



HEALTHY TIDBITS

Serving Families in Halifax & Northampton Counties

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Contact Us

E.B. Odom, RD, LDN
Family & Consumer Sciences
 eb_odom@ncsu.edu

Northampton Co. Center
NC Cooperative Extension
 P.O. Box 636
 9495 NC Hwy 305
 Jackson, N.C. 27845
 Phone: 252/534-2711
<http://northampton.ces.ncsu.edu>

Halifax Co. Center
NC Cooperative Extension
 PO Box 37
 359 Ferrell Lane
 Halifax, N.C. 27839
 Phone: 252/583-5161
<http://halifax.ces.ncsu.edu>

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Make 2018 your healthiest year yet! Find ways to boost your health and well-being!

Be a healthier you by:

- **Make healthy food choices.** Fill your plate with fruit, vegetables, whole grains, low-fat milk products, lean meats, poultry, fish, eggs, and nuts.
- **Be Active.** Simply move more throughout your day.
- **Be Smoke free.** If you are ready to quit, call 1-800-QUIT-NOW
- **Get enough sleep.** Insufficient sleep is associated with chronic diseases, such as, diabetes, cardiovascular disease, obesity, and depression.

Source: www.cdc.gov

**A YEAR FROM NOW
 YOU WILL WISH
 YOU HAD STARTED
 TODAY**

Monthly Diabetes Support Groups

CADA Bldg at Rich Square 120 Sessoms Drive, Rich Square

Thur, Jan 4 12:00 noon
 Thur, Feb 1 12:00 noon

Halifax Regional Medical Center 250 Smith Church Rd, Roanoke Rapids

Mon, Jan 8 6:00 PM
 Mon, Feb 12 6:00 PM



Stock Your Kitchen for A Healthier 2018

Dry or Canned Foods

no salt added canned vegetables
 no/low added salt dried or canned beans
 no/low added salt tomato paste or sauce
 canned fruit packed in own juices or water
 dried fruit, no added sugar
 whole grains (brown rice, oatmeal, quinoa)
 whole-grain pastas
 whole-grain crackers, no/low added salt, sugar
 canned tuna or salmon, packed in water or olive oil
 nuts and seeds, no/low added salt, sugar
 nut butter, no/low added salt, sugar
 chicken or vegetable broth, no/low added salt

Freezer Foods

chicken
 lean ground beef or ground turkey breast
 fish or other seafood
 whole-grain bread
 fruit and vegetables, no added salt or sugar

Refrigerator Foods

pre-washed salad greens
 fruit
 vegetables
 hummus
 eggs
 low-fat milk
 plain Greek yogurt

Condiments, Spices, and Aromatics

olive oil, canola oil, vinegars (balsamic, cider, red wine, white wine, sherry),
 Salt and pepper, 3 or 4 dried herbs and spices, garlic, onions, limes and lemons

A Few of My Favorite Crock Pot Recipes

Chicken Fajitas

Yields: 5-6 servings

- 1 ½ pounds chicken breast, boneless, skinless (or other cut of meat)
- 2 bell peppers, sliced
- 1 small onion, or ½ large onion, sliced
- low sodium taco seasoning packet
- 1 teaspoon chili powder
- 1/2 teaspoon paprika
- 1 teaspoon salt

Combine all ingredients together and pour into crock pot. Cook 4-5 hours on high or 6-7 hours on low.

When it is cooked, Shred the meat and serve on warm tortillas and your favorite toppings.

Possible sides:

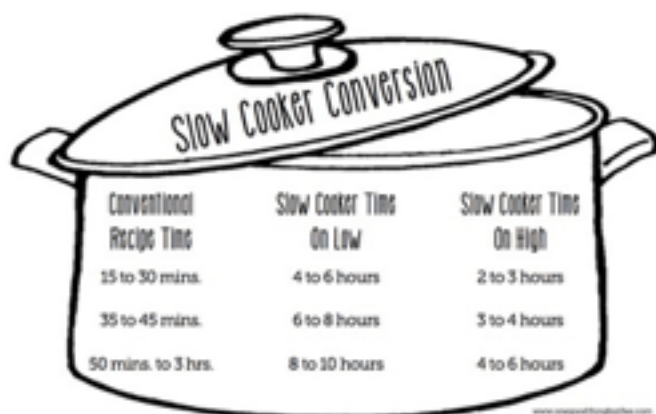
- 12 tortillas (whole wheat for a healthier alternative)
- Fajita toppings of your choice such as, low fat Mexican cheese blend, avocado, diced tomatoes, lettuce or spinach, jalapenos
- Other sides options: corn, black beans, Mexican rice, chips and salsa

Porcupine Meatballs

Yields: 6 servings

- 1 pound lean ground beef or ground turkey (I use 93% lean)
- ½ cup brown or long grain rice
- ½ cup water
- 1/3 cup chopped onion
- ½ teaspoon celery salt
- 1/8 teaspoon pepper
- 1/8 teaspoon garlic powder
- 1 (15oz) can tomato sauce
- 1 cup water
- 2 Tablespoons brown sugar
- 2 teaspoons Worcestershire sauce

- In a bowl, combine rice, ½ cup water, onion, celery salt, pepper, and garlic powder. Shape into 1 ½ inch balls.
- In large skillet coated with olive oil, brown meatballs; drain.
- Combine tomato sauce, 1 cup water, brown sugar, and Worcestershire sauce.
- Add sauce and meatballs to crock pot.
- Cook 4-5 hours on high or 6-7 hours on low.



Mark Your Calendar



NC Safe Plates Certified Food Protection Manager Course

Northampton County Cooperative Extension Office

Classes: February 20 & 21, 2018

9:00am - 4:30pm

Exam: Thursday, February 22 at 9:00am

Northampton County Cooperative Extension

9495 NC Highway 305, Jackson, NC 27845

252-534-2711

Registration Fee: \$115.00

(Includes class, book, exam, and refreshments)

For more information call: EB Odom at NC Cooperative Extension at 252-534-2711

Test Your Brain!!

1. What are two North Carolina vegetables that can live to produce on their own for several growing seasons? Most vegetables must be replanted every year. What are two NC perennial vegetables?
2. What fruit has its seeds on the outside?



source: *Sharpbrains.com*

Answers: 1. asparagus & rhubarb 2. strawberry