

Family and Consumer Newsletter

Yadkin County Center

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Walking in Rural Areas

A long walk is excellent exercise for us all. Since a large portion of our county is rural, we need to remember some safety rules. Often vehicles on rural roads travel at high speeds, not expecting to see someone on or near the side of the road. Enjoy your walk but keep in mind the following safety rules:

- Always walk facing oncoming traffic.
- Look for a smooth, stable surface along the road.
- If there are guardrails, see if there is a smooth, flat surface behind the barrier where you can walk.
- Stay as far from traffic as possible when walking on a paved shoulder.
- Be cautious on bridges and narrow shoulders.
- Wear brightly colored clothing and /or reflective material if you walk during low light hours. Carry a flashlight.
- If you walk alone, carry a cell phone and identification.



Sugar Smart

The South is known for its sweet tea but it often contains enough sugar in a quart for an entire day. The American Heart Association recommends that most women consume no more than 100 calories daily of added sugar (6 teaspoons) and men should limit added sugar to 150 calories a day (9 teaspoons). To keep added sugar in check, the association suggests:

- Look for these terms on food labels, indicating added sugar: brown sugar, corn sweetener, corn syrup, fruit juice concentrates, high-fructose corn syrup, honey, invert sugar, malt sugar, molasses, raw sugar, sugar molecules ending in "-ose" such as dextrose, fructose, glucose, lactose, maltose, or sucrose, syrup.
- Buy sugar-free or low-calorie beverages.
- Buy fresh fruits or fruits canned in water or natural juice.
- Add fresh or dried fruit to cereal instead of sugar.
- Enhance flavors with spices instead of sugar.
- Substitute unsweetened applesauce for sugar in recipes (use equal amounts).
- Use zero-calorie sweeteners in moderation.



Sodium for Lunch?

We would never think of eating sodium chloride better known as salt for lunchtime but researchers from the New York City Health Department found that we may be doing just that! A study involving 6,580 lunches bought at 11 different fast food chain restaurants averaged a whopping 1,751 milligrams of salt which is nearly as much as the federal dietary guidelines of 2,300 milligram limit for an entire day. The government recommends 1,500 milligrams for everyone over the age of 40. About 57% of the lunches purchased exceeded the 1,500 milligram mark. Researchers noted, "Fast food is not only a high-calorie but also a high sodium food." How much sodium did you have for lunch?



Building N.C. Local Food Economy

North Carolinians spend about \$35 billion a year on food. If each person spent just 10% of their food dollar locally or \$1.05 per day, then approximately \$3.5 billion annually would be available in the state's economy. The Center for Environmental Farming Systems and N.C. Cooperative Extension are supporting a new 10% Campaign aimed at getting consumers to purchase 10% from local sources. If you want to join this campaign, click on www.nc10percent.com to sign up. Campaign participants will receive weekly email reminders to report how much money they spent on local food as well as consumers across the state. There are also links to educational information such as how to cook recipes for seasonal products. By joining the campaign, you will be supporting food producers and helping to keep dollars invested locally.

Upcoming Youth Programs

Chef and the Child is a program sponsored by The Triad Chapter of the American Culinary Federation, Lowes Foods and N.C. Cooperative Extension, for ages 8-12. Youth will meet in the Cooperative Extension Kitchen from 9:00-11:30, August 9-13. This special program promotes nutritious eating and food safety in the kitchen. Participants will prepare and eat their lunch each day. On Tuesday-Thursday, a chef will attend to demonstrate food preparation.

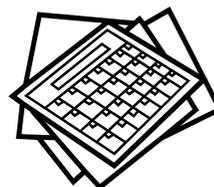


Putting Your Best Foot Forward will be held August 17-19 from 9:00-12:00 for ages 9-13. This mini-camp focuses on healthy food choices, moving more with physical activity and etiquette tips for becoming a better person. Tuesday will involve Kitchen Safety and Food Preparation. Wednesday will promote physical activity at the local Y. Thursday will be held at Victoria House in East Bend for the etiquette and manners workshop.

Registration for both programs is required before August 6 by calling 679-2061. There is no registration fee so don't let young friends miss these opportunities.

Calendar of Events

August 9 – 13, Chef and the Child
August 17-19, Putting Your Best Foot Forward
August 24, ECA Executive Board Meeting, 9:00 a.m.
September 28, ECA County Council
October 1, Heritage Skills Day—call (336)769-2061 for a brochure



Tips and Tidbits

- Orange, apple and grapefruit juice can dramatically weaken the effects of prescription drugs if consumed within two hours of taking the medication. This research was done by David G. Bailey, Ph.D. from Western Ontario University. Dr. Bailey suggests taking medications with a glass of water on an empty stomach at least two hours before eating.
- For extra protection from the ultraviolet rays of the sun wear a wide brim hat, protective clothing, sunglasses as well as sunscreen to protect from overexposure that leads to skin cancer.
- Exercising before mealtime can reduce your appetite and make eating less food somewhat easier.



Sesame Parmesan Zucchini

Too many zucchini? Try the following recipe for a heart healthy meal.

1 medium zucchini, quartered and
cut into ½ inch slices
1 medium onion, cut into ½ inch slices
2 T. olive oil

2 t. sesame seeds
2 T. Parmesan cheese
1/2 t. garlic salt
1/4 t. cayenne pepper

Preheat oven to 400 degrees F. In a large bowl, toss the zucchini with the olive oil, sesame seeds, Parmesan cheese, garlic salt and pepper. Spread in a single layer on a baking sheet. Bake 20 minutes in the preheated oven, until lightly browned and tender.



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



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