

## FOOD for Thought



## November/December 2015

### MAINTAIN, DON'T GAIN HOLIDAY CHALLENGE



This holiday season, the only thing that should be “stuffed” is the turkey! Many Americans gain between 1 and 5 pounds each holiday season. While it might not sound like much, most people never manage to lose those extra pounds. Instead of piling on the pounds, you are invited to join the ninth annual *Maintain, Don't Gain Holiday Challenge* provided by NC Eat Smart Move More. Rather than focusing on trying to lose weight, this **free** seven-week challenge provides participants with tips, tricks, and ideas to help maintain your weight

throughout the holiday season. The challenge includes 7 weekly newsletters, daily tips, mid-week challenges, healthy holiday recipes, motivation and support from other participants, and prizes. The Holiday Challenge runs from **November 16 – December 31**. Sign up at <https://esmmweighless.com/sign/>

### EAT WELL, AMERICA & STOP DIABETES

Join the American Diabetes Association to put good food and good health on the table during American Diabetes Month this November. Whether you are one of the nearly 30 million Americans living with diabetes or the 86 million Americans with prediabetes, or you simply want to live a healthier lifestyle, the Eat Well, America campaign will show you how easy and joyful healthy eating can be for everyone. Each week, the Association will share nutritious recipes, including snacks and special occasion treats. They will spotlight what healthy, simple and enjoyable meals look like on **National Healthy Lunch Day, November 17**. Share photos of your healthy plates on social media using the hashtag #MyHealthyLunch. Call 1-800-DIABETES or visit us at [diabetesforecast.org/adm](http://diabetesforecast.org/adm) for meal planning, shopping tips, grocery lists, preparation secrets, delicious recipes and more.



#### Points of Interest:

- Maintain, Don't Gain Holiday Challenge
- Eat Well, America & Stop Diabetes
- Healthy Holidays Lunch N' Learn
- Dine with FCS
- Upcoming in 2016

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### “HEALTHY HOLIDAYS” LUNCH N’ LEARN

The November Lunch N’ Learn is scheduled for **Thursday, November 19** from noon – 1pm and will focus on healthy holidays. We will be talking about cooking healthy, delicious recipes, food safety and using leftovers. The cost is \$5.00 and you must pre-register and pre-pay for this event by November 13. Call the Extension Office at 599-1195 for more information.

## DINE IN WITH FCS

The American Association of Family & Consumer Sciences will be asking families to prepare and eat a healthy meal together on December 3rd. This is a national celebration that educates families about the importance of preparing healthy meals and “dining in” together. With the high rate of obesity in this country, especially among children, Family & Consumer Sciences Day calls attention to something simple families can do to be healthier—prepare and eat a nutritious meal together. We are proud to take part in this important initiative. Family and Consumer Sciences (FCS)

professionals in the field are uniquely qualified to speak about many critical issues affecting individuals and families, such as maintaining a healthy lifestyle, wisely managing personal and family finances, and creating supportive relationships with family members, friends, and co-workers. So, join us on **Thursday, December 3rd** and “Dine In” With Us. For more information on this event, check us out at [www.aafcs.org/FCSday](http://www.aafcs.org/FCSday).



*“Everything that is involved in day-to-day living is a part of Family and Consumer Sciences education”*

### STEPS TO HEALTH

We have started our nutrition program at North starting with the second grade classes in the middle of October and will last for 9 weeks. We will focus on teaching the MyPlate, reading nutrition labels, physical activity, etc. A huge **THANKS** to ECA members for helping us with this program.

### GET YOUR FLU SHOT

The flu season has started. In order to protect yourself from the flu, get vaccinated. Vaccination is especially important for people at high risk for serious flu complications. For more info, check it out at <http://www.cdc.gov/flu/>

### UPCOMING IN 2016

#### LUNCH N' LEARNS

Our Family and Consumer Science program is hard at work setting the dates for their monthly Lunch N' Learns. Currently, we are tentatively planning to have them on the **2nd Thursday of each month**. The topics will vary on nutrition, health, chronic illness, and local food. We are looking for suggestions and guest speakers, so please email us at [jbgrable@ncsu.edu](mailto:jbgrable@ncsu.edu) and let us know if you have any ideas.

#### PINTO BEAN FUNDRAISER

The Person County ECA Council invites you to join them on **Friday, February 5** for their sixth annual pinto bean luncheon. For just \$5.00, you will get beans, cornbread, beverage, and homemade dessert! The pinto bean fundraiser will take place at the County Office Building from 11:30am – 1:30pm and will be available for eat in or take out. Proceeds go to a variety of ECA community projects, such as donations to the Christian Help Center, Ronald McDonald House, health fairs in the community, donations to the Lake Waccamaw Boys and Girls Home, Extension programs, etc.

#### WORKING ARTS

For many years, our Extension Office has hosted an annual Working Arts event in February bringing in different instructors to teach craft classes such as chair bottoming, knitting, rug hooking, jewelry making, Chrismons, basketmaking, etc. However, due to the weather issues we had to deal with this past year, we have tentatively moved it to November 2016.