

WELCOME TO OUR

Family & Consumer Sciences Newsletter

we're so glad you're here!



HEY, HOW ARE YOU?

A FCS Program Update

Family and Consumer Sciences (FCS) enriches the lives of others by focusing on the care of the people. This field covers many areas including Financial Management, Physical Activity, Family Life, Child Care, and Food & Nutrition.

The North Carolina Cooperative Extension Service focuses its FCS programming in the area of Food & Nutrition. This includes teaching cooking skills, food safety practices, and food preservation principles.

The Yadkin County Cooperative Extension Service is excited to fill the FCS Agent position with someone who is passionate and knowledgeable about Food and Nutrition. We also want to stay connected with you and provide this valuable information.

Please do not hesitate to contact our office with your Family & Consumer Science needs. We are ready and happy to help!

Did you know?

THIS IS ADDIE, YADKIN COUNTY EXTENSION DIRECTOR!

Addie served as a Family & Consumer Sciences Agent for five years in Arkansas. Her favorite program was titled, "Professor Popcorn" where she taught youth about healthy eating through food science experiments. She loves FCS and would be happy to help answer any questions you may have.





Recycle Clothing for a Healthier Planet

TEXTILES ACCOUNTED FOR ABOUT 8 PERCENT OF TOTAL MUNICIPAL SOLID WASTE IN LANDFILLS.

We all know about recycling paper, plastic, and glass products, but have you ever thought about clothing? Recently, our office received a call on what could be done with worn-out textile clothing. It was not suitable to be donated and trashing clothing fills our landfills. So, what can you do? You can recycle clothing! Re-using the existing fibers and textiles reduces the need for newly manufactured fibers. This saves water, energy, dyes, and chemicals, which results in less pollution. You can help by donating clothes before they are completely worn out for others to use or recycling clothes at a recycling center that accepts textiles. Some local Goodwill stores will recycle clothing as well. Ask about options next time you visit.



Ready for Canning Season?

FREE PRESSURE CANNER TESTING

Canning season will be here before you know it. Let's make sure that the pressure canner is safe by coming by for free testing. Call our office to schedule an appointment.

FREE RECIPES AVAILABLE!



SCA District Day

PROGRAM

"LIVING A HEALTHIER LIFESTYLE WITH HERBS"

Join the fun on May 10th in Mocksville for ECA District Day from 9 AM - 2 PM.

The cost is \$15.

Register with our office by April 10th.

ALL ARE WELCOME!

In the Kitchen

Mexican Meatloaf

"TASTY TACO INGREDIENTS MAKE THIS MEXICAN MEATLOAF EXTRA SPECIAL. SERVE WITH SOUR CREAM AND SLICED FRESH AVOCADO."

🕒 TOTAL TIME: Prep: 15 min. Bake: 30 min. 🍴 YIELD: 2 SERVINGS.

Ingredients

- 1 large egg, lightly beaten
- 3/4 cup canned diced tomatoes, drained
- 1/2 cup crushed tortilla chips
- 1/4 cup shredded cheddar cheese
- 1/4 cup salsa
- 2 tablespoons taco seasoning
- 2 tablespoons diced onion
- 2 tablespoons diced ripe avocado
- 1/8 teaspoon pepper
- 1/2 pound lean ground beef

Directions

1. Preheat oven to 350°. In a bowl, combine the first 9 ingredients. Crumble beef over the mixture and mix well.
2. Shape into two loaves; place in an ungreased 8-inch square baking dish. Bake until meat is no longer pink and a thermometer reads 160°, 30-40 minutes.



Meals for One or Two!

Do Things That Make You Happy!

According to Martin Seligman, Ph.D., the creator of positive psychology, everybody has a right to be happy! Dr. Seligman also believes that happiness helps provide a sense of purpose in life because it is something that we can create and nurture. The Pursuit of Happiness organization has identified seven habits of happy people.

Happy people:

Build close relationships

Care for others

Engage in healthy, active lifestyles

Embrace spirituality

Practice positive thinking

Embrace a hobby or activity

Identify strengths

**What will you do
today to make
you happy?**



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MONDAY - FRIDAY ~ 8AM - 5PM