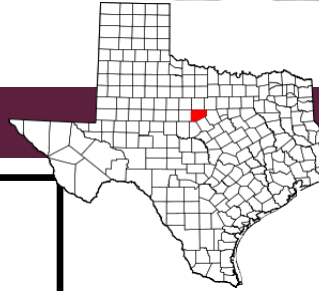


Eastland County

Family & Community Health
Newsletter

February 2023

TEXAS A&M
AGRILIFE
EXTENSION



Healthy Diet, Healthy Brain

New Year's resolutions often include healthier lifestyle changes, especially food choices. Learn how diet impacts the brain and how healthier eating habits could improve brain health at a Lunch and Learn Seminar offered by Texas Education Extension Association (TEEA). The seminar's focus is Women's Nutrition and Lifestyle: Cognition and Brain Health During the Best Years. This free session, Monday, February 6 at 11:30 a.m. at the Scott Bailey Event Center, 201 W. Main Street, Eastland, is open to the public. TEEA invites you to be our guest for a potluck lunch.

TEEA also hosts three special interest groups: knitting, crocheting and community gardening. These informal gatherings are for enthusiasts of a craft or skill, and those who want to learn something new. All group meetings are open to the community.

The mission of the Texas Extension Education Association, Inc. is to work with the Texas A&M AgriLife Extension Service to strengthen and enrich families through educational programs, leadership development, and community service.

TEEA meets monthly, September through July, on the first Monday of the month at 11:30 a.m. If you are interested in becoming a member or would like more information, please contact TEEA President Stacey Villanueva, 254-433-6846 or Amy O'Brien-Glen, AgriLife extension agent, 254-629-2222.



**Free training on human
trafficking
trends in Texas & reporting
Wednesday, February 8, 2023
2PM @ Judge Scott Bailey Event
Center
102 N. Lamar St Eastland, TX**

*Presented by the Texas State Attorney
General's Office*

*Sponsored by Texas A & M AgriLife
Extension Service*



**For more information, contact
Eastland County FCH Agent,
Amy O'Brien-Glen, at 254-629-2222**

GETTING READY FOR CANNING SEASON?

GET YOUR PRESSURE CANNER TESTED BY TRAINED FCH AGENT AT EXTENSION OFFICE FOR \$10.00. CALL THE OFFICE AT 254-629-2222 TO MAKE AN APPOINTMENT TO LEARN MORE.



WHAT'S FOR DINNER TONIGHT?

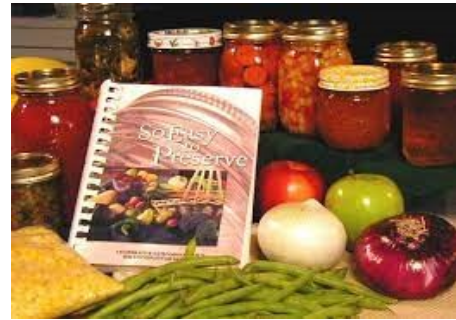
Do you ever struggle to come up with a healthy dinner after a long day of work, errands, or school activities? We know we could drive through another fast-food restaurant to save time, but is that meal meeting the nutritional needs of your family?

The Dinner Tonight program was developed provide busy families with quick, healthy, cost effective recipes that taste great. Not only does the Dinner Tonight program provide recipes, it also gives you weekly video demonstrations on cooking tips and techniques, nutrition topics, menu planning basics and information on healthy living. Sign up today <https://dinnertonight.tamu.edu/>

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Texas A&M AgriLife Extension Service
Eastland County
102 N. Lamar Suite 307
Eastland, Tx, 76448
(254) 629-2222

RESERVE YOUR COPY OF SO EASY TO PRESERVE CANNING BOOK "THE BIBLE OF CANNING"

Recommended by Texas A & M AgriLife Extension Specialist



\$40

This book is a must-buy for all home food preservation projects. While Preserving So Easy, you will find information on proper canning, pickling, preservation, freezing and drying instructions. All recipes are researched tested for safety. A must for every canner.

Keep up to date with program announcements and follow Eastland County AgriLife Extension on Facebook @AgriLife Extension-Eastland County or check our website at eastland.agrilife.org

If you are not on our email list and would like to be, give me a call at 254-629-2222
amy.obrien-glenn@ag.tamu.edu

TEXAS A&M
AGRI LIFE
EXTENSION

Members of Texas A&M AgriLife Extension provide equal opportunities in programs, education, & employment without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.

The Texas A&M AgriLife Extension—Eastland County will make reasonable accommodations for persons with disabilities who wish to participate in all educational programs with prior notice.