



Family & Consumer SCIENCES

Newsletter

February, March, April 2018

HAVE A WINNING GAME PLAN THIS SUPER BOWL

The Super Bowl provides a great opportunity for a party. According to the USDA, Super Bowl Sunday is the second largest food consumption day of the year, behind Thanksgiving. Use some pre-game strategy to develop a plan to ensure your celebration will be a success.

Have a smart pre-game meal and save some calories to re-fuel at half-time. Include some lower-calorie drink and snacks options. Check out food labels. Have a plan. Decide what you will eat before you begin. Just because the food is there doesn't mean you need to sample everything. Eat small portions. Stand away from the food table. Put the food on a small plate so it looks like you are getting more. Don't graze from the bowl or container which makes it more difficult to be aware of how much you are eating.

Food safety is also an important player in your game. Follow the "two-hour rule." Leaving perishable food at room temperature for more than two hours is a big mistake. When food sits out for more than two hours, bacteria can easily multiply and cause foodborne illness. Set out small amounts of perishable foods and replace those with clean plates of food within two hours.

Keep hot foods hot (140°F or hotter) with chafing dishes, slow cookers, and warming trays. Cold foods should be held at 40°F or colder. Keep foods cold by nesting dishes in bowls of ice or using party trays filled with ice.

With some advanced planning, your event will rank #1 with family and friends. Enjoy a happy, healthy celebration.

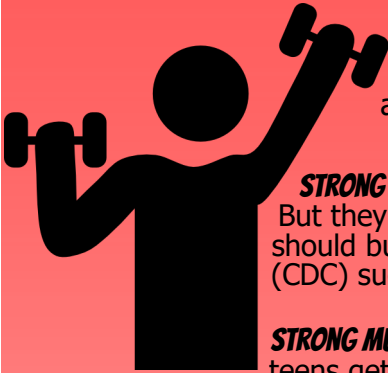


Source: University of Nebraska Lincoln
Cooperative Extension

HEART MONTH

Our heart may be the most important muscle in our body, but we need to exercise all our muscles no matter our age. Muscles are sometimes over looked until we realize we don't have the ability we once did. Use these tips to focus on ways to be stronger.

5 SIMPLE WAYS TO BUILD STRONG MUSCLES AT EVERY AGE



Do you think strength training is just for bodybuilders? Think again! Strength training is for anybody. It helps you look more toned, be stronger and have better endurance. It is for young and old, men and women, serious athletes and folks who just enjoy being in the outdoors.

STRONG MUSCLES FOR CHILDREN Even young children can be more fit with strength training. But they don't need to train in the gym with weights or machines. Experts say that kids should build their muscles by playing. The Centers for Disease Control and Prevention (CDC) suggests doing gymnastics, playing on a jungle gym or climbing trees.

STRONG MUSCLES FOR TEENS Training with weights, machines or resistance bands can help teens get stronger. It will build endurance. Strength training can also improve sports performance. But remember that teens are still growing. To be safe, they should work with a youth trainer or coach. Ask for help in a school training room, through a sports club or at a local fitness center.

STRONG MUSCLES FOR ADULTS The CDC says adults should do strengthening exercises two days a week. Be sure to hit all the muscle groups! These are your legs, hips, back, chest, abdomen, shoulders and arms. You can do exercises at home or at the gym. Watch short videos from the CDC about the safe way to do popular exercises at www.cdc.gov/physicalactivity/everyone/videos/index.html#MuscleHome.

STRONG MUSCLES FOR OLDER ADULTS Some of the best news is for older adults who want to get stronger. In your 70s? 80s? 90s? It's not too late! Research shows that you can still build or maintain strong muscles and lean body mass. Strengthening activities can help prevent muscle loss related to age. Try light weight lifting, resistance bands, yoga or Pilates. Gardening, yard work or mowing the grass count, too!

STRONG MUSCLES FOR PEOPLE WITH DISABILITIES If you have special needs, strength building has special benefits. It can help prevent muscle loss or injuries. In some cases, it may slow the progression of a disease or condition. Trainers can create programs to meet your goals. Get started with a visit to www.health.state.ny.us/nysdoh/fun/0954.htm.

ECA Cultural Arts Competition

These cold winter days are a great time to finish up some **U.F.O.'s**. **U**n-**F**inished **O**bjects.

Any item that you finished since March 17, 2017, can be entered into the 2018 ECA Cultural Arts contest.

Categories have changed since last year. Check out the list and see where your hand-crafted creations will fit.

https://alleghany.ces.ncsu.edu/wp-content/uploads/2018/01/2018_ECA_Cult_Arts_Categ.pdf

You may also call the Extension Office at 336-372-5597 to request a copy.



UPCOMING EVENTS...

Feb 6: Diabetes Today (Heart Health); 12:00; Alleghany Wellness Center; FREE but please call 336-372--5597 if you would like to attend

Feb 12: ECA Scholarship Deadline

Mar 6: Diabetes Today (Go Further with Food); 12:00; Alleghany Wellness Center; FREE but please call 336-372--5597 if you would like to attend

Mar 21: ECA Cultural Arts Day; Sparta First Baptist Church. 9:30 am ~ entry take-in; 10:00 am ~ Program with County Council. Special Guest Speaker: Gary Green with the North Carolina Boys and Girls Home of NC

Mar 27-May 22: Faithful Families Eating Smart, Moving More at Sparta First Presbyterian Church. Tuesday evenings at 5:30pm. This 9 week program will help families learn tips to be healthier. More details soon

Apr 3: Diabetes Today (Cancer Control / Eat Anti-Inflammatory); 12:00; Alleghany Wellness Center; FREE but please call 336-372--5597 if you would like to attend

Apr 19: ECA North Central Spring District Day; Vance/Granville Community College

Chicken Tortellini Soup

- 12 ounces skinless, boneless chicken breast halves cut into $\frac{3}{4}$ in pieces
- 2 teaspoons olive oil
- 3 cloves garlic, minced
- 2 (14.5 ounce) cans reduced-sodium chicken broth
- 3 cups sliced fresh mushrooms
- $1\frac{3}{4}$ cups water
- 2 carrots, cut into matchstick strips (1 cup)
- 2 cups packed torn fresh kale or spinach
- 1 teaspoon dried tarragon, crushed
- 1 (9 ounce) package refrigerated cheese-filled tortellini

In a Dutch oven heat olive oil over medium-high heat and add chicken and garlic, cooking for 5 to 6 minutes or until chicken is no longer pink. Stir in chicken broth, mushrooms, water, carrots, kale (if using), and tarragon. Bring mixture to boiling; reduce heat. Simmer, covered, for 2 minutes. Add tortellini. Simmer, covered, for 5 to 6 minutes more or until tortellini is tender. Stir in the spinach (if using).

Nutrition information

Serving size: $1\frac{1}{3}$ cups

Per serving: 274 calories; 6 g fat (2 g sat); 3 g fiber; 31 g carbohydrates; 25 g protein; 23 mcg folate; 53 mg cholesterol; 4 g sugars; 4,184 IU vitamin A; 33 mg vitamin C; 153 mg calcium; 3 mg iron; 616 mg sodium; 557 mg potassium



ECA Scholarships

Alleghany County Extension and Community Association (ECA) members are proud to announce they are accepting applications for the 2018 North Central District Extension and Community Association Scholarships. The \$800.00 scholarships are given to a youth and an adult who are continuing their education beyond the high school level in any field of study, but with priority given to a degree in family and consumer sciences.



A youth applicant is defined as a high school senior or a student currently enrolled in college having completed high school without a break in his /her formal education. An adult is an individual who has completed high school and has had a break in his/her formal education and now wishes to further his/her education.

All applicants must be North Carolina residents and planning to attend a North Carolina accredited college, community college or technical institute the fall of 2018. Scholarships are awarded based on the following criteria: Financial Need ~ 25%; Scholarship Potential ~ 25%; Activities and Honors ~ 25%; ECA Connection ~ 25%

The deadline for applications is February 12, 2018. To obtain an application or for more information, call the Alleghany County Center of NC Cooperative Extension at 372-5597.

Alleghany County Extension and Community Association (ECA) has three clubs and 55 members located throughout the county. The organization's mission is to Strengthen Families through: **Leadership Development **Volunteer Work **Educational Support **Researched-based education from North Carolina State University and North Carolina A&T State University

March – Poison Prevention Month

Laundry Packets Storage

Knowledge is key to the prevention of poisonings. The American Cleaning Institute has some great information to keep your family safe. Proper storage of all cleaning products is a daily practice that can help prevent accidents in the home. To reduce the number of accidents associated with liquid laundry packets ALWAYS keep laundry packets up and away from kids and NEVER let young children handle or hold them.

Order a free cling from <http://www.cleaninginstitute.org/packetsup/> and put it on your cabinet as a reminder to store products safely in your home.



LIVING WELL MONTH

Raising kids, eating right, spending smart, living well—that's the theme of a national Living Well Campaign that is being promoted by the Extension Association of Family and Consumer Sciences, both at the national level and here in North Carolina. The goal of the Living Well Campaign is to provide people with the education and information they need to "live well." Whether you are trying to manage your diabetes through meal planning and exercise, make decisions about health care and insurance, or get tips on effective parenting techniques, Extension probably has a research-based answer. To make every month a "Living Well Month," consider these six tips.

1. Engage children in at least 60 minutes of physical activity on most, preferably all, days of the week. Adults need at least 30 minutes of physical activity. Besides participating in sporting activities, turn on some music and dance. Be creative by assembling an obstacle course or using hula-hoops. Start planning a garden. Take a walk or bike ride in your neighborhood.

2. Drink plenty of water to stay hydrated. The average adult human body is approximately 60 percent water, which is found in muscle, blood, brain, bone, etc. Water regulates every living cell's processes and chemical reactions. It transports nutrients and oxygen. Water helps to maintain normal bowel habits and prevent constipation. Limit the amount of soda and fruit drinks consumed daily.

3. Eat a variety of healthful foods. Be sure to have plenty of colorful fruits and vegetables every day. Most people need at least 4 ½ cups to meet the daily recommendation. Have a glass of 100 percent juice or sliced banana on cereal for breakfast, enjoy raw vegetables with dip to accompany a sandwich at lunch and have a sliced apple for dessert. At dinner, steam some vegetables and prepare a fruit parfait with yogurt for dessert. See www.choosemyplate.gov for more information about nutrition for yourself and members of your family.

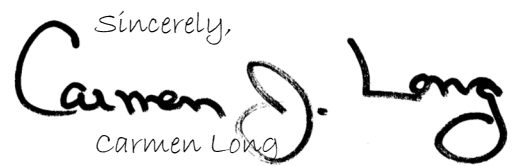


4. Read, read, read. Go to the library and check out books. Keep the mental stimulation flowing throughout the year regardless of your age.

5. Maintain a healthy home. Be sure your smoke detector is working correctly and test for the presence of Radon. Help manage allergies and/or asthma by cleaning and vacuuming regularly to reduce allergy triggers in the home. Avoid accidental poisonings by keeping medications locked up, and cleaning agents and other poisons out of reach of children.

6. Keep your family finances in check. Track your expenses and update your budget regularly. Eat at home often because meals outside of home usually cost more. Plan your menus and use coupons to help with food costs. Use leftovers as the basis for another meal.

Living Well™



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