

Family & Consumer Sciences Newsletter



Heart Month

February is National Heart Month, a time dedicated to raising awareness about heart health and promoting the prevention of heart disease. One of the most important things you can do for your heart is to maintain a healthy lifestyle, which includes regular exercise and a balanced diet.

This Month's newsletter highlights heart-healthy essentials for meal prep and a delicious soup recipe. On February 13th, please join me and other FCS agents for a VIRTUAL class on healthy heart habits while exercising. You can join this event by following the instructions under the community events section of this newsletter.

Do you want to know what is happening 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 your email or mailing address to cpjohns5@ncsu.edu.

In this Issue

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Month**

**Heart Healthy
Essentials**

In the Kitchen

**Community
Events**



American Heart Association.

Healthy for Good™

Heart-Healthy Essentials *for Meal Prep*

For hassle-free healthy meal prep, be prepared with a stocked pantry. Having some basic ingredients in your cabinets, refrigerator and freezer saves you time and worry on busy weeknights and even on weekends when you don't have time to grocery shop.



Cabinets & Pantry

- **"Dinner builder" items:** canned or dried beans, such as kidney, pinto, black, butter and navy; canned or pouched tuna, salmon and chicken; spaghetti sauce

Canned vegetables: for easy side dishes and adding to soups and sauces

- **Whole grains:** brown rice, oats, couscous, bulgur and quinoa; whole-grain pastas, breads and tortillas (store extra bread and tortillas in the freezer); whole-grain flour or cornmeal for baking

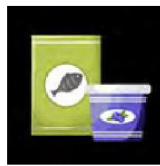
- **Cooking oils:** nontropical vegetable oils, such as olive, canola and corn

- **Nuts, seeds and nut butters:** for stir-fries and garnishes (and satisfying snacks)

Broths: fat-free, low-sodium chicken, vegetable and beef — for making soups

Dried herbs and spices: keep a variety on

- hand and buy or create salt-free seasoning blends



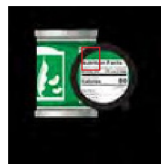
Refrigerator & Freezer

Proteins: Unbreaded fish fillets, skinless chicken breasts, extra-lean or lean meats; tofu

- **Dairy products:** low-fat and fat-free milk, yogurt and cheese

Soft margarine: made with nonhydrogenated vegetable oil and containing no trans fat

- **Frozen vegetables and fruits:** choose a wide variety (lots of colors) without salty sauces and sugary syrups



Compare Nutrition Labels

- **Choose products with the lowest amounts** of sodium, added sugars and saturated fat, and no trans fat

- **Look for the Heart-Check mark** to easily identify foods that can be part of your heart-healthy eating plan



For more tips, visit [hear t.org/HealthyForGood](https://www.heart.org/HealthyForGood).

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Rustic Italian Tomato Soup

Warm yourself and the whole family on a cold night with this hearty tomato soup.



Makes 4 servings

Ingredients


- 16 oz. frozen mixed bell pepper strips (may be labeled stir-fry mix)
- 14.5 oz. canned, no-salt-added diced tomatoes, undrained
- 1 3/4 cups fat-free, low-sodium chicken broth
- 1/2 can no-salt-added navy beans (drained, rinsed)
- 3 Tbsp. chopped, fresh basil
- 2 Tbsp. chopped, fresh parsley
- 1 Tbsp. balsamic vinegar
- 1 medium garlic clove (minced)
- 1/2 tsp. dried oregano (crumbled)
- 1/8 to 1/4 tsp. crushed red pepper flakes
- 1 Tbsp. olive oil (extra virgin preferred)
- 1/4 tsp. salt

Directions


1. In a food processor or blender, process the bell pepper strips, tomatoes with liquid, broth, beans, basil, parsley, vinegar, garlic, oregano, and red pepper flakes until slightly chunky or smooth.
2. Pour into a large saucepan.
3. Bring to a boil over high heat.
4. Reduce the heat and simmer, covered, for 20 minutes, or until the flavors are blended.
5. Remove from the heat.
6. Stir in the oil and salt.




From American Heart Association

 Calories

136 Per Serving

 Protein

5g Per Serving

 Fiber

5g Per Serving

CAT&DOG RABIES CLINICS

ONE YEAR VACCINE-\$10 PER SHOT

12-4 PM

Please make sure...

- You bring your pet on a leash or in a carrier
- Your pet is at least 3 months old

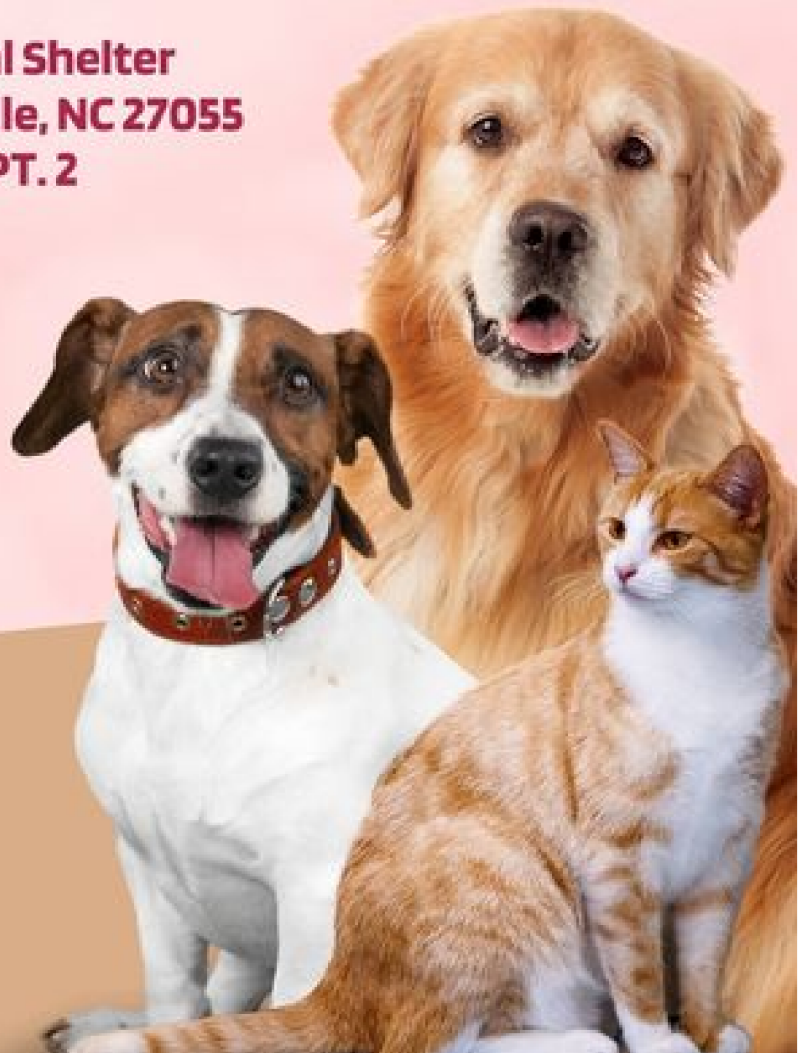


Yadkin County Animal Shelter
1027 Speaks St. Yadkinville, NC 27055
(336) 849-7901 OPT. 2

JAN 19
2024

FEB 23
2024

MAR 29
2024



DIABETES & YOU

2024

JANUARY 24 (WEDNESDAY)

FEBRUARY 15 (THURSDAY)

MARCH 13 (WEDNESDAY)

APRIL 10 (WEDNESDAY)

MAY 8 (WEDNESDAY)

JUNE 12 (WEDNESDAY)

FREE!

**TRY NEW
RECIPES &
LEARN MORE
ABOUT DIABETES**

11:30AM-12:30PM

NC COOPERATIVE EXTENSION

SURRY COUNTY CENTER

915 E. ATKINS ST

DOBSON, NC 27017

RSVP

336-401-8025



IN COMPLIANCE WITH THE AMERICANS WITH DISABILITIES ACT, NC STATE UNIVERSITY WILL HONOR REQUESTS FOR REASONABLE ACCOMMODATIONS MADE BY INDIVIDUALS WITH DISABILITIES. PLEASE DIRECT ACCOMMODATION REQUESTS TO 336-401-8025. REQUESTS CAN BE SERVED MORE EFFECTIVELY IF NOTICE IS PROVIDED AT LEAST {10} DAYS BEFORE THE EVENT. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Take Your Child to the Library Day

SATURDAY, FEBRUARY 3, 2024



#TakeYourChildtotheLibraryDay

WHAT IS TAKE YOUR CHILD TO THE LIBRARY DAY?

On the first Saturday in February*, thousands of libraries across the world celebrate Take Your Child to the Library Day by offering free, fun, fabulous activities for families. Your local library is an ideal place for children to play, discover, make friends, and have fun. And Take Your Child to the Library Day is the perfect time to discover some library magic. From magicians to craft programs, ice cream socials to storytimes, each library offers something unique and delightful.

Visit your library's website or give them a call to see what they have planned. Then mark your calendar for Take Your Child to the Library Day. Stop in for a visit. Enjoy the activities. Get a library card (they're free!), meet your children's librarian, and explore all the wonders that your local library has to offer your family. And be sure to stop in again soon – because every day is a great day to take your child to the library.

*Your library may choose to celebrate on an alternate day in February.





Extension At Home

Helping You Improve Your Life!



Lunch & Learn
2nd Tuesday of the Month
12:00 pm EDT/EST



Come join us and empower yourself with information that is important to you.

January 9th	Meal Prep 101
February 13th	Happy Heart Habits: Steps to Better Cardio Health
March 12th	Cook with Ease: Tips, Tools & Gadgets
April 9th	Become A Scam Detective
May 14th	Embracing Wellness: Tips For Healthy Aging
June 11th	Eat A Rainbow

MORE INFORMATION AND REGISTRATION AT
[GO.NCSU.EDU/EXTENSIONATHOME](https://go.ncsu.edu/extensionathome) OR USE THE QR CODE

NC Cooperative Extension is an equal opportunity provider.

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Yadkinville, NC 27055
336-849-7908
Monday - Friday ~ 8AM - 5PM

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@YadkinCooperative

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