

Family & Consumer News



Surry County Center

August-October 2017

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Surry County Extension and Community Association (ECA) members received the Gold Award for volunteer hours at the ECA State Meeting banquet in Raleigh on July 17th. Surry County members turned in 12,964 hours which benefited the citizens of our community.

Ann Davis (crewel embroidery) and Gloria Bryant (hand-pieced quilt) received first place in their categories at the state cultural arts competition. Margaret Rakes received a second place on her silk flower wreath. Congratulations ladies! Use some of these hot summer days to stay inside and start a project or two for next year's cultural arts competition in March.



Gloria Bryant's quilt (pictured above) won first place in the hand-pieced quilting category at the state cultural arts competition.

Seydel Cropps and Sarah Welch are Recognized for Impacts

Seydel Cropps, EFNEP Program Assistant, and Sarah Welch, Nutrition and Health Education Director, from Surry County were awarded the team award at the Multi-State Nutrition Assistants Conference in Charleston, WV. The team award recognizes program assistants and partners for meeting the needs of limited resource audiences through innovative teaching methods to produce program results and make a community wide impact. The success of EFNEP (Extended Food and Nutrition Education Program) depends upon collaborative team relationships. The team award celebrates teams, which exhibit a cooperative spirit. Teams consist of at least one program assistant/associate and other partners.

Seydel Cropps and Sarah Welch were presented this award in recognition of their dynamic program cooperation and continued work to assure that Surry County WIC participants receive the benefit of EFNEP. Additionally, Seydel and Sarah have engaged in continued improvement of their processes which enabled both English and Spanish WIC participants to receive EFNEP programming.

The Expanded Food and Nutrition Education Program, administered by North Carolina Cooperative Extension, provides nutrition education for limited resources families in Surry County to help them make better choices when planning and preparing meals.



Seydel Cropps, EFNEP Program Assistant, (left) and Sarah Welch, Nutrition and Health Education Director, (right) from Surry County pose with their team award.

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Clean Ideas End-of-Summer Cleanup

Tips for getting things ready for storage.

Before you get caught up in all the back-to-school activities, spend some end-of-summer time returning items to their best possible state before you store them away. This will prove to be a time saver when you want to use them again next spring.

- **Musty beach towels:** Launder, using the hottest water that's safe for the fabric. Add a small amount of fabric softener to the final rinse. Machine-dry thoroughly.
- **Sandy sleeping bag:** Turn the bag inside out. If the sand is damp, let the bag air out until the sand is dry. Shake the bag to remove as much loose sand as possible; then brush or vacuum away the remaining residue. If the bag is soiled, clean according to the sleeping bag's care label instructions.
- **Muddy tennis shoes:** Let the mud dry completely. Then take the shoes outside and bang the soles together to remove as much of the dried mud as possible. Using a solution of warm water and hand dishwashing liquid and an old toothbrush, scrub gently to remove the remaining dirt. For stubborn dirt marks, scrub with a nylon pad or a magic eraser. Wipe with a damp sponge or damp paper towels. Stuff the tennis shoes with clean paper towels and let them air-dry.
- **Grungy plastic tablecloths:** A wipe-down with a soapy sponge may clean the top of the tablecloth, but not the flannel backing. To clean the whole thing, machine-wash, using the gentle cycle. Machine-dry on the delicate cycle for about 15 minutes. This is just enough time to remove the creases caused by machine

washing, but not long enough to harm the vinyl. If the cloth is still damp, line-dry.

- **Grubby molded-resin outdoor furniture:** Clean with a mild detergent and water. Avoid abrasive powders, chlorine bleaches and silicone cleaners.
- **Soiled outdoor cushions:** Acrylic, polyester and cotton fabrics should be spot-cleaned by sponging with a solution of liquid dishwashing detergent and lukewarm water. Rinse with clear water and air-dry.
- **Dirty plastic pool toys:** Mix 3/4 cup of chlorine bleach per gallon of warm water. Soak the prewashed toys for five minutes. Rinse and then air-dry. If the toys aren't used during the winter, store them in a closed container so they'll stay clean and dust-free.

Source: American Cleaning Institute



Saturday, September 9, 2017

2:00 - 7:00 p.m.

Fisher River Park

Antique & Classic Tractors • Petting Farm
4-H Kids Area • Corn Shelling
Farmer's Market • New Tractors
Master Gardeners' Plant Sale •
Chicken Coop • Beekeepers • Food

And so much more!!!



NATIONAL PREPAREDNESS MONTH

2017 Disasters Don't Plan Ahead.
YOU CAN.

This September, National Preparedness Month (NPM) will focus on planning, with an overarching theme "Disasters Don't Plan Ahead. You Can."

We can all take action to prepare! We are all able to help first responders in our community by training how to respond during an emergency and what to do when disaster strikes—where we live, work, and visit. The goal of NPM is to increase the overall number of individuals, families, and communities that engage in preparedness actions at home, work, businesses, school, and places of worship.

The 2017 Weekly themes are:

- Week 1: September 1-9**
Make a Plan for Yourself, Family and Friends
- Week 2: September 10-16**
Plan to Help Your Neighbor and Community
- Week 3: September 17-23**
Practice and Build Out Your Plans
- Week 4: September 24-30**
Get Involved! Be a Part of Something Larger

For more information on Emergency Preparedness and on how you can plan ahead to be prepared for a disaster, visit <https://www.ready.gov/>.

Celebrate Breakfast Month

We have heard for years that breakfast is the most important meal of the day and it is true. Take time to fuel your body after sleeping with a delicious breakfast to start your day off right. Test your breakfast knowledge with the breakfast quiz below, and plan ways to incorporate some delicious, nutritious food into your daily morning routine.

Breakfast Quiz

Source: University of Nebraska Lincoln, Nutrition Education Program

- True or False.** Children who eat breakfast are more likely to do better in school and have fewer behavior problems.
- True or False.** Eating breakfast improves your overall health and well-being.
- Why is breakfast the most important meal of the day?**
 - Breakfast provides your body with energy.
 - Breakfast keeps you alert.
 - Breakfast improves your overall health and well-being.
 - All of the above.
- True or False.** Men and women who eat breakfast every day are less likely to be overweight.
- True or False.** It is a good idea to include 3 of the 5 food groups for breakfast.
- People who start their day with breakfast are found to:**
 - Eat less fat during the day.
 - Eat more fiber.
 - Get more nutrients than people who do not eat breakfast.
 - All of the above.
- True or False.** You should choose cereals **high** in sugar.
- What are some ways to make time for breakfast?**
 - Plan an easy breakfast, like peanut butter and jelly toast.

- Make a "to go" breakfast the night before.
 - Get up 10 minutes earlier.
 - All of the above.
- An example of a breakfast food that is healthy and quick is:**
 - Doughnuts
 - Toast with peanut butter
 - Sugar coated cereals
 - Fried foods
 - The following breakfast example includes foods from which food groups? 1 slice whole-wheat toast with peanut butter, 1 cup milk, and 1 medium banana.**
 - Grains, Dairy, Protein Foods, and Fruit
 - Protein Foods and Vegetable
 - Dairy, Grains, and Vegetable
 - Fruit, Vegetables, and Grains

Answers: 1. True, 2. True, 3. D, 4. True, 5. True, 6. D, 7. False, 8. D, 9. B, 10. A

Whole Grains Month

September is also Whole Grain Month. Try this recipe for Banana Oatmeal Pancakes, a delicious alternative to traditional pancakes which includes whole grain old fashioned rolled oats. This recipe is a great way to use bananas whose peels have started to brown; the riper the banana, the easier to mash and the more flavor they will give the pancakes! Top with peanut butter or chopped nuts for some added protein.

Nutrition Information per Serving:
(based on 1/2 cup frozen mixed fruit and 1/2 tablespoon sugar)

Serves 2
Serving Size: 3 pancakes
Vegetables: 0
Fruits: 1 1/4 cups
Calories: 306
Carbohydrates: 51 grams
Fiber: 6 grams
Protein: 10 grams
Fat: 9 grams
Sodium: 312 mg

Ingredients:

- 2 eggs, beaten
- 2 bananas, mashed
- 1/2 cup of old fashioned rolled oats, uncooked
- 1/2 tablespoon sugar (optional)
- 1/2 teaspoon baking powder
- 1/4 teaspoon vanilla extract
- 1/8 teaspoon cinnamon
- 1/2 teaspoon olive oil
- 1/2 cup fresh or frozen fruit of your choice (optional)

Directions:

- In a medium bowl, combine eggs, bananas, rolled oats, sugar (optional), baking powder, vanilla extract, and cinnamon. Batter should be cohesive and without lumps.
- Heat olive oil in medium skillet on medium-low heat. Once heated, spoon 1/4 cup portions of the batter onto skillet and cook until golden brown on both sides (about 4 minutes on each side).
- Heat fruit in small skillet until warm, stirring occasionally. Serve over pancakes. You can also serve pancakes with chopped nuts or peanut butter on top.

You can find this healthy recipe and more at medinsteadofmeds.com!



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CALENDAR OF EVENTS

Seniors' Health Insurance Information Program (SHIP) Volunteers Quarterly Update

August 25, 2017 / 10:00 am
 NC Cooperative Extension, Dobson
For more information, call our office at 336-401-8025.

ServSafe Food Safety Course and Exam for Food Service Providers

August 28, 29, & 31, 2017
Call our office at 336-401-8025 for more information.

Diabetes & You: "Farmer's Market Finds"

August 30, 2017 / 12:00 Noon
 NC Cooperative Extension, Dobson
Free to the public. Seats are limited. Please call 336-401-8025 to register.

Celebrating Agriculture Event

September 9, 2017 / 2:00—7:00 pm
 Fisher River Park, Dobson

Freezer Meal Workshop

September 26, 2017 / 6:00 pm / Cost: \$10
 NC Cooperative Extension, Dobson
Please call 336-401-8025 for supply list and to register.

Diabetes & You: "Build a Better Breakfast"

September 27, 2017 / 12:00 Noon
 Reeves Community Center, Mt. Airy
Free to the public. Seats are limited. Please call 336-401-8025 to register.

Origami Fabric Ornament Workshop

October 9, 2017 / 12:00 Noon
 NC Cooperative Extension, Dobson
Please call 336-401-8025 for more information and supply list.

ECA County Council Meeting

October 9, 2017 / 1:00 pm
 NC Cooperative Extension, Dobson

200 copies of this public document were printed at a cost of \$77.12 or .3856 per copy.

Unlocking the Mysteries of Medicare

October 13, 2017 / 10:00 am
 Pilot Center of SCC, Pilot Mountain

Diabetes & You: "Diabetes & Dental Health: The Whole Tooth"

October 25, 2017 / 12:00 Noon
 NC Cooperative Extension, Dobson
Free to the public. Seats are limited. Please call 336-401-8025 to register.

Unlocking the Mysteries of Medicare

October 27, 2017 / 10:00 am
 Elkin Center of SCC, Elkin



Accommodation Statement: For accommodations for persons with disabilities, contact the Surry County Center at (336) 401-8025, no later than five business days before the event.

Special Note: Registration for events listed in this calendar are required unless otherwise noted. Register by calling (336-401-8025)