



HEALTHY TIDBITS

Serving Families in Halifax & Northampton Counties

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**SAVOR
THE FLAVOR
OF EATING
RIGHT**

NATIONAL NUTRITION MONTH* 2016

eat right. Academy of Nutrition and Dietetics
www.eatright.org

March is National Nutrition Month

Pick one or two behaviors to start a healthier lifestyle in 2016:

1. Eat Breakfast
2. Make Half Your Plate Fruits & Vegetables
3. Watch Portion Sizes
4. Be Active
5. Fix Healthy Snacks
6. Get to Know Food Labels
7. Eat Seafood Twice a Week
8. Drink More Water

For these and more tips: www.eatright.org



24-Carrot Health

Did you know that feathery fresh carrot tops were worn to adorn hair in Shakespeare's day?

Today, it's carrots' vibrant orange pigment, known as carotene, that's getting attention. Beta carotene turns into vitamin A, a powerful antioxidant vitamin. New research suggests that carrots' carotenoids may also reduce cancer risk, slow aging and reduce some diabetes-related symptoms. In farmers markets, heirloom carrots — scarlet, maroon, golden yellow, purple — are showing up, contributing other antioxidants such as anthocyanins in purple carrots.

Academy of Nutrition & Dietetics
www.eatright.org

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

Tues, Mar 1 11:00- 12:00

Tues, Apr 5 11:00-12:00

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

Thurs, Mar 10 1:00-2:00

Thurs, Apr 14 1:00-2:00

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

Thurs, Mar 3 12:00-1:00

Thurs, Apr 7 12:00-1:00

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

Tues, Mar 15 11:00-12:00

Tues, Apr 19 11:00-12:00

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

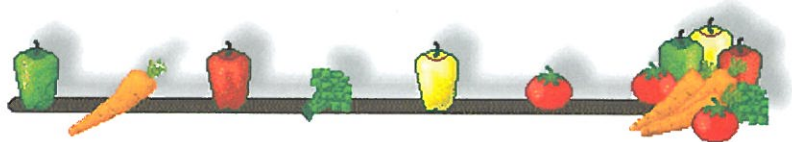
Mon, Mar 14 6:30-7:30 pm

Mon, Apr 11 6:30-7:30 pm

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

Mon, Mar 14 12:00-1:00

Mon, Apr 11 12:00-1:00



Chicken Chili



EFNEP

EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

- 1 tablespoon vegetable oil
- 2 medium onions, chopped (approximately 1 cup)
- 2 cloves garlic, finely chopped
- 3 cups low-sodium chicken broth
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1/4 teaspoon hot sauce
- 1 (11-ounce) can no-salt-added corn, drained
- 1 (15-ounce) can great northern beans, drained and rinsed
- 1 (15-ounce) can butter beans or chickpeas, drained and rinsed
- 2 cups cooked chicken breast, chopped

Heat oil in large pan or Dutch oven over medium heat. Cook onions and garlic in oil until onions are tender. Add next 9 ingredients (chicken broth through butter beans). Bring to a boil; reduce heat and simmer uncovered for 20 minutes. Stir in chicken; simmer until hot.

Nutrition Information:

- Yields: 8 servings
- Calories 120
- Total Fat 4 gm
- Total Carbs 23 gm
- Dietary Fiber 6 gm
- Protein 19 gm

Source: www.myeatsmartmovemore.com

Let Tammy help you and your family get moving and eating healthy, affordable meals! Check out some of the programs she has scheduled:

Adventure With Wellness

Sat, Feb 27, 2016

10:00 am- 12:00 noon

Playhouse, Becker Village Mall

Explore the Playhouse while enjoying healthy snacks, smoothies, Grab bags and door prizes!

Adults & Children are welcome!

Line Dancing

Every Monday

6:30-7:30 pm

Odom Building,
Gaston

Zumba

Every Wed

5:30-6:30 pm

Odom Building,
Gaston

Cooking Classes

Healthy and Affordable Meals
Classes offered weekly! Call Tammy to request a nutrition program near you.
252-534-2711

Mark Your Calendar!

2016 Roanoke Valley Aging Expo

Better Choices in 2016

Thursday, March 31, 2016

Kirkwood Adams Community Center

Call to register: 252-533-2849

Mar 4, 2016

Family Fun Fest

Saturday, April 16, 2016 10 am-2 pm

Northampton County Cultural & Wellness Center

Bring family & friends for a variety of free and fun activities!

JW Faison Senior Center

Fri, Apr 1 - Fri, May 27, 2016

11:00 - 12:00 noon

Call 252-534-1012 to register

by March 28, 2016

Sample New Foods

Cookbook

Be Healthy!

Scotland Neck Senior Center

Tues, Apr 12 - Tues, May 24, 2016

11:30 - 12:30 pm

Call 252-826-3191 to register

by April 8, 2016

Northeastern North Carolina Craft Workshop

Tuesday, May 10th and Wednesday, May 11th, 2016

9:30am - 4:00pm

Vernon James Research & Extension Center, Plymouth, NC

Classes offered: Basic Stained Glass, Basketry, Bark Carving, Crochet, Decoy Carving & Painting, Embroidery, Fishing Fly Tying, Glass Etching, Basic Jewelry, Knitting, Needle Felting, Painting in Acrylic, Painting with Alcohol Ink, Painting with Watercolor, Quilting, Yo-Yo Quilt Square, Seagrass Stools, Silk Scarf Dyeing

Registration: \$10.00 per day

Deadline: April 2, 2016

Call: EB Odom, NC Cooperative Extension, 252-534-2711