

WELCOME TO OUR

# Family & Consumer Sciences April Newsletter

*we're so glad you're here!*

## SPRING INTO THE NEW SEASON

### Spring Cleaning!

It's spring cleaning season again! National Cleaning Week was March 26 – April 1, 2023. But we can still celebrate everyone who organized, swept, vacuumed, dusted, disinfected, or otherwise cleaned their homes during National Cleaning Week. A recent survey by the American Cleaning Institute found that 90% of Americans take part in spring cleaning. Join the trend and roll up your sleeves!

What is the priority space to clean this spring? According to the American Cleaning Institute survey results, it's the kitchen! If the kitchen is on your spring cleaning list too, keep these best practices in mind:

- Work from the top down – Look up first and clean stove ranges and cabinet knobs. Work your way down, cleaning door frames, light switches, and counters, followed by getting low and cleaning the baseboards and floors.
- Don't skip the appliances – To keep appliances running efficiently, clean your dishwasher filter, under the fridge and in the oven. Don't forget to give the inside of the microwave a scrub as well.
- Tackle the food – Move on to the fridge and pantry to clean out expired condiments, dusty herbs, and spices, or spoiled leftovers. Wipe down shelves and pull out fridge drawers to soak in soapy water.
- Reassess placement – Are there appliances you don't use often? Or are you past your early pandemic baking phase? Consider moving seldom-used pieces to a closet or other storage area. Or, if you haven't used them in a year, consider donating the.

Enjoy these tips and happy cleaning!

**Bonus Tip:** Put on your favorite music while cleaning to keep cleaning fun!





## Embrace aging through a healthy lifestyle!

### CENTENARIANS GIVE KEY ADVICE FOR VIEWING AGING AS EXCITING THROUGH KEY STEPS

Although aging is viewed with a negative connotation, a simple change in mindset proves that it does not always have to be viewed in a bad way. The U of A Division of Agriculture research has interviewed centenarians and has found key steps to embracing your age. The first step is keeping a positive mindset, a negative person will always feel negative, but viewing change as positive will uplift you and your attitude! The next step is eating healthy and staying active, keeping your body fit and healthy will keep you feeling good for longer! The final steps are to stay engaged, connected, and be social! Having people to depend on is very important, and as you age there will be times when you need others and have the connections to reach out to. Following these steps and keeping yourself balanced is very important! Remember, aging should be something to look forward to, not dread. Keeping yourself healthy will keep you feeling better for longer.



## Its April! What's in season?

### CHECK OUT APRIL'S SEASONAL GOODIES!

Its April! Spring is officially here and the weather is getting warmer! Right now, artichokes, asparagus, celery, mushrooms, potatoes, lemons, limes, and many others are in season! Challenge yourself to make a meal with a seasonal vegetable or fruit this month!



## National Garlic day

APRIL 19TH

### ENJOY GARLIC ON NATIONAL GARLIC DAY!

On April 19th, add a little garlic to your diet in celebration of national garlic day. Garlic contains vitamins C and B6, and it contains antioxidants, all which benefit you!

CELEBRATE GARLIC



# In the Kitchen

## Goat Cheese and Spinach stuffed chicken

🕒 TOTAL TIME: Prep: 30 min. Bake: 20 min. 🍴 YIELD: 2 SERVINGS.

### Ingredients

- 1-1/2 cups fresh spinach, chopped
- 1/3 cup julienned soft sun-dried tomatoes (not packed in oil), chopped
- 1/4 cup crumbled goat cheese
- 2 garlic cloves, minced
- 1/2 teaspoon pepper, divided
- 1/4 teaspoon salt, divided

### Directions

- 1. Preheat oven to 400°. In small bowl, combine the spinach, sun-dried tomatoes, goat cheese, garlic, 1/4 teaspoon pepper and 1/8 teaspoon salt.
- 2. Cut a pocket horizontally in the thickest part of each chicken breast. Fill with spinach mixture; secure with toothpicks.
- 3. In an 8-in. cast-iron or ovenproof skillet, heat 1-1/2 teaspoons oil over medium heat. Brown chicken on each side. Place in oven; bake 10 minutes.
- 4. Meanwhile, toss asparagus with remaining 1-1/2 teaspoons oil, 1/4 teaspoon pepper and 1/8 teaspoon salt; add to skillet in oven. Bake until a thermometer inserted in chicken reads 165° and asparagus is tender, 10-15 minutes longer. If desired, drizzle with vinegar. Discard toothpicks before serving.



### Meals for One or Two!

YADKIN COUNTY COOPERATIVE EXTENSION  
2051 AGRICULTURAL WAY, SUITE 201  
YADKINVILLE, NC 27055  
336-849-7908  
MONDAY - FRIDAY ~ 8 AM - 5 PM

## Do Things That Make You Happy!

According to Positive Psychology, you are happy when you feel as if your life is going well, according to the standards you have chosen. Happiness is extremely important, and staying happy can increase your quality of life in an enormous way, but, what are some ways to increase happiness in your life?

### You can increase happiness by:

- Eating a healthy and balanced diet
- Surrounding yourself with happy people
- Getting an adequate amount of sleep
- Enjoying time outside
- Spending quality time with yourself
- Neither being critical of yourself, or others



What will you do today to make you happy?