



# Family & Consumer SCIENCE S

# Newsletter

Alleghany County Center

February / March 2016

## *Extension & Community Association Scholarships*

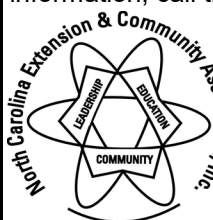
Alleghany County Extension & Community Association (ECA) members are proud to announce they are accepting applications for the 2016 North Central District Extension and Community Association Scholarships. The \$800.00 scholarships are given to a youth and an adult who are continuing their education beyond the high school level in any field of study, but with priority given to a degree in family and consumer sciences.

A youth applicant is defined as a high school senior or a student currently enrolled in college having completed high school without a break in his /her formal education. An adult is an individual who has completed high school and has had a break in his/her formal education and now wishes to further his/her education.

All applicants must be North Carolina residents and planning to attend a North Carolina accredited college, community college or technical institute the fall of 2016. Scholarships are awarded based on the following criteria:

\*\*Financial Need / 25% \*\*Scholarship Potential / 25% \*\*Activities and Honors / 25% \*\*ECA Connection / 25%

**The deadline for applications is February 12, 2016.** To obtain an application or for more information, call the Alleghany County Center of NC Cooperative Extension at 372-5597.



Alleghany County Extension and Community Association (ECA) has three clubs and more than 50 members located throughout the county. The organization's mission is to Strengthen Families through •Leadership Development •Volunteer Work •Educational Support •Researched-based education from North Carolina State University and North Carolina A&T State University

## **Make & Take Heart Month Celebration**

Please join us at our ECA Make & Take Heart Month Celebration. This great, fun-filled time will be on Friday, February 19th from 2:30-3:30 pm at Sparta First Baptist Church and is only \$5.

Participants will have the opportunity to make a heart pin, chocolate bouquets and chocolate roses. Please call the Extension Office (336-372-5597) to register.

# Don't Fumble on Food Safety!

## Safety Tips for a Winning Game Day



### Party Play-by-Play



#### Knock BAC Out Cold!

Foods in your game day spread can be kept cold by placing food dishes in larger bowls of ice.

For party trays purchased at the supermarket, remove lid and fill lid with ice. Put the tray on top.

#### Keep Hot Foods Hot!

Use chafing dishes, crock pots, and warming trays to keep game day foods at 140°F or warmer.



#### Platter Play

Rather than serving foods from one larger platter, arrange food on several small platters. Refrigerate platters of food until it is time to serve, and for food safety, discard room temperature perishable food after two hours.



#### Follow the 2-Hour Rule

Toss out perishable leftovers within two hours if they have been at room temperature. Perishable leftovers include cold cuts, cut vegetables, and dips.



### Tailgating Champions

#### Cooler Check

Keep cold perishable foods in an insulated cooler with several inches of ice, frozen gel packs, or another cold source.

Keep drinks in a separate cooler from foods. The beverage cooler will be opened more frequently while the food cooler stays cold.

#### Grill Master

Grill foods to a safe internal temperature as measured with a food thermometer.

Prevent cross-contamination by using clean utensils and platters for cooked food. Never put cooked food on the same plate that held raw meat, poultry, seafood, or eggs.

#### A Clean Victory

Wash your hands with warm water and soap for at least 20 seconds before and after handling food.

Prepare a tailgate handwashing station by bringing water, soap, and paper towels.

If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Clean your tailgating food contact surfaces with water and soap or with disinfecting spray or wipes.

The Partnership for Food Safety Education is a non-profit organization and creator and steward of the Fight BAC!® consumer education program.

[www.fightbac.org](http://www.fightbac.org)



# February is Heart Month

February is the perfect time to think about taking care of your heart. The newly released 2015-2020 Dietary Guidelines for Americans provides some great information on sodium to stay heart healthy. The official recommendation from the new Dietary Guidelines for Americans (DGA) for adults and children ages 14 years and older, is to **limit sodium intake to less than 2300 mg per day**. 2300 mg of sodium is equal to about a teaspoon of salt which can add up fairly quickly when you start looking at nutrition facts labels. The new DGA also state that for individuals with prehypertension and hypertension “further reduction to 1,500 mg per day can result in even greater blood pressure reduction.”

Based on statistics we may have some work to do to reduce our sodium levels. The average intakes for individuals ages 1 year and older is 3,440 mg per day. Average intakes are generally higher for men (4,240 mg) than women (2,980). Only a small proportion of total sodium intake is from sodium found naturally in foods or from salt added in home cooking or at the table. Most sodium consumed in the United States comes from salt added during commercial food processing and preparation.

Sodium is found in foods from almost all food categories (Figure 2-14). Mixed dishes—including burgers, sandwiches, and tacos; rice, pasta, and grain dishes; pizza; meat, poultry, and seafood dishes; and soups—account for almost half of the sodium consumed in the United States. The foods in many of these categories are often commercially processed or prepared.

The DGA encourage a shift in food choices to reduce sodium intake in all food groups. Strategies include:

- Using the Nutrition Facts label to compare sodium content of foods.
- Buying low-sodium, reduced sodium, or no-salt-added versions of products when available.
- Choose fresh, frozen (no sauce or seasoning), or no-salt-added canned vegetables, and fresh poultry, seafood, pork, and lean meat, rather than processed meat and poultry.
- Eating at home more often; cooking foods from scratch to control the sodium content of dishes.
- Limit sauces, mixes, and “instant” products, including flavored rice, instant noodles, and ready-made pasta.
- Flavor foods with herbs and spices instead of salt.

Try this recipe for sodium free taco season mix to add flavor to a variety of foods. Use as a dry rub on meats, as a substitute for chili powder or to flavor any variety of meats to be used in your favorite Mexican foods.

## Taco Seasoning Mix

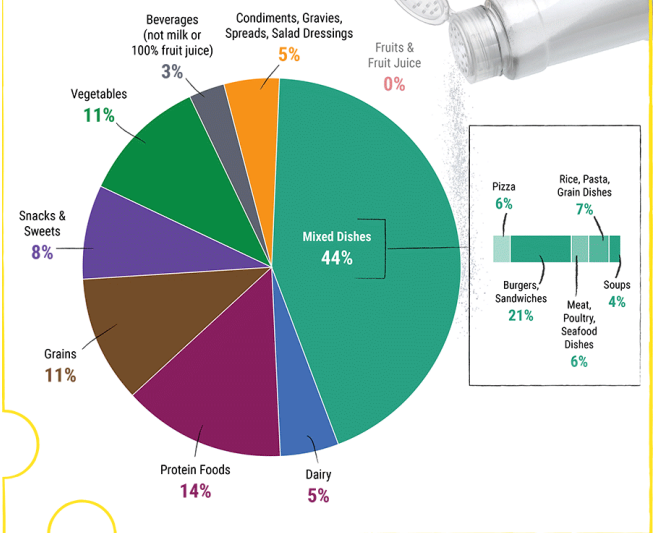
### Ingredients

2 tablespoons chili powder	1 teaspoon cayenne
2 tablespoons paprika	1 teaspoon black pepper
1 tablespoon garlic powder	1 teaspoon oregano
1 tablespoon salt -- optional	1 teaspoon marjoram (optional)
2 teaspoons cumin	

### Directions

1. Combine all ingredients in a small bowl and blend well.
2. Place in a tightly sealed container. Label and date.
3. Store in a cool, dry place for up to 3 months.
4. Use 1 tablespoon to flavor 1 pound of ground meat.

Figure 2-14. Food Category Sources of Sodium in the U.S. Population Ages 2 Years and Older



# "Savor The Flavor of Eating Right"

March is National Nutrition Month and the 2016 theme, "Savor the flavor of Eating Right", encourages everyone to take time to enjoy food traditions, appreciate the pleasures, great flavors and social experiences food can add to our lives. How, when, why and where we eat are just as important as what we eat. Develop a mindful eating pattern that includes nutritious and flavorful foods - that's the best way to savor the flavor of eating right!

## Eating Right Doesn't Have to be Complicated

Eating right doesn't have to be complicated - simply begin to shift to healthier food and beverage choices. These recommendations from the Dietary Guidelines for Americans can help get you started.

- \* Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- \* Include lean meats, poultry, fish, beans, eggs and nuts.
- \* Make sure your diet is low in saturated fats, trans fats, salt (sodium) and added sugars.

## Make Your Calories Count

Think nutrient-rich, rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories. Making smart food choices can help you stay healthy, manage your weight and be physically active.

## Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens and broccoli and orange vegetables including carrots and sweet potatoes. Vary your protein choices with more fish, beans and peas. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day.

## Know Your Fats

Look for foods low in saturated fats and trans fats to help reduce your risk of heart disease. Most of the fats you eat should be monounsaturated and polyunsaturated oils. Check the Nutrition Facts panel on food labels for total fat and saturated fat.



**SAVOR  
THE FLAVOR  
OF EATING  
RIGHT**

**NATIONAL NUTRITION MONTH® 2016**

**eat  
right.** Academy of Nutrition  
and Dietetics  
[www.eatright.org](http://www.eatright.org)

# Preparing for Winter Storms

As I am writing this, the sleet is hitting against my windows. This information will not be of help to you for this storm, but I will be surprised if there isn't more winter weather to come. It is essential that our families are properly prepared. Having adequate food, water, and a supplementary heat source is essential in case you are home bound and/or if the power goes out. Prepare now using FEMA's guide How to Prepare for Winter Storms [https://healthyhomes.ces.ncsu.edu/wp-content/uploads/2016/01/PrepareAthon\\_WINTER-STORMS\\_HTG\\_FINAL\\_508.pdf?fwd=no](https://healthyhomes.ces.ncsu.edu/wp-content/uploads/2016/01/PrepareAthon_WINTER-STORMS_HTG_FINAL_508.pdf?fwd=no)

Also, visit the NC Disaster Information Center at <https://ncdisaster.ces.ncsu.edu/> for more information and resources on preparedness and recovery from disasters. We will be happy to send you a printed copy of this information if you do not have access to a computer. Give us a call at 336-372-5597 to request yours today.

## Plastic Food Containers

### Clean or Toss?

If your plastic food container can't hold its shape in hot water or the microwave, then you may need to toss (or recycle) it. This is true of most containers that are meant to transport food such as takeout containers, and those that you purchase food products in, such as yogurt containers. These types of containers are designed for a one time use only. If the container is a keeper, make sure it is clean for the next use.

### Wash

\*Remove any leftover food and rinse in hot water \*Wipe extra grease with a sponge or paper towel \*Wash in the sink with dish soap and warm water or put it in the dishwasher top rack \*You may want to add a plastic booster (put it where you would add a rinse aid) \*Dry your container using a kitchen towel or the low-heat cycle on the dishwasher

### Remove Stains

\*You may need to take extra steps to remove remaining stains \*Put on the kitchen counter and leave in the direct sun for a few hours \*Soak containers using a mild bleach solution of 2 teaspoons of bleach per gallon of water, drain and dry thoroughly before use \*For containers that stink, try a baking soda and water scrub (1 teaspoon of baking soda with one cup of water) or you can also try undiluted vinegar \*Be sure to wash the container after any of these stain removal steps \*If the stain won't budge, throw the container away!

### Avoid Future Stains

You can prevent stains before they happen by spraying the inside of the container with an unflavored cooking spray. If you are not using the container for cooking, you can line the container with foil or plastic wrap. Tomato stains are stubborn so refrain from microwaving tomato sauce in plastic containers.



# TIME CHANGE

Daylight saving time begins on March 13. Don't forget to "spring forward". This is also a great time to change your batteries in your smoke and carbon monoxide detectors. These important alarms should be tested each month to make sure they are working. Don't forget to vacuum/dust the detectors as part of your spring cleaning to remove dust build-up.



Having more daylight hours makes it easier to exercise outside. Take advantage of this opportunity and learn some tips to enjoy walking with your "sole mates". <http://www.myeatsmartmovemore.com/Texts/StartWalkigWithYourSoleMate.pdf>

## Poison Prevention Week

National Poison Prevention Week is March 20-26, 2016. Here are a few helpful tips as you begin spring cleaning and yard work. For a complete list visit the following link: <http://poisonhelp.hrsa.gov/uploads/files/resources/seasonaltipsspring.pdf>

- Keep poisons in the containers they came in. Do not use food containers (such as cups or bottles) to store household cleaners and other strong chemicals.
- Store strong chemicals away from food. Many poisonings occur when one product is mistaken for another.
- Never mix chemicals. Doing so can create a poisonous gas.
- Turn on fans and open windows when using strong chemicals.



## CINNAMON ROASTED PEARS

Fruit is a great end to a meal. By experimenting with roasting and grilling fruit, you can bring out its maximum flavor. This recipe can easily be made with apples too.

### INGREDIENTS:

- 1 Tbsp. Smart Balance margarine
- ½ tsp cinnamon
- 2 Tbsp. Splenda brown sugar blend
- 2 medium Anjou Pears about (6.5oz each) peeled, cored, sliced in half
- 1 Tbsp. walnuts, chopped
- ¼ cup water

### INSTRUCTIONS:

Preheat oven to 400°. In a small bowl (using fingers) combine margarine, cinnamon and brown sugar. Add walnuts and mix. Arrange the pears cut side up in an 8-inch square glass baking dish. Pour ¼ cup water in bottom of pan. Divide the brown sugar mixture evenly among the pear halves and place in middle of pears. Bake until pears are tender and beginning to brown, about 45 minutes.

Helpful tips: \*You can also use butter and regular brown sugar. \*A melon baller works great to remove the seeds from the pear halves.

**YIELD:** 4 servings; serving size: ½ pear



# NORTH CENTRAL SPRING DISTRICT DAY "SAVOR THE FLAVOR OF THE NORTH CENTRAL"

The 2016 North Central Spring District Day will be held on Thursday, April 21, 2016 from 9am until 2:15pm at the Forsyth County Extension Center. The cost of the event is \$12 per person and includes morning refreshments, lunch and programs. This is also when the District Cultural Arts contest will be held.



If you are interested in attending, please contact your club president with payment by March 28th. For more information, please contact the Extension office at 336-372-5597.

## UPCOMING EVENTS...

**FEBRUARY 12:** ECA Scholarship Deadline

**FEBRUARY 19:** Make & Take Heart Month Celebration; 2:30pm

**FEBRUARY 19:** ECA County Council meeting; 4pm; Sparta First Baptist Church

**FEBRUARY 25:** Career ECA Club meeting; 7pm

**MARCH 15:** Laurel Springs ECA Club meeting; 1pm

**MARCH 17:** Sparta ECA Club meeting; 4pm

**MARCH 24:** Career ECA Club meeting; 7pm

**APRIL 1:** ECA Cultural Art Competition; Sparta First Baptist Church; More details TBA

**APRIL 19:** Laurel Springs ECA Club meeting; 1pm

**APRIL 21:** ECA Spring District Day; Winston-Salem

**APRIL 21:** Sparta ECA Club meeting; 4pm

**APRIL 28:** Career ECA Club meeting; 7pm

*Sincerely,*

*Carmen Long*

*Carmen Long*

*Extension Agent*

*Family & Consumer Science*

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Address Service Requested