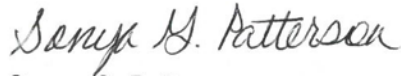


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To: Caswell ECA Club Members



From: Sonya G. Patterson  
Associate Extension Agent  
Family & Consumer Sciences



## Some Food for Thought Newsletter Winter 2015



### Greetings!

Happy New Year! I hope 2015 has gotten off to a great start for all of you, and that you're focused on the resolutions and goals you set for yourself this year. I hope some of your goals were to become more physically active and choose healthier meal options in order for you to feel your best. If I can be of assistance, please give me a call at the Extension Office at (336) 694-4158.

### Change is on the Horizon!

With the anticipated rollout of NC Cooperative Extension's new strategic plan, there will be changes in the Family and Consumer Sciences program, as well as with our administrative support staff. It is uncertain as to when the major changes will occur; however, we know they are on the horizon. With that being said, the "Some Food for Thought" newsletter will now be done quarterly instead of monthly, beginning with this issue. There will now be a Winter, Spring,

Summer, and Fall edition for you to enjoy. I have enjoyed writing the newsletter monthly for the last 10 years, and I hope you have enjoyed reading it.

### ECA

Attention all club members! If you have not submitted payment of your 2015 membership dues, please do so as soon as possible so that payments can be forwarded to the ECA state office. The dues are \$11. If paying by check, please make checks payable to Caswell ECA.

### Working Arts Workshops

The 2015 Working Arts Workshops are fast approaching; however, we have extended the registration deadline until February 2<sup>nd</sup> in case you or someone you know are interested in attending. Without your support this program will not be successful. If you need additional information such as forms or class availability, please call the Extension Office.



## [ECA County Cultural Arts Contest](#)

The 2015 ECA county level Cultural Arts Contest will be held on March 26<sup>th</sup> in the Assembly Room of the Agriculture Building. If you are in need of a cultural arts entry form or registration information packet, please give Tonya a call at the Extension Office. Entries can be dropped off between the hours of 8:00 am – 10:00 am **ONLY**. The entries will be on display for viewing between 1:00 pm – 3:00 pm. All entries must be picked up by 5:00 pm on March 26<sup>th</sup>. We are not responsible for items not picked up by 5:00 pm.

## [Surviving Breast Cancer](#)

Diet and Physical Activity Matter: What cancer survivors can do.

The American Institute for Cancer Research (AICR) just released an updated report on how diet, weight and physical activity influence the survival and recurrence of cancer in breast cancer survivors.

Research shows that women with higher body weights before and after treatment have less chance of survival. The AICR recommends that women avoid gaining weight while being treated for breast cancer and work towards a healthy weight afterward. A healthy weight may not be an ideal body weight. Instead it is the stable weight one achieves with daily physical activity for a total of 30-60 minutes and moderate portions of healthy foods.

Women who are active before and after breast cancer are more likely to survive. All of us need to move more throughout the day. Sitting for long periods of time is unhealthy for everyone. Even women in

treatment for breast cancer can feel better if they are regularly active.

Diets higher in whole soy foods seem to promote survival. Consuming 1 – 2 soy foods per day is safe. One serving is ½ cup edamame (green soy beans), ½ cup of tofu, ½ cup tempeh, ¼ cup soy nuts, 1 cup soy yogurt, 1 tablespoon miso, and 1 cup of soy milk.

Each of these soy foods has about 7 grams of protein and 25 milligrams of isoflavone phyto-chemicals. Processed foods made with soy protein concentrate or textured vegetable protein usually have much lower levels of isoflavones.

Eating high amounts of fiber each day reduces risk of dying from any cause. The best sources are non-starchy vegetables, fruit, whole grains and beans. Non-starchy vegetables include green beans, broccoli, cabbage, carrots, tomatoes, lettuce, leafy greens, cauliflower and any other vegetable that has less than 40 calories per ½ cup serving.

Women are less likely to die of breast cancer if they consume less total fat, particularly less saturated fat, before they are diagnosed. To do this, all girls and women should limit fatty meats, fried foods and processed foods with added fat throughout their lives.

Source: American Institute for Cancer Research (AICR)



## Storage Secrets for Fruits and Vegetables



### **Fresh**

- Use within a few days
- Some can be left at room temperature to ripen, then refrigerated.



### **Frozen**

- Store at 0°F or less.
- Use before the “use by” date on the package or within 6 months.

### **Canned**



- See the “use by” date on the can.
- Most canned goods have a shelf life of two years.
- Store at room temperature (about 75°F).

### **Dried**



- Store in a cool, dark place (warmth makes the food spoil more quickly).
- Some dried foods may be refrigerated. See packaging.
- Use before the “use by” date on the package.
- Most dried goods will last four months to a year.

Source:

[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)





## Eating on Less Than \$10 Per Day

Slashing your food bill and trimming your waistline can go hand-in-hand and may be easier than you think.

- Eat less. Cut back on portions. Stick with the suggested serving size listed on labels to make items go further.
- Stop eating out. Eat at home and bring lunches from home. Tell yourself that you'll only eat out once a week, and keep that promise.
- Opt for water or tea instead of soft drinks, orange juice, or vitamin water.
- Buy fresh produce in season when it is cheaper.
- Never throw away leftovers. Use them for lunch or dinner the next day, or freeze them for later use.

Cheap, nutritious staples:

- Eggs are a great source of protein that can be used for breakfast, lunch, a snack or dinner. 
- Canned beans, such as kidneys or chickpeas.
- A 42-ounce canister of oatmeal has about 30 servings. 
- A 5-pound roasting chicken could yield two dinners.
- Bananas run 50 – 70 cents per pound in most markets compared to apples, which can run between \$2 – 4 per pound.

Source: Be Well, Utah State University, May 2013



## 10 Money Wasters

This list is definitely food for thought. Before you spend your hard earned money, decide if the purchase is worth it. Here were the top 10 purchases that consumers wished they hadn't purchased.

1. Handbags – don't buy one if you don't need it!
2. Used books. They are such a good buy they are irresistible.
3. Home party products.
4. Season event tickets.
5. Things to get you organized.
6. Kids toys
7. Tattoos
8. Anything of the month club. Occasional is a treat. Too often is everyday.
9. Specialized kitchen appliances. How often does the quesadilla maker, donut maker or cake pop maker get used?
10. Loans to Family and Friends. Ok, so it's technically "lending" money rather than "spending" money. But when someone stiffes you on a personal loan, that money is spent. As the American author Bryant H. McGill said, "Never expect a loan to a friend to be paid back if you want to keep that friend."

Source: Jeff Yager, AARP

## Winter Storm Safety

A major winter storm can last for several days and be accompanied with high winds, freezing rain, sleet, heavy snowfall and cold temperatures. Winter storms can make driving and walking extremely hazardous. Always listen to the radio and television for the latest information and instructions for your area.



## **Before A Winter Storm:**

- Have a disaster plan
- Prepare a disaster supplies kit for your home and car. Include a first aid kit, canned food and a can opener, bottled water, battery-operated radio, flash light, protective clothing, and blankets.
- Be aware of changing weather.

## **During A Winter Storm:**

- Stay indoors and dress warmly.
- Eat regularly. Food provides the body with energy for producing its own heat.
- Drink water. Also, drink warm broth and juices.
- If you must go outside, wear layered clothing, mittens and a hat.
- Watch for signs of hypothermia and frostbite.
- Keep dry. Change wet clothing to prevent the loss of body heat.
- If you must drive, carry a charged cell phone.
- Keep the gas tank full.
- Let someone know where you're going, just in case your car gets stuck.
- If your car gets stuck, stay with it and wait for help unless help is visible within 100 yards. Use maps and car mats to stay warm.

## **After A Winter Storm:**

- Avoid driving until conditions have improved.
- Avoid overexertion. Heart attacks from shoveling snow are the leading cause of deaths during the winter.
- Check on neighbors to make sure they're okay.

Source: weatherwizkids.com



## Simple Turkey Chili

### Ingredients

- 1½ teaspoons olive oil
- 1 pound ground turkey
- 1 onion, chopped
- 2 cups water
- 1 (28 ounce) can canned crushed tomatoes
- 1 (16 ounce) can canned kidney beans –  
drained, rinsed, and mashed
- 1 tablespoon garlic, minced
- 2 tablespoons chili powder
- ½ teaspoon paprika
- ½ teaspoon dried oregano
- ½ teaspoon ground cayenne pepper
- ½ teaspoon ground cumin
- ½ teaspoon salt
- ½ teaspoon ground black pepper

### Directions:

1. Heat the oil in a large pot over medium heat. Place turkey in the pot and cook until evenly browned. Stir in onion and cook until tender.
2. Pour water into the pot. Mix in tomatoes, kidney beans, and garlic. Season with chili powder, paprika, oregano, cayenne pepper, cumin, salt and pepper. Bring to a boil. Reduce heat to low, and cover. Let simmer 30 minutes.

Source: [allrecipes.com](http://allrecipes.com)