



HEALTHY TIDBITS

Serving Families in Halifax & Northampton Counties

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Dear Friends,

Let me share my excitement and introduce myself. I have been given the opportunity to serve both Northampton and Halifax Counties in the role of Family and Consumer Sciences Extension Agent. So your question may be -



What is Family & Consumer Science?

Family and Consumer Science programs address three issues: the economy, education and health. We connect the research of the university system with the citizens of North Carolina through local programs to help families gain new skills and knowledge to improve and grow their financial outlook, to foster and develop educational success and to promote overall health of every family member. Families need credible information and education on pressing concerns they face today.

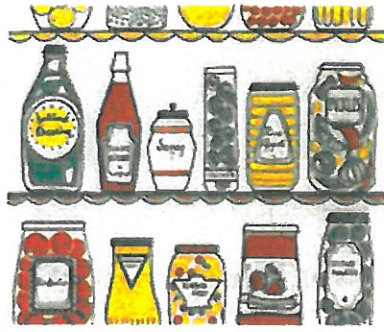
What I bring to you are solutions to empower your family to improve their lives!

Happy and Healthy New Year to you and your family -

EB Odom, RD, LDN

EB Odom, RD, LDN





**Start the New Year
with Healthy Staples**

*Healthy Foods to Keep
on Hand*

- Olive Oil
- Oatmeal
- Whole Wheat Pasta
- Beans - dried or low-sodium canned
- Yogurt - Light or fat-free
- Milk - 1% or fat-free (skim)
- Natural Peanut Butter
- Eggs
- Whole Wheat bread
- Vegetables - fresh, frozen, low-sodium canned
- Fruits - fresh, lite canned, dried, or frozen

Diabetes Corner

Learning about Diabetes is easy in the Roanoke Valley! Look at all the opportunities:

Monthly Diabetes Support Groups

Littleton Senior Center
1st Tues 11:00-12:00

J.W. Faison Center, Jackson
2nd Thurs 1:00-2:00

CADA Building at Rich Square
1st Thurs 12:00-1:00

Jo Story Senior Center, RR
3rd Tues 11:00-12:00

Halifax Regional Medical, Building 1
2nd Mon 6:30-7:30pm

Scotland Neck Senior Center
2nd Mon 12:00-1:00



Whipped Sweet Potatoes with Apples



- 3 1/2 lbs sweet potato (about 6)
- 1 Golden Delicious apple
- 2 Tbsp maple syrup
- 1 Tbsp canola oil
- 2 tsp unsalted butter
- salt and ground pepper

Preheat oven to 350 degrees F. Peel and cut sweet potatoes into 2-inch cubes. Steam in microwave with 1/4 cup water, covered for 10-15 minutes, until tender.

Place potatoes in large bowl. Add oil and syrup to the hot potatoes and mash until smooth. Season with salt & pepper to taste.

Spray a 9-inch square baking pan with cooking spray.

Spread sweet potatoes into pan evenly.

Peel and core apple, cut into thin slices. Arrange slices in overlapping rows to cover the sweet potatoes.

Melt the butter in the microwave and then brush over apples lightly with the melted butter.

Bake uncovered, 25-30 minutes.

Serve warm. Sprinkle with nutmeg on top. Yields: 12 servings.

Nutrition Information:

Serving Size: 1/2 cup

Calories 110

Total Fat 2 gm

Total Carbs 22 gm

Dietary Fiber 3 gm

Protein 1 gm

Source: www.myeatsmartmovemore.com

EFNEP (Expanded Food and Nutrition Education Program) serves limited-resource families with young children, school-aged youth, and pregnant teens through a series of lessons offered by paraprofessionals and volunteers, many of whom are indigenous to the population.

Using "hands-on" experiences, participants are taught to: make wise choices with their food dollars, improve eating habits, and practice food safety principles.

EFNEP is offered through North Carolina Cooperative Extension as a part of university outreach at NC State University and NC A&T State University. In 2015, North Carolina EFNEP served 47 counties.

EFNEP - Can Get You Moving!

Line Dancing

Every Monday

6:30-7:30 pm

Zumba

Every Wed

5:30-6:30 pm

Odom Building,
Gaston

Odom Building,
Gaston

Call Tammy to request a nutrition program near you!

252-534-2711



Reading Their Way to Healthy Habits

Coming to a school or library near you! The Roanoke Valley Community Health Initiative has gathered some great reads and games to get your child's year off to a healthy start. Libraries along with elementary and middle schools across Halifax and Northampton Counties will showcase some very special reading kits filled with coloring books, crayons, bookmarks, over-sized maps of area playgrounds and recreation spaces, and age-appropriate books all focused on eating healthy and staying active. Get your child's new year off to a great start and visit any area library or their school library. The reading kits are compliments of the RV-CHI's public awareness campaign to activity and healthy living/eating in our community. For more information visit: www.GetFitStayFitRV.com.

The **Roanoke Valley Community Health Initiative (RV-CHI)** was formed in 2011 to address and improve overall health of Halifax and Northampton counties. The organization brings together over 40 diverse organizations, individuals, and businesses. These groups collaborate to overcome the pressing challenge of childhood obesity and improve the overall health of our community. For more information about the RV-CHI visit www.getfitstayfitrv.com or call Audrey Hardy, RV-CHI Coordinator, at

ahardy@halifaxrhc.org or (252) 535-8771.

With the generous support of the Kate B. Reynolds Charitable Trust, the RV-CHI focuses its efforts on making the Roanoke Valley healthier. Through this partnership, the RV-CHI is working to increase access to affordable healthy foods, and improve opportunities for exercise and physical activity.

Want to get involved?

Help your community "Get Fit, Stay Fit," and join the Roanoke Valley Community Health Initiative. The RV-CHI welcomes parents, students, educators, faith groups, community organizations, and businesses who want to volunteer their time and talents.

