

LSU AgCenter

Caddo and Bossier EFNEP

NEWSLETTER

July 1, 2022



Caddo and Bossier EFNEP

2408 E 70th Street

Shreveport, LA 71105

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www.LSUAgCenter.com

Summer 2022

The temperatures are on the rise and it is officially summer. If you have any groups interested in nutrition programming, please contact us at (318) 226-6805 or email Elizabeth Martin at emartin@agcenter.lsu.edu.



Physical Activity During the Summer Heat

Contributed by Ashlynn R. Taylor, Louisiana Tech Dietetic Intern

As temperatures continue to rise, you may notice that your desire to remain active has decreased. The summertime is a great time to find alternative ways to get your body moving in drastic temperatures such as the ones that we are experiencing. It is important that you continue to move your body despite the temperature outside because exercise is the best way to ensure that you are living a healthy and balanced life. Here are eight activities that you and your family can do this summer to stay active. Summertime can bring sedentary habits that could potentially lead to weight gain. Staying active by using the above tips or activities that you currently do could make a big difference in your family's health in the long run.

1. Go for a swim.
2. Try a virtual fitness class.
3. Take a class at a local community center.
4. Try jumping jacks while watching tv.
5. Housework can count as physical activity. Use this time to clean your house while getting in some physical activity.

6. Take time to try bicycling. You may need to go earlier in the morning or later in the afternoon.
7. Participate in an indoor sporting event.
8. Take a walk around your neighborhood or try walking in an indoor space.

Hydration Station

Contributed by Kimberly Ware, Louisiana Tech Dietetic Intern

Water is one of the most important elements for all living things. It is key in helping your body stay healthy and hydrated, especially in the summer heat. Without it, or without enough of it, we can become dehydrated. Read the list of tips below to find out how to stay hydrated in the summer heat.

1. Drink enough water: The amount of water you should drink daily depends on your body, activities, environment, and other factors. As a rule of thumb, divide your body weight in pounds by two and drink that number of ounces each day.
2. Get a large water bottle: Investing in a refillable water bottle is a great way to keep track of the amount of water you drink each day. Get one, fill it up, and carry it around with you wherever you go.
3. Know the signs of dehydration: Dry skin, headaches, dizziness, fatigue, muscle cramps, and rapid breathing are all signs of dehydration. If you are experiencing any of these symptoms it may be time to get out of the heat and start drinking plenty of fluids. If you are feeling severely dehydrated, call 911.
4. Eat your water: Some foods have a high water content and can be used toward your daily water intake. Foods that are a great source of water include fruits and vegetables such as watermelon, strawberries, grapefruit, cucumbers, celery, tomatoes, radishes, peppers, cauliflower, spinach, and broccoli.
5. Infuse your water: Add fresh fruit or herbs to your water for an added boost of flavor and nutrients. The longer they soak, the more flavorful the water becomes. A few tasty combinations are lemon mint, berry kiwi, watermelon lime, and cucumber mint. Experiment with different fruits and herbs to create your own unique flavor.

September 2022: National Family Meals Month™

Contributed by Kimberly Ware, Louisiana Tech Dietetic Intern

Family meals are the foundation for a healthy nation. The FMI Foundation has inspired a family meals movement and dedicated September as the annual National Family Meals Month™. When eating meals at home with our families, we are not only consuming more nutritious meals, but also gaining a greater sense of connection, communication, expressiveness, and problem solving. Here are some tips on how to simplify family mealtime:

1. Start small. Remember that big changes start with small steps. Start by having a family meal at home once per week and slowly increase over time.
2. Involve everyone. Children learn by doing. Also, research shows that children are more likely to eat foods that they helped choose or prepare.
3. Plan your meals. Lower the stress of preparing meals by planning or prepping a week ahead. Choose quick and easy meals or "one-pots" meals to further simplify your planning.
4. Unplug. Connect with your loved ones by removing all distractions, such as phones or other devices and focusing on positive interactions.

The FMI Foundation offers various opportunities for families such as "lunch and learns", webinars, festivals, a group pledge program, and a newsletter with affordable family meal ideas. Check out fmi.org/family-meals for more information and evidence-based research supporting National Family Meals Month™.

Breakfast Parfait

Recipe from: EFNEP/Commodity Recipes

Yield: 6 serving

Serving Size: 1 cup

Preparation Time: 7-10 minutes

Ingredients:

2 cups of chopped fresh fruit or 1 (15 ounce) can of fruit packed in juice
2 cups flavored low-fat or non-fat yogurt (any flavor)
2 cups granola

Directions:

- Wash your hands with soap and warm water for at least 20 seconds.
- If using fresh fruit, wash it first.
- Collect, chop, and measure all ingredients before starting to prepare the recipe.
- Just before eating, layer 1/3 cup fruit, 1/3 cup yogurt, and 1/3 cup granola in a glass or cup.
- Refrigerate remaining yogurt and fruit within 2 hours and eat within 3 to 5 days.
- Store granola in a sealed container at room temperature and eat within 1 week.



Greenhouse Tomato Sales:

The Red River Research Station famous tomatoes are once again in season!

To purchase, call before your visit:

Red River Research Station: (318) 741-7430
262 Research Station Drive, Bossier City
Tuesdays and Fridays from 8:00 am to 3:30 pm

Caddo Extension Office: (318) 226-6805
2408 E. 70th Street, Shreveport
Wednesdays from 10:00 am to 2:00 pm

Bossier Extension Office: (318) 965-2326
Bossier Parish Courthouse, 4th Floor, 204 Burt Blvd, Benton
Wednesdays from 10:00 am to 3:30 pm



Don't forget to follow us on social media!

Please go like our pages so you can keep informed on all things nutrition!

Facebook: [Caddo and Bossier EFNEP](#)

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If you are interested in EFNEP lessons, please contact our office. We are currently looking for community partners.

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