATES:



SESSION 1 - OCTOBER 24 9 AM
SESSION 2 - OCTOBER 31 9 AM
SESSION 3 - NOVEMBER 14 9 AM
SESSION 4 - NOVEMBER 21 9 AM
FOLLOW UP SESSION NOVEMBER 28 9AM

TEXAS A&M
AGRILIFE
EXTENSION

BETTER LIVING FOR TEXANS

This institution is an equal opportunity provider.
This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.
Texas A&M AgriLife Extension is an equal opportunity provider.

Healthy Carbohydrates

Building a Healthy Plate

Session 1

TEXAS A&M
AGRILIFE
EXTENSION

BETTER LIVING FOR TEXANS

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Not all carbohydrates are created equal!

Carbohydrates come in many different types of foods. Some carbohydrate containing foods provide more vitamins, minerals, and other nutrients which can promote health. Other types of carbohydrate containing foods may provide greater amounts of calories, sodium, saturated fat, added sugars, and limited vitamins and minerals.



Instead of this...
Choose refined foods **LESS OFTEN**

1. Potato chips
2. White bread
3. Sweetened yogurt or ice cream
4. Apple juice



Try this instead!

Choose nutrient-rich foods **MORE OFTEN**

1. Whole vegetables like a sweet potato
2. Whole grain bread
3. Frozen berries with plain yogurt
4. Whole apple



Focus on Health!

We need nutrients to give our body energy to do daily activities. These nutrients help make up the amount of calories we have for the day. Choose foods that promote health.

Carbohydrates

- Provide energy for the body and break down into glucose.
- Fiber rich foods help in feeling fuller.
- Carbohydrates affect blood sugar levels; try choosing more non-starchy vegetables to balance out the day.

Protein

- Provides our body with essential amino acids to help build and repair tissue.
- Choosing leaner protein sources as well as plant-based protein may reduce heart disease.

Dietary Fat

- Provides more calories per serving.
- Healthy fats include olive oil, canola oil, and foods like nuts and fatty fish
- Choose less saturated fat to help prevent heart disease.

How Much Do I Need?

Visual Guide for Portion Sizes

Use this guide when learning how to visualize common portion sizes of foods.

1. Palm (no fingers)

Measurement equivalent

- 3 ounces

Foods for reference

- cooked meat, fish, poultry

2. Thumb (tip to base)

Measurement equivalent

- 1 ounce

Foods for reference

- cubed cheese, nuts, seeds

3. Average-sized fist

Measurement equivalent

- 1 cup

Foods for reference

- medium fruit, cut up vegetables, beans, pasta, rice, grains

4. Large cupped hand

Measurement equivalent

- 2 ounces

Foods for reference

- dried fruit, pretzels, shredded cheese

5. Thumb (tip to 1st joint)

Measurement equivalent

- 1 tablespoon

Foods for reference

- peanut butter

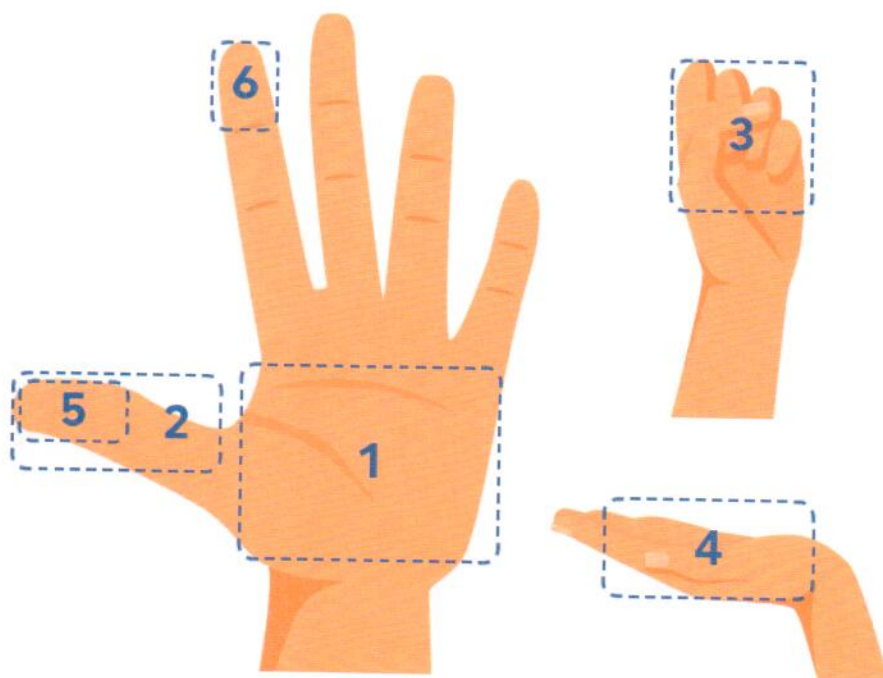
6. Fingertip (tip to 1st joint)

Measurement equivalent

- 1 teaspoon

Foods for reference

- butter, margarine, spreads, oils





Breakfast Pita Pizza

Serves 2

Prep Time

- Prep | 5 minutes
- Cook | 10 minutes
- Ready in | 15 minutes

Ingredients

- 1 whole wheat pita bread
- 1 small tomato, sliced
- 1 cup fresh spinach
- 1/4 cup low fat cheddar cheese
- Salt and pepper to taste
- 1 teaspoon olive oil
- 2 eggs

Quick Tip

If you are looking to cut back on calories, don't top with an egg, just slice and enjoy. This recipe is kid approved and a great way to let kids help in the kitchen by putting the topping on the pizza.

Directions

01

Preheat oven to 350 degrees F. Wash your hands and clean your preparation area. Wash all produce.

02

Place pita bread on a baking sheet. Top pita with sliced tomatoes, spinach, and cheese. Season with salt and pepper.

03

Bake 7 to 10 minutes or until pita is crisp around the edges and the cheese is melted. Remove from the oven when done.

04

While the pizza is cooking, heat olive oil in a skillet on low heat. Scramble two eggs in a small bowl and add to the skillet.

05

Using a rubber spatula, stir the eggs until the eggs are cooked through.

06

Top the cooked pita pizza with two eggs. Cut into four slices and serve warm.

Keeping Protein Lean

Use the tips for choosing lean protein at the store, when you prepare, and during cooking.

Purchase

- Look for the word "loin" or "round" in meat for leaner cuts.
- Choose leaner cuts of meat for lunch meat.

Preparation

- Trim visible fat or remove skin from protein foods.
- Skip the sauce that comes with the food.

Cooking

- Cooking foods by grilling, roasting, broiling, or boiling help reduce the amount of fat needed to cook the food.
- Drain excess fat from food while cooking.

Take Home Challenge

This week's goal is to find a food in your pantry and decide if it contains carbohydrates.

Being mindful of the foods we choose and the amount we put on our plates can help us in making changes to our daily food choices. Use the following questions to be more aware of the foods you choose.

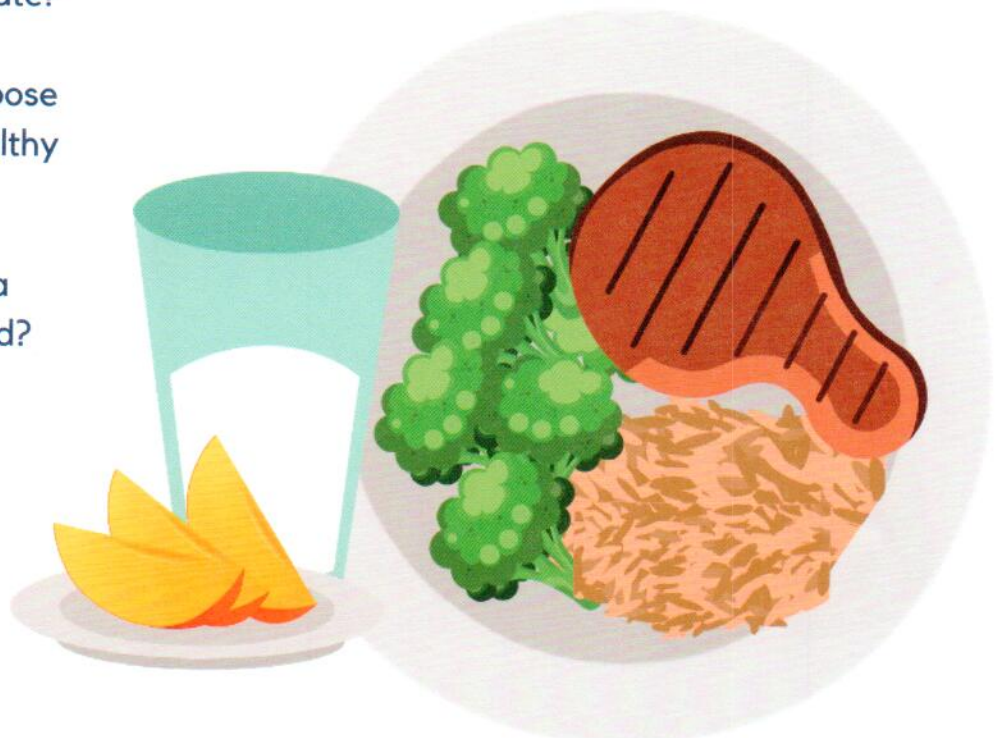
How did you fill your plate?

What foods did you choose that are part of the healthy plate?

Did you serve yourself a different amount of food?

Is your protein more or less than 3 ounces?

How did the change make you feel (fuller, hungry, or just right?)



Healthy Carbohydrates SIGN-IN SHEET

Series: HCARBS - Tyler County Nutrition Center (201 Veteran's Way) - 2023-10-24 (243)

Date: 10/24/23 Location: TC Nutrition Center Session #: 1

Name: HAROLD WILLIAMS ID:

Name: LARRY T. GILL ID:

Name: PATRICIA MURDERS ID:

Name: ANNE BRADDOCK ID:

Name: JULY MOTT ID:

Name: MARGUERITE KINDER ID:

Name: JERRY BROWN ID:

Name: SYDIE HULL ID:

Name: ESTERITA JONES ID:

Name: BRUCE FARMING ID:

Name: CHUCK CORNER ID:

Name: ID:

Name: ID:

Name: ID:

Name: ID:

Name: ID:

Name: ID:

COPY

Dominoes

Date:

10/27/23

Signature

First

Last

1	Alvarado	George	George Alvarado
2	Esperetti	EVA	Eva Esperetti
3	FARRIS LOTT	BILL	Bill Farris
4	Mr. Alister	David	David McAlister
5	Freeman	Cathy	Cathy Freeman
6	DAVIS	CHARLES	Charles Davis
7	Robinson	Gene	Gene Robinson
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