



HEALTHY TIDBITS

Serving Families in Halifax & Northampton Counties

Content

Diabetes	Page 2
Recipes	Page 3
Make your calendar	Page 4

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10 Tips for Holiday Home Food Safety



1. Wash hands before, during and after food preparation.
2. Keep kitchen surfaces throughout meal preparation clean with hot, soapy water.
3. Always use two cutting boards: one for raw meat, poultry and fish and the other for ready-to-eat foods, such as fruits and vegetables.
4. Use separate spoons and forks to taste, stir and serve food.
5. Use a food thermometer. It is the only reliable way to determine the doneness of your food.
6. Refrigerate food within two hours of serving to prevent the growth of harmful bacteria that can lead to food poisoning.
7. Use a refrigerator thermometer and make sure it's set at below 40°F.
8. Defrost food only in the refrigerator or in the microwave...not on the kitchen counter.
9. If taking food to parties, keep foods well-refrigerated and cook them to proper temperatures.
10. When baking, avoid eating foods containing raw eggs such as cookie dough or cake batter. Raw eggs may contain harmful bacteria that can lead to food poisoning.

Source: www.eatright.org

Monthly Diabetes Support Groups

NO DIABETES SUPPORT GROUPS IN DECEMBER!!!!

J.W. Faison Center 110 Ridgecrest Lane, Jackson
NO CLASS IN NOVEMBER OR DECEMBER!!

CADA Bldg at Rich Square 120 Sessoms Drive, Rich Square
Thur, Nov 2 12:00 noon Healthy Holidays
Thur, Jan 4 12:00 noon 2018 Calendar of topics TBA

Halifax Regional Medical Center 250 Smith Church Rd, Roanoke Rapids
Mon, Nov 13 6:00 PM EAT WHAT YOU LOVE, LOVE WHAT YOU EAT!
Kirkwood Adams Civic Center
Free to public
To register: call 252-535-8478



National Diabetes Month 2017: You Are the Center of Your Diabetes Care Team

November is National Diabetes Month! Living with diabetes can be challenging to manage every day. You are the most important member of your diabetes care team, and you don't have to manage your diabetes alone. Seek support from health professionals, your family, friends and community to help you manage your diabetes. Diabetes Support Groups will resume starting in January 2018. See locations above.

Start by learning your ABCS!



A – is for the A1c test. This test measures your average blood sugar over 2 to 3 months.

B – is for Blood Pressure which is the force of blood flow inside blood vessels.

C - is for cholesterol which can affect your risk for heart attack and stroke.

S - is for stopping smoking or not starting.

Source: Michigan State University Extension, www.msue.anr.msu.edu

Chocolate Bark with Pistachios & Dried Cherries

3/4 cup roasted, shelled pistachios (3 oz), coarsely chopped

3/4 cup dried cherries, or dried cranberries

1 teaspoon freshly grated orange zest

24 oz bittersweet chocolate, finely chopped, divided.

1. Line the bottom & sides of a jelly-roll pan or baking sheet with foil. Toss pistachios with cherries in a medium bowl. Divide the mixture in half; stir orange zest into 1 portion.
2. Melt 18 oz chocolate in a double broiler over hot water or in microwave. Stir often.
3. Remove the top pan and wipe dry. Stir in the remaining 6 oz chocolate, in 2 additions, until thoroughly melted & smooth.
4. Add pistachio mixture containing the orange zest to the chocolate; stir to mix. Working quickly, scrape the chocolate onto the prepared pan, spreading it to an even 1/4-inch thickness. Sprinkle remaining pistachio mixture on top, gently press it into the chocolate with your fingertips. Refrigerate, uncovered, just until set, about 20 minutes.
5. Invert the pan onto a large cutting board. Remove the pan & peel off the foil. Using the tip of a sharp knife, score the chocolate lengthwise with 6 parallel lines. Break bark along the score lines into 2- or 3-inch chunks.

Makes: about 4 dozen pieces.

Make ahead tip: store in an airtight container in the refrigerator for up to 2 weeks.

Source: *esmmweighless.com*

Candied Yams



1 1/2 cups yams

1/4 cup brown sugar (packed)

1 teaspoon flour

1/4 teaspoon salt

1/4 teaspoon cinnamon (ground)

1/4 teaspoon nutmeg

1/4 teaspoon orange peel

1/3 Tablespoon margarine, tub

1/2 cup orange juice

Instructions:

Preheat oven to 350 degreesF. Cut yams in half and boil until tender, but firm (about 20 minutes). When cool enough to handle, peel and slice into 1/4-inch thickness. Combine sugar, flour, salt, cinnamon, nutmeg and grated orange peel. Place half of sliced yams in medium-sized casserole dish. Sprinkle with spiced sugar mixture. Dot with half the amount of margarine. Add second layer of yams, using the rest of the ingredients in the order above. Add orange juice. Bake uncovered for 20 minutes.

Source: *What's Cooking? USDA Mixing Bowl*

Mark Your Calendar

EAT WHAT YOU LOVE...LOVE WHAT YOU EAT

NOVEMBER 13, 2017

6:00 PM

KIRKWOOD ADAMS CIVIC CENTER
1100 Hamilton St, Roanoke Rapids, NC

Registration required, free to the public.

Deadline for registration is November 6th.

To Register, call 252-535-8478 or email rvdiabetes@gmail.com

Food will be served during the event beginning at 6:45pm through guided meal exercise.

Wreath Making Workshop

Sat, December 2, 2017

Halifax County Agriculture Center

359 Ferrell Lane, Halifax, NC

Pick the session that works best for you:

Morning: 9am-noon

Afternoon: 2pm-5pm

Fresh greens, materials and instruction will be provided to make a beautiful wreath. Cost is \$20. per person

Call the Halifax County Agriculture Center at (252)583-5161 to reserve a space.

Bring a pair of gardening gloves and your favorite clippers to the workshop.

Sponsored by Roanoke Valley Master Gardeners



November 13-December 31

This holiday season, the only thing that should be “stuffed” is the turkey. Many Americans gain between 1 and 5 pounds each holiday season. While it might not sound like much, most people never manage to lose those extra pounds.

You are invited to join the 11th annual Eat Smart, Move More, Maintain, don't gain! Holiday Challenge. Rather than focusing on trying to lose weight, this FREE seven-week challenge provides participants with tips, tricks, and ideas to help maintain your weight throughout the holiday season.

Register at: www.esmmweighless.com