

ATASCOCITA *Forest*

MARCH 2013

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A Focus on Healthy Snack Ideas

By: Concentra Urgent Care

March is National Nutrition Month. Celebrate by trying out some of these healthy snack ideas:

- Whole grain bagel with melted low fat or non-fat cheese
- Baked tortilla chips and salsa
- Cereal (preferably whole-grain) and low-fat or fat free milk
- Homemade trail mix of wheat or bran Chex or cheerios, pretzels, raisins, and nuts
- Whole wheat toast with butter or margarine and jam
- Baby carrots, broccoli, cauliflower, or celery and yogurt-based dip
- Fruit, including fresh, frozen, canned, or ready-to-eat fruit, such as apples peeled and sliced, oranges cut into sections, cantaloupe and pineapple in bite-sized cubes, or fruit salad
- Fruit shake or smoothie made with frozen fruit and a cup of fat free or low-fat milk or yogurt
- Vegetable soup
- Bean burritos or burrito bites containing canned, fat-free refried beans, low-fat cheese, and salsa on a tortilla – roll up and cut into bite-sized pieces
- Tortilla roll-ups: spread chicken breast strips, salsa, and lettuce on a tortilla. Roll up and cut into bite-sized pieces. Or, leave out the tortilla and roll up the chicken and salsa in the lettuce
- Yogurt, alone, or as a dip or topping for fresh fruit
- Layer fruit, yogurt and grape-nuts in a glass for a parfait
- Nuts
- Peanut butter on graham crackers
- Peanut butter on sliced apple or celery
- Milkshake made with nonfat or low-fat frozen yogurt
- Sugar-free pudding or Jello cup
- Oatmeal raisin or peanut butter cookies and fat free or low-fat milk
- Zucchini or pumpkin bread
- Low fat Cottage cheese and fruit
- Turkey sandwich on wheat bread
- Granola or cereal bar



For more information about healthy snacks and diets, contact your health care provider, your Concentra health specialist, or visit the Department of Health and Human Services at: <http://www.health.gov/dietaryguidelines/dga2005/recommendations.htm>

ATASCOCITA FOREST

COMMUNITY CONTACTS

BOARD MEMBERS

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Russell Lilley, Vice President..... russell@atascocitaforest.org
Bill Wisenbaker, Treasurer billw@atascocitaforest.org
Tom Meyers, Trustee tom@atascocitaforest.org
Bill Sheppard, Trustee bills@atascocitaforest.org

MANAGEMENT COMPANY

Pam Valentine, CAM
..... pvalentine@communityassetmanagement.com

EMERGENCY INFORMATION

Fire, Medical or Life Threatening Emergency 9-1-1
P-4 Constable Dispatch..... 281-376-3472
Humble ISD Police (Schools)..... 281-641-7900
Atascocita Volunteer Fire Dept (AVFD)

Non-Emergency Number 281-852-2181
Harris County Animal Control 281-999-3191
Texas Poison Control Center 800-222-1222

UTILITIES

Electric, (multiple providers) www.powertochoose.org
Power Outages 713-207-7777
Street Light Outages 713-207-2222

Gas, Centerpoint Energy 713-659-2111
Gas Leaks 713-659-2111
Call Before You Dig..... 811
Trail fo Lakes MUD 713-405-1750
Aggressive Waste..... 713-631-1900
Humble Post Office..... 281-540-1775

SCHOOLS

Humble ISD 281-641-1000
Website www.humble.k12.tx.us
Whispering Pines Elementary..... 281-641-2500
Humble Middle School..... 281-641-4170
Humble High School 281-641-6300

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Atascocita Forest Park Access

The Atascocita Forest HOA Board has decided to lock the Park twenty-four hours a day. Starting in the middle of March 2013. All Atascocita Forest residents will have access to the park area, by way of an access card which will be given out at the Humble CAM office.

If you would like an access card please contact CAM at 281-852-1155. We hope this is not an inconvenience to our residents, but we feel this is the best way to keep our park safe, well-kept and free from vandalism.

*Thank you,
AFHOA Board*

TEXAS HOLD-EM TOURNAMENT

-every other Thursday..call Jack..281-744-8636
or Don...281-256-8711..e-mail..bullleggedtexan@yahoo.com

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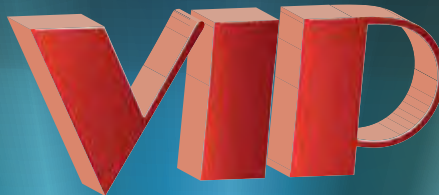
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