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To: Caswell ECA Club Members

Sonya G. Patterson

From: Sonya G. Patterson
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Some Food for Thought Newsletter May 2014

Greetings!



Although it seemed like the warmer weather would never come this Spring, I think maybe this time it has arrived and will stay with us for a while. It was a long time coming for sure this year. I hope you all are enjoying spending some time outdoors doing the things you enjoy. Please give me a call at the Extension Office if you have any questions or concerns at (336) 694-4158.

ECA Garden Party



The annual ECA Spring Garden Party will be held on May 22nd from 12:00 pm – 2:00 pm in the kitchen of the Agriculture Building. An educational program will be provided by April Dailey of Dailey Landscape Designs of Milton. Her presentation will focus on "Growing Herbs". She will have plants that you can purchase, and asks that you bring a small container or pot if interested. See the attached invitation for more information.

*please
join us*

Safe Today • Healthy Tomorrow

Each May, the nation celebrates Older Americans Month to recognize older Americans for their contributions and provide them with information to help them stay healthy and active. This year's theme will focus on injury prevention with the theme being Safe Today, Healthy Tomorrow.

Older adults are at a much higher risk of unintentional injury and even death than the rest of the population. Unintentional injuries to this population result in millions of medically treated injuries and more than 30,000 deaths every year.

Older Adult Fall Prevention Checklist

Many falls can be prevented by making simple personal and lifestyle changes. Your doctor also can assess your risk of falling and suggest ways to prevent falls.

Exercise

- Mild weight-bearing exercises, such as walking, climbing stairs and water workouts may help slow bone loss from Osteoporosis. Having strong bones, especially in your lower body, can prevent fractures if you fall.

Safe Today • Healthy Tomorrow

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- Practicing Tai Chi will help prevent falls by improving your balance and control. It uses slow, flowing movements to help you relax and coordinate the mind and body.
- Group and community exercise programs, such as A Matter of Balance will help increase your flexibility, strength, balance and coordination. These kinds of exercises also can be done at home.

Health

- Have your vision tested at least once a year or if you think it has changed.
- Get an annual physical examination and have your blood pressure checked both lying down and standing up.
- Walkers, canes and all medical equipment should be properly sized and fitted by a qualified medical professional.
- Reduce your risk of hip fracture by maintaining a diet with adequate amounts of Vitamin D and Calcium.

Shoes and Clothing

- Wear properly-fitting, sturdy shoes with non-skid soles.
- Replace slippers that are stretched out or too loose.
- Use a long-handled shoe horn if you have trouble putting on your shoes.
- If you're a woman who can't find wide enough shoes, try men's shoes.
- Make sure clothing is properly fitted to prevent it from catching on something.

Medications

- Ask your doctor or pharmacist to review your medications,

prescriptions and over-the-counter medicines and any vitamins, minerals and herbal products you are taking. Some medications do not work well together and may affect your coordination and balance.

- Make sure all medications are clearly labeled and stored in a well-lit area according to instructions.
- Have an up-to-date medication list and bring it with you to all doctor visits.
- Take medications on schedule with a full glass of water and avoid drinking alcohol in excess.

Source: nsc.org

Cooking for One (or Two)

For many people, cooking a big meal for lots of family and friends can be rewarding. However, for those who typically prepare meals for just one or two people, the effort may seem bigger than the reward. Unfortunately, when that happens, some people may not pay much attention to the foods they eat, or even the way they prepare them.

When planning meals, be sure to follow the Choose My-Plate guidelines for protein, grains, vegetables and fruits. These foods all contain important nutrients that promote good health.

One way to make meal preparation easier is to purchase low-fat frozen dinners or entrees. Add a slice of whole-wheat bread, a piece of fresh fruit or side salad and a glass of milk and you have a tasty, healthy meal. It is a good idea to read the nutrition label as some of these prepackaged foods can be high in fat, sodium and/or calories. Try to choose prepared entrees that contain no more than 10 grams of fat per 300 calories and fewer than 800 milligrams of sodium per serving.

Cooking for One (or Two)

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Another thing to look at is the proportion of vegetables in a frozen meal. In most cases, the vegetable portion is relatively small compared to the entrée. Consider balancing out the frozen meal with your own microwaved or steamed vegetables.

Although convenience foods can lack the nutritional quality of home-cooked foods, consumers can still use them as the starting point for a healthy meal. For instance, sauté fresh vegetables and add them to jarred or canned spaghetti sauce. Top a frozen pizza with tomatoes, peppers, mushrooms, broccoli and onions. Add diced tomatoes, shredded carrots, raisins and pine nuts to quick-cooking brown rice or couscous and season with a splash of balsamic or other flavored vinegar. For a different twist on a traditional side salad, add grapes, celery, dried cherries or raisins and walnuts to prepackaged salad greens and top with your favorite low-fat dressing.

For a quick and healthy breakfast, top whole-grain frozen waffles with fresh or frozen fruit, hot applesauce or low fat yogurt. Add chopped, dried fruit to instant oatmeal.

When you do decide to roll up your sleeves and cook, prepare extras that can be packaged into single or double servings. Casseroles, meatloaf, soups and pasta dishes freeze well and make food prep later in the week or month that much easier. Consider taking one day a week or month to cook a large batch of one of your favorite dishes, and then freeze in single or double portions for multiple meals later on.

The important thing to keep in mind is eating healthy and keeping it easy. Don't limit your options because you think eating healthy isn't worth the effort to prepare a tasty meal for one or two people.

Source: Oklahoma State University Extension

Calorie Reduction: Easy Ways to Cut 100 Calories or More

If you cut 100 calories from your daily food intake, you could lose as much as 10 pounds in a year. It is also simple to do, as these examples prove.

Breakfast

- Replace your morning glass of regular juice with a glass of light or reduced-sugar juice.
- Switch out 1 ounce (1 oz) of cooked pork bacon for 1 oz of Canadian bacon.
- Trade $\frac{1}{4}$ cup (C) of regular pancake syrup for $\frac{1}{4}$ C of lite pancake syrup.
- Try replacing 2 fluid (fl oz) of flavored coffee creamer with 2 fl oz of 2% milk.

Lunch

- Replace 1 C of a cream-based soup with 1 C of a broth-based soup.
- Skip the cheese on your burger, sandwich or salad.
- Choose carbonated fruit-flavored water, instead of regular soda.
- Trade a 6 – oz cup of yogurt with fruit on the bottom for a 4 – oz cup of lite yogurt blended with fruit.

Dinner

- Make your tacos with 3 oz of grilled chicken breast, instead of 3 oz of 85% lean ground beef.
- Choose one slice of thin-crust cheese pizza, instead of a slice of pepperoni pan pizza (one piece is measured as one-eighth of a 14" pizza).

Calorie Reduction: Easy Ways to Cut 100 Calories or More

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- Replace either smoked pork or beef sausage with either smoked turkey or chicken sausage.
- Replace 2 tablespoons (Tbsp) of salted stick butter with 2 Tbsp of a reduced-calorie margarine spread.
- Choose $\frac{1}{2}$ C of black beans, instead of refried beans, when preparing Mexican food.

Snacks

- Choose $\frac{1}{2}$ C of sorbet, instead of premium ice cream.
- Munch on five reduced-fat vanilla wafers, instead of one big chocolate-chip cookie.
- Use $\frac{1}{4}$ C fat-free ranch dressing, instead of French onion dip, for dipping your raw vegetables or pretzels.
- Replace one-half of the oil in your favorite baking recipe with unsweetened applesauce.
- Trade your regular buttered popcorn for a natural or no butter added popcorn.

Source: www.nutrition411.com



Recipe Corner

Refreshing Strawberry Pie

6-8 Servings, Prep: 30 mins. + chilling

Ingredients:

- 1 unbaked pastry shell (9 inches)
- $\frac{3}{4}$ cup sugar
- 2 tablespoons cornstarch
- 1 cup water
- 1 package (3 ounces) strawberry gelatin
- 4 cups sliced fresh strawberries
- Fresh mint, optional

Directions:

1. Line unpricked pastry shell with a double thickness of heavy duty foil.
2. Bake at 450° for 8 minutes. Remove foil; bake 5 minutes longer. Cool on a wire rack.
3. In a small saucepan, combine the sugar, cornstarch and water until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in gelatin until dissolved.
4. Refrigerate for 15-20 minutes or until slightly cooled.
5. Meanwhile, arrange strawberries in the crust. Pour gelatin mixture over berries. Refrigerate until set. Garnish with mint if desired.

Nutritional Facts: 1 serving (1 piece) equals 264 calories, 7g fat (3g saturated fat), 5 mg cholesterol, 125 mg sodium, 49g carbohydrates, 2g fiber, 2g protein.

Source: Taste of Home 2014



Caswell ECA Garden Party

*May 22, 2014
12:00 - 2:00 pm*

Agricultural Building Assembly Room

*All Caswell ECA members are invited to join us
for a fun filled afternoon of fellowship, good food,
and an educational program on
"Growing Herbs"*

*Be sure to bring a covered dish, a plant to
exchange and a guest!*

Hope You Can Join Us!!!

For more information, call Sonya Patterson at 694-4158.



Persons with disabilities and persons with limited English proficiency may request accommodations to participate by contacting Joey E. Knight, III, County Extension Director, at 336-694-4158 or email joey.knight@ncsu.edu or fax 336-694-5930, or in person at the County Extension Office at least 5 days prior to the event.