



HEALTHY TIDBITS

Serving Families in Halifax & Northampton Counties

Content

National Nutrition Month	Page 2
Recipes	Page 3
Save the Date!	Page 4

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
P.O. Box 37
359 Ferrell Lane
Halifax, N.C. 27839
Phone: 252/583-5161
<http://halifax.ces.ncsu.edu>

North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

Don't Waste It!

How much food is not eaten and thrown away in your home? It is estimated that America's throw away 40% of the food that is produced. That is more than 400 pounds of food per person daily. So how can we do better? Here are a few tips that can help you get started:

- Be mindful of the types of foods and how much is wasted in your home. Consider purchasing less of those items.
- Get creative with leftovers. Transform meals into soups, salads, or sandwiches.
- Master label dates. Many products are thrown out because of dates, but read closely.
 - "Use by" or "Best buy" dates refer to peak quality or freshness. This does not mean the product is spoiled or unsafe.
 - "Sell by" dates are found on perishable foods, such as meats and dairy products. These dates are for store staff to have foods sold by that date.

FACT OR FICTION?



National Nutrition Month® 2020 Quiz

Circle the correct answer.

1. A healthy eating style includes a limited number of foods. **FACT OR FICTION?**
2. Vegetable oils are an appropriate substitute for solid fats. **FACT OR FICTION?**
3. Physical activity must be done for at least 10 minutes in order for it to be considered beneficial as a form of exercise. **FACT OR FICTION?**
4. Portion sizes and serving sizes are the same thing. **FACT OR FICTION?**
5. It is recommended that calories from added sugars be limited to less than 10% of calories per day. **FACT OR FICTION?**
6. At least half the grains eaten daily should be whole grains. **FACT OR FICTION?**
7. One cup of calcium-fortified soymilk is considered one cup from the Dairy Group. **FACT OR FICTION?**
8. Meals that include seafood are recommended weekly. **FACT OR FICTION?**
9. Most Americans get enough dietary fiber on a daily basis. **FACT OR FICTION?**
10. Everyone needs the same amount of calories, which is 2,000 calories per day. **FACT OR FICTION?**

©2019 Academy of Nutrition and Dietetics. Reproduction of this handout is permitted for educational purposes. Reproduction for sales purposes is not authorized.

How did you do? Check your answers on page 5.

Planned Overs

Here are a few recipes that can help you reinvent your leftovers into planned overs!

Chicken and Cheese Enchiladas

- non-stick cooking spray
- 1 medium onion, chopped
- 1 Tablespoon margarine
- 1 1/2 cups cooked chicken or turkey (shredded)
- 1 1/2 cup salsa
- 1 (8 oz) package of reduced-fat cream cheese. Use 3 oz.
- 1 teaspoon ground cumin
- 8 flour tortillas (6-inch)
- 2 cups (8 oz) reduced-fat cheddar cheese, shredded and divided

Preheat oven to 350 degrees F. Lightly spray baking dish with non-stick cooking spray. Cook and stir onion in margarine or olive oil in large skillet until tender. Stir in chicken, 1/4 cup salsa, cream cheese, and cumin. Cook until thoroughly heated. Stir in 1/2 of the shredded cheese. Spoon about 1/3 cup chicken mixture in center of each tortilla; roll up. Place seam down in a 9x13-inch baking dish. Top with remaining salsa and cheese. Bake at 350 degrees for 15 minutes or until heated through.

Yields: 8 servings

Source: *CookingwithEFNEP, NCSU*

Have you thought of.....

Leftover vegetables:

- throw into an omelet
- make vegetable soup
- chop finely and mix into rice
- Add a little cheese and top a baked potato

Leftover Chicken or Turkey:

- Make quesadillas
- Top a salad for an easy, one-dish meal
- Add to soup

Leftover ground beef or turkey:

- Add to pasta sauce
- Make a meatloaf

I will use leftover meatloaf, chopped up finely to make pasta sauce!

Get tips from: In the garden, In the kitchen, and on the farm on NCSU Extension's Homegrown website at homegrown.extension.ncsu.edu

Save the Date!

Thurs., March 5	12:00-1:00pm	Diabetes Support Group, CADA office, Rich Square
Thurs., April 2	12:00-1:00pm	Diabetes Support Group, CADA office, Rich Square
April 6-8	9:00-3:30pm	Safe Plates for Food Managers, Halifax Cooperative Extension Auditorium
Thurs., April 23	9:00-2:00pm	2020 Aging Expo, The Roaring 20's, Roanoke Rapids
Tues., April 28	5:30-7:00pm	Cooking with Herbs, Halifax County Cooperative Extension
Wed., April 29	5:30-7:00pm	Cooking with Herbs, Northampton County Cooperative Extension
May 12-13	9:30-4:00	Northeast NC Craft Workshops, Vernon James Research Center, Plymouth
Tues., May 5- June 23 (Tuesdays)	6:00-7:00pm	Take Control Nutrition Program, L's Book Nook Library & Research Center, Hollister
Sat, May 30	10:00-2:00pm	RV-CHI Family Fun Fest, Chaloner Recreation Center, Roanoke Rapids
Tues., June 30	5:30-8:30pm	Water Bath Canning, Halifax County Cooperative Extension Kitchen

For more information call Halifax Cooperative Extension at 252-583-5161 ext. 4527 or Northampton County Cooperative Extension at 252-534-2711.

