

Family & Consumer Sciences Newsletter



Back to School!

School's back already?

It's hard to believe but Yadkin County Schools have a soft opening to start the 2023-2024 school year on August 16th. This school year is particularly bittersweet for my family as my oldest son starts Kindergarten! Good luck to all the other parents whose children start school this year as well!

With back to school being just around the corner, for this month's newsletter I wanted to highlight ways to keep those foods safe when packing school lunches and share some easy lunch recipes.

Want to know what is going on with the Family & Consumer Sciences program over the next few months? For more information or to be on our email list about upcoming programs, send me your email or mailing address at cpjohns5@ncsu.edu

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LUNCH BOX

Food Safety & Storage



Foodborne illness can multiply rapidly at temperatures between 40°F and 140°F. This means that if you are leaving in the morning for school or work, you'll need a plan to keep your food at a safe temperature.

Did you
KNOW?

You can make your own re-usable cold sources by filling a water bottle or plastic container with water and freezing it!

Packing a hot lunch?

Use an insulated container to keep your food hot until lunchtime.

1. Before you warm up your food, fill the container with boiling water and let it stand while you heat your food.
2. Heat your food to at least 165°F, then empty the water out of the insulated container, pack your food and seal it tight.
3. Keep the container closed until lunchtime so the food stays hot.

Packing a Cold Lunch?

You'll want to use at least two cold sources in an insulated bag to keep perishable foods in your lunch safe; ice or gel packs in your insulated bag or box work best.

- Perishable foods, such as cold cut sandwiches and yogurt, can be left out at room temperature for no more than 2 hours before they become unsafe to eat.
- With an insulated lunch box and a chilled freezer gel pack, perishable food can stay cold and safe to eat until lunch.
- Depending on how much food you are packing you may need several cold sources.
- Above all, choose a lunch box or tote that is easy to clean.

Chicken & Bacon Roll-Ups

Great as a snack or an easy packed lunch!



Total Time

Prep: 20 min. + chilling



Makes

4 dozen

Ingredients

- 1.1 can (9-3/4 ounces) chunk white chicken, drained
- 2.1 carton (8 ounces) spreadable garden vegetable cream cheese
- 3.1 cup salsa, divided
- 4.4 pieces ready-to-serve fully cooked bacon, crumbled
- 5.6 flour tortillas (8 inches), room temperature

Directions

1. Mix chicken, cream cheese, 1/2 cup salsa and bacon; spread over tortillas.
2. Roll up tightly; wrap.
3. Refrigerate at least 1 hour.
4. Just before serving, unwrap and cut tortillas into 1-in. slices. Serve with remaining salsa.

From Taste of
Home

Nutrition Facts

1 piece: 43 calories, 2g fat (1g saturated fat), 4mg cholesterol, 100mg sodium, 4g carbohydrate (0 sugars, 0 fiber), 3g protein.

Kitchen Tips

- Use leftover chicken or turkey breast instead of canned chicken to help reduce food waste.
- Estimated grocery store total for ingredients (according to Walmart) before tax is \$23.74
- For more Lunch box lunch ideas visit <https://www.tasteofhome.com/>



Student Meal Information

Meals, foods and beverages sold or served at schools meet state and federal requirements based on the USDA Dietary Guidelines. All meals, foods and beverages are prepared and served by qualified school nutrition professionals. Students are provided with access to a variety of affordable and appealing foods that meet their health and nutrition needs.

Meal Prices 2023/2024			
	Paid	Reduced	Free
Breakfast K-12	\$ 1.50	\$ 0.30	\$0.00
Lunch PK- 5	\$ 2.80	\$ 0.40	\$0.00
Lunch 6- 12	\$ 3.00	\$ 0.40	\$0.00

Information obtained from yadkinschoolnutrition.com. See website for more details

Community Health Screening

Collide Church is hosting a Life Line Screening community event on Aug. 22. The site is located at 234 E Main St in Yadkinville.

Yadkin County residents can learn about their risk for:

- cardiovascular disease
- osteoporosis
- diabetes
- other serious conditions

Special package pricing starts at \$159, but consultants will work with you to create a package that is right for you based on your age and risk factors.

Call 1-877-237-1287 or visit website at www.lifelinescreening.com. Pre-registration is required.



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Monday - Friday ~ 8AM - 5PM

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