

Family & Consumer Sciences Newsletter



March

Nutrition Month

March is National Nutrition Month! This is an annual campaign created by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of making informed food choices and developing healthy eating and physical activity habits.

This Month's newsletter highlights the importance of eating a healthy, balanced diet using MyPlate. In honor of St. Patrick's Day, this month's "In the Kitchen" section features a rainbow fruit salad. On March 27th, please join Yadkin County FCS for a Spring Cleaning Workshop! During this workshop participants will create their own environment-friendly cleaning products.

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.

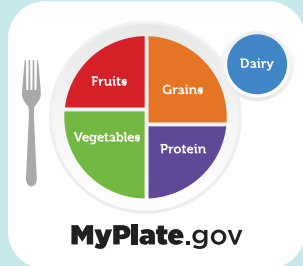
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with MyPlate

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Small Changes Matter.

Start Simple With MyPlate Today.

Healthy eating is important at every stage of life.

Make half your plate fruits & vegetables.

Focus on whole fruits.



Make half your grains whole grains.

Vary your veggies.



Vary your protein routine.

Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).



Choose foods and beverages with less added sugars, saturated fat, and sodium.

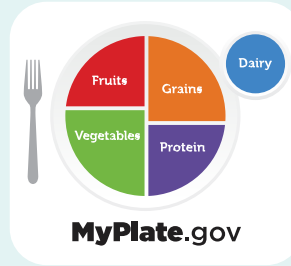
The benefits add up over time, bite by bite.

Make every bite count

Take a look at your current eating routine. Pick one or two ways that you can switch to choices today that are rich in nutrition.

A healthy eating routine can help boost your health now and in the years to come. Think about how your food choices come together over the course of your day or week to help you create a healthy eating routine.

It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. Choose options for meals, beverages, and snacks that have limited added sugars, saturated fat, and sodium.



Choose from these simple tips to help you...



Focus on whole fruits

- Start your day with **fruit at breakfast**. Top cereal with your favorite seasonal fruit, add bananas or chopped apples to pancakes, or mix a spoonful or two of raisins into hot oatmeal.
- Keep **ready-to-eat fruits** in the refrigerator for a quick snack.
- For dinner, chop up a combination of seasonal, frozen, or canned fruits to make a **quick fruit salsa** to top fish or chicken. Add fruit such as orange sections, apple wedges, or grapes to a **salad**.



Vary your veggies

- Add shredded carrots to the lettuce and tomato **in your sandwich**, make **soup** from the veggies in your vegetable drawer, and **snack on raw vegetables**.
- Try a **stir-fry** with fresh or frozen vegetables for a quick meal or easy side dish.
- Pick out a vegetable that the family has not tried and **get a new recipe** from a cookbook, website, supermarket, or friend.



Make half your grains whole grains

- For breakfast, enjoy a whole-grain-based **hot or cold cereal**. Consider trying whole-grain puffs or flakes that are new to you—you might discover a new favorite!
- Instead of sandwich bread, try a **whole-grain pita, tortillas, naan or other whole-grain flatbread, sliced breads, or rolls**.
- Create your own trail mix with whole-grain cereal or enjoy whole-grain crackers with turkey, hummus, or avocado for a **healthy whole-grain snack**.



Protein



Vary your protein routine

- **Broil lean beef cuts** like sirloin, top round, or flank steak. **Roast lean types of pork tenderloin or loin chops** and slice into strips for dinner, salads, and sandwiches.
- **Have fish or seafood twice a week.** Make a lunchtime sandwich or salad with canned tuna, grill fresh or frozen tilapia or salmon for dinner, or enjoy fish tacos.
- **Meatless meals** are tasty and budget friendly. Try bean-based vegetarian chili or lentil soup, grilled or braised tofu with vegetables, or adding nuts to salads.



Dairy



Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)

- **Add low-fat or fat-free dairy** to oatmeal or pureed vegetable soups instead of water, and to smoothies or scrambled eggs.
- The nutrients in dairy are **important at every stage of life.** Include foods like low-fat or fat-free dairy milk or yogurt. Need an alternative? Try lactose-free dairy milk or yogurt that's low-fat or fat-free or fortified soy versions.
- Looking for a beverage? Grab a **glass of low-fat or fat-free milk or fortified soy milk** (soy beverage). Choose the unsweetened option.



Choose foods and beverages with less added sugars, saturated fat, and sodium

Limit



Tips for Less Added Sugars

- Choose **packaged foods that have less or no added sugars**, such as canned fruit packed in 100% juice for an easy snack, plain yogurt (you can add your own fruit), and unsweetened applesauce.
- Try chilled, **plain water or sparkling water with a squeeze of fruit** for a splash of flavor. Limit sugary beverages such as soda, lemonade, sports drinks, or fruit drinks.

Tips for Less Saturated Fat

- In place of foods higher in saturated fat, **look for foods like nuts, seeds, and fatty fish** like tuna, salmon, trout, and mackerel, which are high in unsaturated fats and a healthier choice.
- Choose **canola oil, olive oil, or other vegetable oils** for cooking.

Tips for Less Salt and Sodium

- Start simple by choosing foods with less sodium. **Check the Nutrition Facts label and choose foods with a lower percent (%) Daily Value (DV) for sodium** on the label, especially if a family member has high blood pressure, diabetes, or kidney disease.
- **Cook at home!** Preparing your own food puts you in control of how much sodium goes into your meals. Add flavor to foods with herbs, spices, lemon, lime, and vinegar instead of salt or seasonings high in sodium.



Rainbow Fruit Salad



Makes 20 servings

Ingredients

- 2 large firm bananas, sliced
- 2 tablespoons lemon juice
- 2 cups seeded cubed watermelon
- 2 cups fresh or canned pineapple chunks
- 1 pint fresh blueberries
- 3 kiwifruit, peeled and sliced
- 1 pint fresh strawberries, halved
- 6 ounces cream cheese, softened
- 1/3 cup confectioners' sugar
- 2 tablespoons fresh lime juice
- 1/2 teaspoon grated lime zest
- 1 cup heavy whipping cream, whipped

Directions

1. Toss bananas in lemon juice; place in a 4-qt. glass serving bowl. Add remaining fruit in layers.
2. In a bowl, beat cream cheese until smooth. Gradually add sugar and the lime juice and zest. Stir in a small amount of whipped cream; mix well. Fold in remaining whipped cream. Spread over fruit. Chill until serving.



From A taste of home

3/4 cup: 123 calories, 7g fat (5g saturated fat), 22mg cholesterol, 31mg sodium, 14g carbohydrate (10g sugars, 2g fiber), 1g protein.

COMMUNITY EVENTS



Spring CLEANING

Spring is almost here! Join Yadkin FCS in making your own household cleaners. These cleaners are environmentally friendly and easy to make!

March 27th
1pm- 2pm
Yadkin County
Agricultural Building
2051 Agricultural Way,
Yadkinville, NC 27055
Cost - \$10



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StoryWalk Grand Opening Celebration

April 1 @ 11am

Rain Date:
June 3 at 11am

6600 Service Rd
Yadkinville
(behind the YMCA)

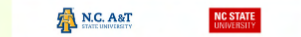
This StoryWalk[®] is made possible by grant funds from the Shallow Ford Foundation.



Come meet the Play and Learn staff, and learn about their program!



A "Trails of Tales" StoryWalk partner!



Help with plants and nutrition!

UV Beads



Make your trail mix!



Gluten free option too

Free books!



Games



Sidewalk Chalk



Bubble Wands



Planting seeds



March 1	March 15	March 22	March 29
Preschool Storytime, Fridays* at 10am			
<i>*Temporary move to Fridays; VITA Tax Program is on Thursdays Feb 1-April 4</i>			
READ ACROSS AMERICA: DR. SEUSS	ST. PATRICK'S DAY	STARS & THE SUN	EASTER
Stories are read in the Library's meeting room!	Water, snack, a handout / coloring sheet, and a craft are provided.	Manipulatives & dramatic play time at the end of the program.	

Join the Yadkin County Public Library as they read 2-3 stories, color a picture, make a simple craft, and help yourself to some water and a snack. They end with playtime using manipulatives and dramatic play items, such as a construction and farmyard rug, pretend food toys, DUPLOs, foam and wooden blocks.

The program is aimed for ages 2-5.

EXTENSION
T O D A Y
100.9
WIFM FEATURES:
 Extension Professionals from Alleghany, Surry, Wilkes and Yadkin Counties
Wednesday @ 9:05am
Saturdays @ 10:05am

NC COOPERATIVE EXTENSION **FARM BUREAU SURRY COUNTY**

NC A&T NC STATE



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.

Yadkin County Cooperative Extension
2051 Agricultural Way, Suite 201
Yadkinville, NC 27055
336-849-7908
Monday - Friday ~ 8AM - 5PM

Want to keep up with what Yadkin County FCS is doing? Like us on Facebook! Search Yadkin County Cooperative Extension.
@YadkinCooperative

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