

Family & Community Health

Healthy Lifestyle

March 2024

Texas A&M AgriLife Extension Service Starr County Family & Community Health

Welcome to the March 2024 issue of “Healthy Lifestyle”. This is a monthly newsletter with healthy tips, recipes, and information on the Family & Community Health programs of the Texas A&M AgriLife Extension Service in Starr County.



National Nutrition Month is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is “Beyond the Table,” which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets. It also describes the various way we eat and includes sustainability.

Celebrate National Nutrition Month by making some healthy changes in your family's diet!





Eat Well for Life

Catfish Tacos with Pico de Gallo & Avocado Crema

Catfish Tacos with Pico de Gallo & Avocado Crema will be on heavy rotation for your taco Tuesdays! These tacos are packed with flavor and feature a widely available and inexpensive fish here in Texas- Catfish!

[click below for the Recipe:](#)
[Catfish Tacos](#)



5 Tips for Quality Sleep

- TURN OFF ALL ELECTRONICS
- LOWER THE TEMPERATURE
- READ BEFORE BED
- AVOID LOOKING AT THE CLOCK
- AVOID NAPPING DURING THE DAY

Mindful Living Healthy Eating

Ask yourself, “Am I eating because I am hungry”? Several things like emotions and environment can cause us to eat...and perhaps overeat.



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Family & Community Health Programs

- Cooking Well for Healthy Blood Pressure
- Cooking Well with Diabetes
- Stress Less with Mindfulness
- Mindful Self (Youth)
- Walk Across Texas
- Food Handler Certifications

For more information on our programs, please contact me at 956-487-2306 or neida.martinez@ag.tamu.edu