



Family & Consumer
SCIENCES

Newsletter

Alleghany County Center

August/September/October 2016

KIDS EAT RIGHT MONTH

As our kids are starting back to school, it is a great time to think about their physical activity and what they are eating. A healthy lifestyle not only helps them grow and feel great, it makes it easier for them to learn and be successful in all that they do. To highlight the role everyone plays in ensuring a healthy future for our nation's children, the Academy of Nutrition and Dietetics and its Foundation celebrate Kids Eat Right Month™ each August. Kids Eat Right Month focuses on the importance of healthful eating and active lifestyles for children and families. The Academy of Nutrition and Dietetics is encouraging families to take the following steps:

Shop Smart. To encourage a healthy lifestyle, get your children involved in selecting the food that will appear at the breakfast, lunch or dinner table.

Cook Healthy. Involve your child in the cutting, mixing and preparation of meals. They will learn about food and may even be enticed to try new foods they helped prepare.

Eat Right. Sit down together as a family to enjoy a wonderful meal and the opportunity to share the day's experiences with one another. Research indicates that those families who eat together have a stronger bond, and children have higher self-confidence and perform better in school.

Healthy Habits. You can help kids form great, healthy habits by setting a good example. Fill half your plate with fruits and vegetables, choose lower-sodium options, and make at least half the grains your family eats whole grains. For beverages, choose water over sugary drinks, and opt for fat-free or low-fat milk.

Get Moving. Aside from being a great way to spend time together, regular physical activity is vital to strengthen muscle and bones, promote a healthy body weight, support learning, develop social skills and build self-esteem. Kids are encouraged to be active for 60 minutes per day.

Getting kids to eat right can sometimes be a challenge, particularly if they are picky eaters. But experts say that a conversation can help. "Talk to your children. Learn the foods they like. Teach them about the foods they need for their growing bodies. Find ways together to make sure they have the knowledge and ability to eat healthy and tasty foods at every meal," says Angela Lemond, registered dietitian nutritionist and Academy of Nutrition and Dietetics spokesperson. It may help to consult a registered dietitian nutritionist in your area to ensure your family is getting the nutrients it needs with a meal plan tailored to your lifestyle and busy schedule.

For more healthful eating tips, recipes, videos and to learn more about Kids Eat Right Month, visit www.KidsEatRight.org.

This August, reevaluate your family's eating and exercise habits, and take steps to make positive, healthful changes.

Need ideas to help your family get moving?

<http://www.choosemyplate.gov/sites/default/files/tentips/DGTipsheet29BeAnActiveFamily.pdf>

KIDS eat right.
Month™ August 2016

Academy of Nutrition and Dietetics
Academy of Nutrition and Dietetics Foundation
kidseatright.org

A Dozen Ways to Celebrate September Whole Grains Month

Whole Grains Month is a great time for everyone to get on the whole grains bandwagon. Eating better is not an all-or-nothing choice; every little improvement you make in your food helps – in every month.

Post this list of "baby-steps" on your fridge, and try as many as possible during September:

- I'll buy three different **loaves of whole-grain bread** and taste all of them to see which one we like best.
- I'll serve bulgur or brown rice instead of potatoes with dinner one night this month.
- I'll look for the **Whole Grain Stamp** every time I shop.
- I'll try a new **breakfast cereal** with at least 16 grams of whole grain per serving.
- I'll buy some **whole-wheat pasta** and try it.
- I'll visit the health food store or a major grocery and look at all the different grains in bins.
- I'll make my **favorite whole grain recipe** for a friend.
- On the weekend, I'll try cooking a pot of steel-cut oatmeal.
- I'll make pizza for the kids with whole wheat pita as the crust.
- I'll make our favorite cookies with whole wheat flour next time instead of white.
- I'll serve hamburgers with whole wheat buns this week.
- I'll try all of the WGC's **Dozen Easy Family Whole Grain Recipes** at <http://wholegrainscouncil.org/files/DozenEasyWGRecipes.pdf>



Here is a recipe that is perfect for the whole family. Add a salad and your dinner is complete. Quick, easy and delicious.

Whole Grain Pita Pizza **makes 2 servings**

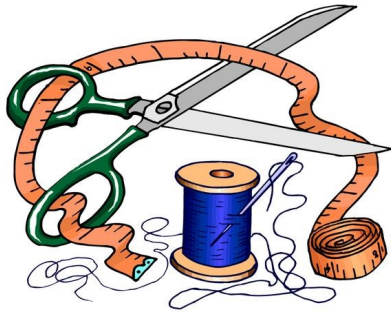
2 round 6-7" whole wheat pitas
6 oz spaghetti sauce (about 1/4 of a typical jar)
3 oz part-skim shredded mozzarella cheese
1 cup chopped vegetables (onions, peppers, mushrooms, spinach, olives – your choice)
drizzle olive oil



- 1) Preheat oven to 350°F. Spread half the sauce on each pita round. If you're using chopped fresh spinach, add it now, before the cheese, so it won't dry out too much.
- 2) Top with cheese, divided between the two pizzas, and then vegetables. Drizzle with oil.
- 3) Bake at 350°F for 15 minutes on a pizza pan or cookie sheet.

Much healthier than store or restaurant pizza because you have a whole-grain crust, plenty of vegetables and a reasonable amount of cheese. Add small bits of Italian chicken or turkey sausage if you like. Kids love to decorate their own pizzas!

Flip & Sew Sweatshirt Workshop



Join Alleghany ECA as they sponsor a Flip and Sew Sweatshirt Jacket Workshop on **August 18th** from 9:30am-4pm. This will be held at Sparta First Baptist Church and the cost to participate is \$20.

Bring a lunch & have a great time of learning & fellowship.

Contact Susan Worrell at 336-657-3251 for more information.

Basic Food Preservation Workshop

Have you ever wanted to learn more about food preservation? We are offering you the chance to do just that. Come join us at the Alleghany County Library on Monday, August 22nd from 4:30 - 6 pm.

There is no fee to attend, but you must register by calling 336-372-5573 by August 20th.

DIABETES TODAY

Alleghany County Cooperative Extension, Alleghany Wellness Center and Appalachian District Health Department are partnering to offer quarterly diabetes programs. Diabetes Today will be held on Monday, **August 29** at 12:00 noon. The focus for our August program will be on Whole Grains. Enjoy a cooking demonstration, recipe sampling, friends, fun and better health. **FREE** for You and Your Family! Would you like to learn more about diabetes & meet others who understand? Then come & join us!

Please call [336-401-8025](tel:336-401-8025) to register by August 26. Feel free to bring a bag lunch and join us as we learn more about the benefits of whole grains.



Medicare open enrollment is happening now and SHIIP is back at the Senior Center. They will be holding Medicare 101 at 3pm on the last Monday of each month through the enrollment period. For more information contact Karon Edwards at 336-372-4640.

2ND ANNUAL CHILI COOKOFF

On September 17th enter your best chili recipe and you will have a chance to win a Weber Grill. There will be 1st, 2nd & 3rd place prizes and also a "People's Choice" prize. The location will be at the county office building located at 90 S. Main St. Sparta, NC 28675. The judging will start at 9:30am with the tastings beginning shortly thereafter. There will be a limited amount of spaces for contestants, please register early! The entry fee will be \$20.00 per chili entered. The cook off is a fundraiser for the Alleghany Fairgrounds, Incorporated, a 501(c)3 organization with all proceeds benefitting the fairgrounds. For more information, contact Vickie Moyer at 336-372- 2942 or email acreation@skybest.com.



EDIBLE ARRANGEMENTS

We all attend events that include some kind of food. Though delicious, often the food choices offered are loaded with calories, added fat, sugar and sodium. Why not make the celebration more festive with a healthier option? Celebrate Fruit & Vegetable Month by learning to make your own edible arrangements on Thursday, September 22nd from 4:30—5:30 pm at the Alleghany Public Library. The cost for the workshop is \$10 and includes everything you need to make your own arrangement to take home. During the class we will: *Learn the procedure for constructing a simple fruit masterpiece *Select items for edible centerpieces *Make edible flowers *Determine how many servings of fruit you should eat each day *Identify some benefits of increased fruit consumption



Class size is limited, so call 336-372-5573 to register by September 20th.

DECORATING FOR FALL



Love the look of fall colored leaves and pumpkins. Bring some of these beautiful gifts of nature to the inside of your home. Learn easy, inexpensive ways to transform your home to showcase some of our fall favorites. Join Alleghany County Cooperative Extension as we present "Decorating for Fall" on Thursday, September 29 from 12:00 noon to 1:00 pm at the Alleghany County Public Library. Bring a bag lunch and a fun fall desert will be provided. Please call the Library at [336-372-5573](tel:336-372-5573) to register. This is a free program.

October is National Popcorn Poppin' Month

October is National Popcorn Poppin' Month, a harvest time celebration of one of America's oldest snack foods. As farmers head into the fields to gather crops, families and friends gather to honor this ever popular treat, and with good reason.

Having been long regarded as a sign of good times, popcorn has found a new appreciation by today's green and lean consumer. Celebrated for its farm-to-table simplicity, **popcorn is also non-GMO**, vegan, gluten-free, sugar-free and naturally low in fat and calories, which makes it an easy fit for the **dietary conscious**. And it's cheap. A quart of popped popcorn costs as little as 15 cents.

Add in popcorn's irresistible smell, taste, and seemingly magical seed-to-snack transformation, and it's easy to see why **Americans eat some 13 billion quarts each year**. With so many different ways to eat it—from gourmet popcorn shops, ready-to-eat, mail order, stovetop and microwave—popcorn always fits the mood or occasion.

Pop up a bowl and join the Popcorn Poppin' Month celebration. For a special Halloween treat, try the following recipe courtesy of the Popcorn Board. And celebrate this special month any day of the year with a popcorn treat like the ones you'll find at <http://recipes.popcorn.org/>.

Pumpkin Heads

Ingredients

- ◇ 12 cups popped popcorn
- ◇ ¼ cup light corn syrup
- ◇ 2 tablespoons butter or margarine melted
- ◇ 1 cup confectioner's sugar
- ◇ 1 cup mini marshmallows
- ◇ 1 tablespoon water
- ◇ ½ teaspoon pumpkin pie spice (optional)
- ◇ Several drops orange food coloring
- ◇ ½ cup toasted pumpkin seeds or sunflower seeds
- ◇ Assorted decorations for "eyes" and "mouths"



Directions

1. Place popcorn in large bowl; spray lightly with cooking spray.
2. In large saucepan, combine butter, confectioner sugar, marshmallows and water. Stir until mixture is melted and blended. Add pumpkin pie spice and food coloring, mixing well.
3. Pour mixture over popcorn, stirring until well coated. Add pumpkin seeds; stir to coat.
4. Shape ¼ cup of mixture into oval. Add decorations to look like "pumpkin heads".

UPCOMING EVENTS...

August 16: Laurel Springs ECA Club; 1:00 pm; Laurel Springs Baptist Church

August 18: Flip & Sew Sweatshirt Jacket Workshop 9:30am-4pm; Sparta First Baptist Church

August 18: Sparta ECA Club, 4:00 pm at the Extension Office

August 22: Basic Food Preservation Workshop; 4:30–6:00 pm; Alleghany Public Library

August 25: Career ECA Club 7:00 pm

August 29: Diabetes Today; 12 pm; Alleghany Wellness Center

September 20: County-wide ECA Club meeting at Miller's Campground (hosted by Laurel Springs ECA); Cost \$10; Program is "Egg-citement!"

September 22: Edible Arrangements; 4:30pm-5:30; Alleghany Public Library

September 29: Decorating for Fall; 12pm-1pm; Alleghany Public Library

October 18: Laurel Springs ECA Club; 1:00 pm; Laurel Springs Baptist Church

October 20: Sparta ECA Club, 4:00 pm at the Extension Office

October 27: Career ECA Club 7:00 pm

Sincerely,

Carmen J. Long

Carmen Long

Extension Agent

Family & Consumer Science

Alleghany County Center
P.O. Box 7
Sparta, NC 28675