

# Family and Consumer Newsletter

Yadkin County Center

June 2009



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## Contact Us

North Carolina  
Cooperative Extension  
Yadkin County Center  
PO Box 97  
Yadkinville NC 27055  
336.679.2061 (ph)  
336.679.3088 (fax)



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## June is Dairy Month

From calcium to potassium, dairy products like milk, cheese and yogurt contain nine essential nutrients which may help to better manage your weight, reduce your risk for high blood pressure, osteoporosis and certain cancers. Whether it's protein to help build and repair the muscle tissue of active bodies or vitamin A to help maintain healthy skin, dairy products are a natural nutrient powerhouse. Those are just a few of the reasons that you should celebrate dairy this June.

### Osteoporosis

Osteoporosis affects more than 28 million Americans. One reason osteoporosis rates are so high is that many people (especially teens, women and the elderly) have critically low calcium intakes.

### High Blood Pressure

High blood pressure, or hypertension, affects 50 million Americans. The multi-center DASH (Dietary Approaches to Stop Hypertension) study, found that a low fat diet providing 3 servings of low fat dairy products and 8 to 10 servings of fruits and vegetables, significantly lowers blood pressure as much as some medications, especially when combined with a low sodium intake.

### Obesity

Low fat dairy foods such as milk, yogurt and cheese, may help control body fat, according to several studies published in the last year.

- Women who consumed the most calcium and ate at least 3 servings of dairy foods per day were 80% less likely to be obese than those with the lowest intake.
- High calcium intake was consistently associated with lower body weight across 4 studies conducted in young, middle-aged and elderly women. The tendency of dieters to mistakenly cut milk from their diet for fear of fat, often reducing their calcium intake, may be a contributing factor for their frequent failures at losing weight.

### FACTS

- 90% world milk supply comes from cows
- Research shows Americans are getting 1/2 of recommended daily allowance
- Recommended daily allowance for children up to age 8 is 2 cups and ages 9 and older is 3 cups.

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## Colon Cancer

- A study published in *The New England Journal of Medicine* shows that calcium may help reduce the risk of colon cancer.
- A study published in the *American Medical Association* examined the effects of increasing the consumption of dairy foods among 70 people at risk for colon cancer. Significant positive changes were observed in the high-dairy intake group, including a reduction in the growth of abnormal cells.



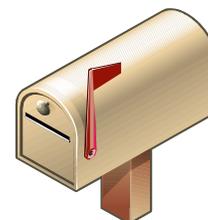
## Milk Group: What Counts as 1 Cup



	<b>Amount that counts as 1 cup in the milk group</b>	<b>Common portions and cup equivalents</b>
Milk (choose fat-free or low-fat milk)	1 cup 1 half-pint container ½ cup evaporated milk	
Yogurt (choose fat-free or low-fat yogurt)	1 regular container (8 fluid ounces)  1 cup	1 small container (6 ounces) ¾ cup  1 snack size container (4 ounces) = ½ cup
Cheese (choose low-fat cheeses)	1 ½ ounces hard cheese (cheddar, mozzarella, Swiss, Parmesan)  1/3 cup shredded cheese  2 ounces processed cheese (American)  ½ cup ricotta cheese  2 cups cottage cheese	1 slice of hard cheese is equivalent to ½ cup milk    1 slice of processed cheese is equivalent to 1/3 cup milk  ½ cup cottage cheese is equivalent to ¼ cup milk
Milk-based desserts (choose fat-free or low-fat types)	1 cup pudding made with milk 1 cup frozen yogurt  1 ½ cups ice cream	1 scoop ice cream is equivalent to 1/3 cup milk

## Mailing Update

We are in the process of updating our mailing list for the Family & Consumer Newsletter. If you would like to continue receiving this newsletter or add a friend, call 336-679-2061 by June 30. Be sure to let us know if your address has changed.



## Super Snack Tips

- Mix 1 cup of plain yogurt with yellow or Dijon mustard for dipping pretzels and vegetables
- Toss 2 tablespoons of freshly grated Parmesan cheese with fat-free microwave popcorn
- Fill ice trays with low-fat chocolate or strawberry milk and serve the cubes in glasses of milk for a cold surprise
- Heat a cup of low-fat or fat-free chocolate milk for an afternoon break



### Easy Cheesy Chicken Enchiladas with Yogurt Sauce

1 (3 ounce) package cream cheese  
2 cups chopped, cooked chicken breast  
12 ounces chunky salsa

1 cup Mexican-blend cheese, shredded  
8 (6 inch) flour tortillas

Heat cream cheese in large skillet over medium heat until soft. Stir in chicken and 1/2 cup of the salsa; mix well. Add 1/2 cup shredded cheese; stir until melted. Spoon about 1/3 cup of the chicken mixture onto each tortilla; roll up. Place seam side down in 12x8 inch baking dish. Top with remaining salsa and cheese. Bake at 350 degrees for about 15 minutes, or until heated through. Serve with yogurt sauce.

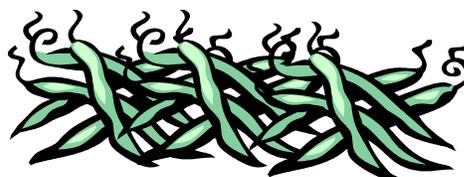
#### For Yogurt Sauce:

2 cups low-fat plain yogurt  
1/2 cup chopped cilantro  
1/2 teaspoon ground cumin

Combine yogurt, cilantro and cumin. Chill until needed.

## Preserving Bountiful Harvests

Gardens will soon be overflowing with tomatoes, corn and peppers while farmers' markets fill in with other needed fruits and vegetables. Why not preserve for future enjoyment? Canning, freezing and drying are the three main methods of preserving food. The method you choose to use depends on the storage space you have as well as if the food is recommended for the process. Freezing is the only method that can be used for almost all foods. Canning, freezing and drying, if done correctly, can help you store good quality food for later use. To assure safety in food preservation, it is important to have the pressure canner lids with the dial gauge checked every year. I will be offering pressure canner checks at the following dates, times, and locations. Please bring the dial gauge lids only.



## Pressure Canner Testing Schedule

<u>Date</u>	<u>Place</u>	<u>Time</u>
June 16	67 Hardware, Jonesville	10-12 p.m.
	Yadkinville Farmers' Market	4 - 6 p.m.
June 17	Courtney General Store	10-12 p.m.
June 18	Yadkin County Extension Kitchen	10-12 p.m.
	Jonesville Farmers Market	4 - 6 p.m.
June 23	East Bend Hardware	10-12 p.m.
June 24	Quality Hardware Yadkinville	10-12 p.m.



## Food Preservation Update

If you need new or refresher instructions on how to preserve foods, come to the Yadkin County Extension Office on Friday, June 26, for a Food Preservation Update at 10:00 a.m. Registration is required by calling to Yadkin County Center at 679-2061.

## Bike Safety

Did you know that approximately 800 people are killed in bicycle-related crashes each year? Seventy percent of all fatal bicycle accidents involve head injuries but only 25% of bicyclists wear helmets. Wearing a bicycle helmet can reduce the risk of a head injury by up to 85%. A safe helmet should be in good condition, sit flat on the head and evenly between your ears. The chin strap should be tight and the inside pads adjusted for a snug fit. There should be 2 finger widths above your eyebrows.



# Youth Summer Activities

## Chef and the Child

If your youth ages 8-12 would be interested in a program entitled “Chef and the Child”, call to register at 679-2061 by June 30. This program is sponsored by the local Chefs’ Association and teaches safety in the kitchen as well as nutrition. It will be held July 6-10 at the Yadkin N.C. Cooperative Extension Kitchen from 9:00 to 11:30 a.m.



## Putting Your Best Foot Forward

For youth ages 9-13, a 3 day mini-camp entitled “Putting Your Best Foot Forward” will be offered August 4-6 from 9:00 a.m. until 12:00 p.m. Each day will emphasize a different life skill.

- Tuesday, August 4 (Day 1), will be held at the Extension Kitchen and will promote nutrition and food safety.
- Wednesday, August 5 (Day 2), will be held at the Yadkin YMCA with tips for physical fitness.
- Thursday, August 6 (Day 3), will be held at Victoria House in East Bend with the focus on manners, skin care, make-up and tie tying.

The registration fee for this mini-camp is \$10.00. Call 679-2061 to register by June 30.

## Heritage Skills Day

Have you ever thought of the skill and time that went into the making of some of our precious items made by our ancestors? To learn to reproduce that artistry, join the Heritage Skills Day sponsored by the following counties, Davie, Stokes, Surry, Yadkin and Wilkes, on September 25, 2009 at the Yadkin County Senior Center in Yadkinville from 9:00 a.m.– 4:00 p.m.

Classes in Chrismons, Chair Bottoming, Kudzu basket, Two Pie Basket, Decorative Painting on Glass and Heritage Scrapbooking will be offered. To receive further information and a registration form, call to 679-2061. These classes will be on a first come basis so don't delay. A non-refundable registration fee of \$12.00 will include lunch. Come join the fun!



# Ice Cream Churn-Off Contest

In celebration of June Dairy Month, Elizabeth Moretz, Dairy Extension Agent, organized an Ice Cream Churn-Off Contest on June 2. We are delighted to have permission to share the winning ice cream recipe from Mrs. Ramona (William) Trivette entitled, Vanilla “White” Ice Cream. Ramona’s mother, Mrs. Nell (Parks) Henderson, (a long time Extension Homemaker in the Windsor’s Crossroads Club) developed this recipe July 1, 1985. Ramona makes this often for her extended family just like her mother did. Congratulations to the 2009 Yadkin County Ice Cream Churn-Off winner! This recipe is delicious!

## Vanilla “White” Ice Cream 4 or 5 Quart. Electric Freezer

1 quart half and half  
1 quart fat free half and half  
1 pint regular whipping cream  
1/4 teaspoon salt  
2 1/2 tablespoons clear vanilla flavoring  
4 ounces whipped topping  
2 cups sugar



Mix all ingredients well. Let chill overnight or several hours. (Mix the day before to let flavors blend).

Use electric freezer—layer ice and salt. Use lots of salt. As soon as freezer stops, take out dasher (it is easier to dip out without the dasher) and let ripen 30 minutes or more. Pack with more ice and salt.

To keep frozen for several hours—drain water out of freezer. Then layer with salt and ice. Cover well with towels and it will keep frozen.

**NOTE:** For a 6 quart ice cream freezer: You may want to add a little more milk and sugar to make it completely full. If you want to add fruit, use the original recipe and add about 1 quart sweetened fruit.

Marilyn C. Wells  
Extension Agent

For accommodations for persons with disabilities, contact Marilyn Wells at least one week in advance of event at 336-679-2061.

