

Family and Consumer Newsletter

Yadkin County Center

September 2008



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Natural Disaster Preparedness

If a natural disaster occurs, such as a hurricane, we may be without electricity for days or weeks. Your emergency kit should have enough food and water to supply your family for at least 3 to 7 days. Some of the essential items in your kit should be:

- Water-1 gal. per person per day
- Bleach for sanitizing water (16 drops per gallon)
- First Aid Kit plus necessary medications
- Non-perishable foods that can be eaten cold
- Non-electric can-opener
- Fire extinguisher
- One extra change of clothes and blankets
- Flashlight and extra batteries
- Cash and change plus important documents
- Sanitation supplies plus garbage bags and cans
- Pet food and supplies



Preparing ahead will add to the safety and comfort of your family during and after a disaster. Bleach will sanitize contaminated water but you will need to wait 30 minutes before using. If you are unable to get bottled water, boil for one minute. Consider all water from wells and other delivery systems in the disaster area unsafe until tested.



Digital Television Conversion

TV is going all digital effective February 17, 2009. Consumers who receive free TV signals through antennas on TV sets with analog tuners and who do not subscribe to cable or satellite will be affected. Viewers who pay for cable or satellite should not be affected or need to upgrade. Purchase a DTV converter box that plugs into your existing analog TV set. The Federal Government is providing \$40 coupons for the boxes. To request a coupon, call 1-888-388-2009, or 1-877-530-2634 (TTY), or visit www.DTV2009.gov.

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School Readiness

Here are some suggestions that will lead to good experiences for children as they attend school.

1. Be consistent in your enforcement of rules, but be certain that your rules can be defined, that they are reasonable and enforceable. Rules in the home help children feel more secure and comfortable when they meet rules in the school and community.
2. Permit children to be wrong, make mistakes and even fail sometimes. Children learn by doing, rather than by adsorbing the experiences of others. Making mistakes is one basis for future independence, self-direction and intelligent decision-making.
3. Keep promises. Children develop cause-and-effect relationships when they know that they can anticipate the consequences.
4. Resist the temptation to over-organize or over-structure children's free time with lessons, sports or other activities. Children need time to "kick cans," be leisurely and work through problems with play.

Announcements

- CHANGE IN DATE - September 16, 2008

ECA County Council will be held at the East Bend United Methodist Church, Tuesday September 16 beginning at 10:00 a.m. The fund raiser for the year will be a part of the program. Please bring your items for the silent auction by 9:30 a.m. Bring your favorite dish for a covered dish luncheon to follow the meeting.



- Farmer's Market

Yadkin Farmers' Market is every Tuesday from 4:00 p.m. until 6:00 p.m. at the Masonic Lodge Parking Lot in Yadkinville. They will be selling fresh in season produce, plants, honey, baked goods, homemade crafts, eggs, goat dairy products, molasses, herbs, flowers, etc. Let's go out and support our local Farmers' Market.

- Radio Program

WIFM—100.9 features Extension Today with Extension Professionals from Alleghany, Surry, Wilkes and Surry Counties on Wednesdays at 9:05 a.m. and Saturdays at 10:05 a.m.

Tips and Tidbits

- Cabbage has only 25 calories per cup plus Vitamins C and K to boost your immunity.
- One teaspoon of salt contains enough sodium for a healthy adult for one day. Watch using the salt shaker!
- To remove dirty neck rings, rub shampoo into the stain. Shampoo is formulated to remove body oils.
- An inexpensive way to dust computers, telephones, and tiny places is to brush away dust with a paintbrush.



Improve Your Heritage Skills

Join us Thursday, September 25, at 5:15 p.m. for a fun and relaxing evening of basket weaving. A Large Tote Basket with a braided border will be taught. Call 679-2061 for details.



Too Many Tomatoes?

Nutrition

A medium size tomato contains less than 30 calories, plus almost half the recommended daily allowance of vitamin C. Tomatoes are rich in vitamin A and antioxidants, which may protect against certain cancers and heart disease. Tomatoes are naturally low in sodium, making them a great addition to a low-calorie diet.

Storage

- Store tomatoes at room temperature.
- Refrigerating under ripe tomatoes stops the ripening process and destroys the flavor.
- Once cut, leftover tomatoes should be refrigerated.

Serving Tips

- Dice fresh tomatoes and toss with prepared 3-bean salad for a new taste for an old favorite.
- Stuff whole tomato cups with your favorite meat or seafood salad for a cool summer lunch or entrée.
- Add chopped fresh tomatoes to prepared spaghetti sauce, canned soups, chili or casseroles for a touch of homemade goodness.
- Alternate fresh tomato slices with sliced mozzarella cheese. Sprinkle with fresh chopped basil and drizzle with a small amount of olive oil. Serve as an appetizer or salad.
- Freeze tomatoes for use in soups, sauces and chili. To freeze: wash, peel and core tomatoes. In a saucepan, heat tomatoes until simmering. Cool by placing the saucepan in a bowl of ice. When cool, pack in freezer containers and freeze.

The Benefits of Breakfast

According to a recent study published in the March 2208 issue of *Pediatrics*, teens who consumed breakfast regularly tended to weigh less, exercise more, and eat a more healthful diet. Conversely, those who did not consume breakfast everyday had a greater chance of gaining excess weight. In fact, this is in line with a number of studies that have shown similar benefits of breakfast for children and adults.

The challenge lies in helping consumers find ways to fit breakfast into their hectic schedules. According to the *2007 International Food Information Council Foundation Food and Health Survey*, 90 percent of consumers ranked breakfast as the most important meal of the day, just less than half reported consuming breakfast all seven days of the week.



For luscious fall foods, low in calories and high in vitamins, try the following recipe.



Red Cabbage with Apples

3 cups shredded red cabbage	1/2 teaspoon chicken bouillon granules
1 medium apple, peeled and thinly sliced	1/4 teaspoon salt
1 small onion, halved and sliced	1/4 teaspoon caraway seeds
2 tablespoons water	1 tablespoon red wine vinegar
2 tablespoons apple juice concentrate	

In a large saucepan, combine the first eight ingredients. Bring to a boil. Reduce heat; cover and simmer for 10-15 minutes or until cabbage is tender. Stir in vinegar.

Makeover Yummy Cake



1 package (18-1/4 ounces) yellow cake mix	3/4 cup flaked coconut, toasted
1 cup fat-free milk	3/4 cup chopped pecans, toasted
3 eggs	1 can (15 ounces) coconut pecan frosting
1/2 cup unsweetened applesauce	1 carton (12 ounces) frozen reduced-fat whipped topping, thawed

In a large mixing bowl, combine the cake mix, milk, eggs and applesauce; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Fold in coconut and pecans. Pour into two 9 inch round baking pans coated with cooking spray.

Bake at 350 degrees for 28-32 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.

Place frosting in a large bowl; fold in whipped topping. Spread mixture between layers and over the top and sides of cake. Refrigerate leftovers.

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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MCW/gm