



# Food For Thought

Family & Consumer Sciences (FCS) Newsletter

July, August & September 2017

## One Year Cross County

Due to state mandates, the Family & Consumer Sciences (FCS) Extension Agent position became cross county starting last July serving both Person and Granville Counties. However, we are still just as dedicated to educating and serving the public as we have ever been. If you have any questions do not hesitate to call me at 336-599-1195 and the Person County staff can help assist or transfer your call to me if I happen to be out of the office that particular day. I do not have specific days of the week that I am in one county or the county because it is completely based on the needs of the counties, schedules of my collaborators and layout of the programs.

## Be Careful in the Extreme Heat

Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature. If you do have to go outside in the heat this summer, here are some safety tips for you and your family. Avoid strenuous work during the warmest part of the day, but make sure you take plenty of breaks if you have to do work outside. Use a buddy system when working in extreme heat, and make sure someone is checking up on you. Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible. Avoid dark colors because they absorb the sun's rays. Protect face and head by wearing sunblock and a wide-brimmed hat. More information about skin cancer can be found at the local Health Department. Stay indoors as much as possible and limit exposure to the sun, and postpone outdoor games and activities until later in the day when it is cooler.

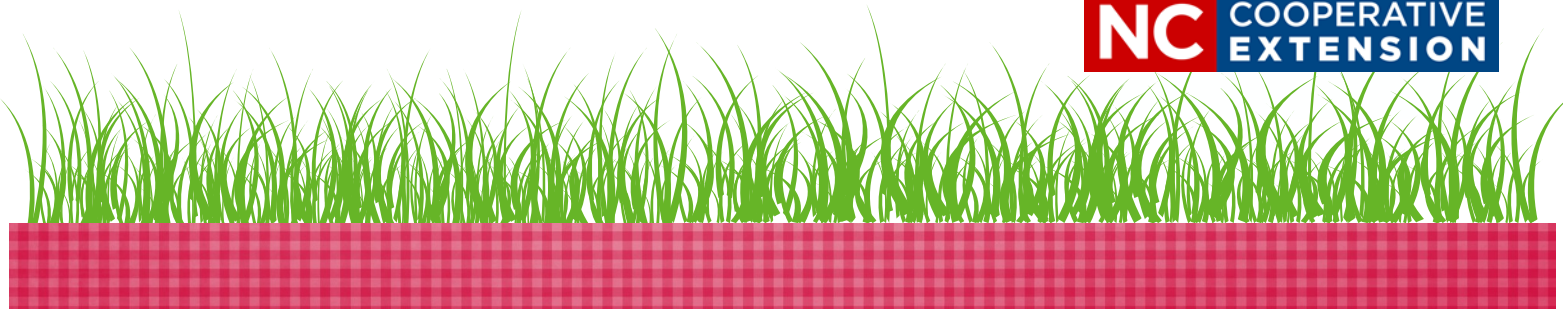
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### Important Dates

Tues.	Weekly Diabetes Prevention Program
Tues.	Person County Farmers Market
07/11	ECA County Council meeting
07/12	Lunch N' Learn "Build A Better Breakfast"
08/03	Cooking Matters At The Store
08/05	Mt. Zion Church Community Extravaganza
08/8	Barn Dinner Theater Trip
08/10	Lunch N' Learn
08/21	Senior Citizen Day
08/29	Aging with Gusto
09/05	ECA County Council meeting
09/18	Safe Plates Food Safety class

## FOOD for Thought



## UPCOMING SUMMER FCS PROGRAMS

### SUMMERTIME LUNCH N' LEARNS

"Build A Better Breakfast" is planned for **Thursday, July 13** and will focus on the most important meal of the day and how to incorporate the My Plate into your morning meal.

Our August session is **Thursday, August 10** and we are still working on the topic at this time.

All of them are from 12:00 pm — 1:00 pm. The cost for all of the Lunch N' Learn workshops is \$5.00 each and you must pre-register and pre-pay for this event by the Friday before the workshop.



Cook Smart | Eat Smart

### Cook Smart Eat Smart

Our Extension office hosted a Cook Smart Eat Smart class on **Thursday, June 29** from 9:00 a.m. – 4:00 p.m. at the County Office Building. We had 11 people in attendance and taught a variety of topics such as different ways of cooking, knife skills, food safety, MyPlate nutrition, etc.

### Cooking Matters At The Store

This will be on **Thursday, August 3** at 9:00 a.m. at the south Food Lion on Durham Rd. It is a free 90-minute guided tour around the grocery store to help people understand how to eat healthy on a budget. Participants will receive a free reusable grocery bag, recipe workshop, and a \$10 Food Lion gift card to purchase healthy food during the tour.



### Aging With Gusto

Older adults are a growing and vital part of our country. The contributions they make are very influential in today's world. Come "Age Out Loud" with us at our annual Aging with Gusto conference on **Tuesday, August 29** at the Person County Office Building. We

will have 2 workshop sessions, a goody bag, vendors to visit, lunch, guest speaker and entertainment. For only \$10 you can join us for the day. Our registration brochure will be available soon.

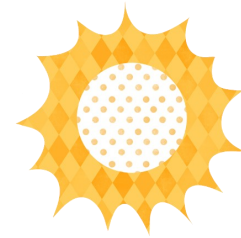


### Safe Plates

All food establishments are required to have a manager on every shift certified in a food safety course. Therefore, the Person County Extension Office is once again hosting a food safety in conjunction with the Environmental Health Department. It will be **Monday – Thursday, September 18-21** from 9:00 a.m. – 12:00 p.m. with the exam on **September 25**. Registration is \$125 and due by September 1st.



## Extension Community Association (ECA) Corner



All of the Extension Community Association (ECA) members that attended the trip to the Temple Theater in Sanford on **May 5** had a good time and enjoyed the play "Legally Blonde". Our next two ECA County Council meetings will be on **July 11**, which is a slight change because of the Holiday, and then on **September 5** at the Person County Office Building at 10:00 a.m. each day. Our ECA group has 4 clubs in the county that come together for leadership, education and

community service activities in the community.

On **Tuesday, July 18**, the Piedmont ECA club will tour the Ronald McDonald House in Durham learning about the families who have children dealing with illness in addition to making a donation to the organization. We also have planned a trip to the Barn Dinner Theater in Greensboro on **Tuesday, August 8** that is open to all ECA members.

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*Each of us has a spark of life inside us, and our highest endeavor ought to be to set off that spark in one another. — Kenny Ausubel*

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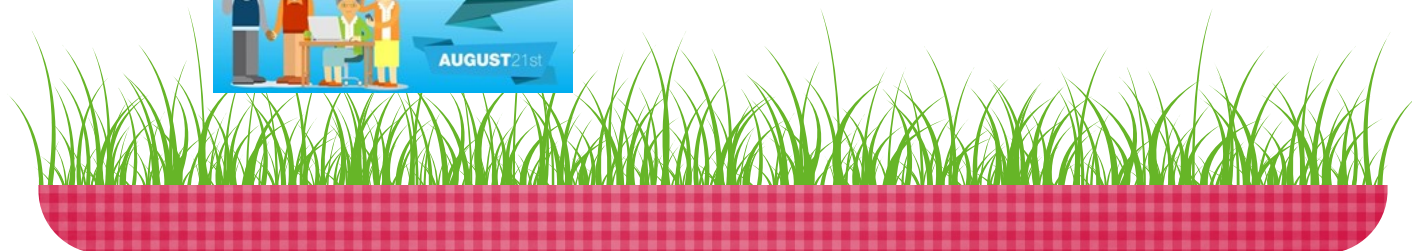
### National Senior Citizens Day

In 1988, President Ronald Reagan declared August 21 to be National Senior Citizens Day. This observance was established in honor of senior citizens in the US who made positive contributions in their communities. In his proclamation he said "We owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older." The Person County Extension Office will be at the Library on **Monday, August 21** from 10:00 a.m – 12:00 p.m. providing information important to senior citizens.



### Food Preservation

It is that time of year again when everyone gets their canner out of the closet and starts putting food by. If you are interested in more information about canning or freezing, contact the Extension Office and we can share some resources with you. Our office can test your Presto dial gauge pressure canners, which we recommend being done on a yearly basis. Just bring the canner lid with dial gauge to the Extension Office and leave it with your name and telephone number. We will test it and give you a call when it is done. Be sure to always use tested and approved recipes, which can be found at the University of Georgia website at <http://nchfp.uga.edu/>



## Healthy Eating & Food Safety

Enjoy what you are eating, whether it is a crisp apple, a crunchy green salad, or a piece of homemade banana bread. Avoiding food you enjoy can increase your hunger for that food. Cravings like these can make healthy eating more difficult. Instead, follow the MyPlate guidelines with a healthy balance of fruits, vegetables, grains, proteins, and dairy. By following a healthy plate, you can leave room for an occasional treat. Remember, when it comes to healthy eating, variety and balance are key. Refrigerating foods is a key component of food safety. Cold temperatures slow the growth of harmful bacteria. Avoid over-stuffing your refrigerator so the cold air can easily circulate to keep the food safe. The temperature of the refrigerator should remain at 40°F or below and your freezer temperature should be at 0°F or lower. Don't forget to refrigerate or freeze perishable foods as soon as you get home from the grocery store.



## Extension Master Food Volunteer (EMFV)

Person County Extension just closed out our first year in participating in this program. We are looking for any new individuals that would be willing to get trained as an Extension Master Food Volunteer. Volunteers must complete a volunteer application, pass a background check, complete 30 hours of training along with shadowing the Family & Consumer Sciences (FCS) Extension Agent over the next year before becoming fully certified. These volunteers will help with a variety of food programming events such as school nutrition program, cooking demonstrations, health fairs, etc. So, over the next year, keep a look out for these fully trained, certified volunteers. Call the Extension Office at 336-599-1195 if you are interested in volunteering.



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## Person County Farmers Market

The Person County Farmers Market, located on Madison Boulevard, officially opened up for the season on months ago. They will be open on **Saturdays from 8am – noon and on Tuesdays from 3:30pm – 6:30pm**. Be sure to check them out and purchase some delicious, healthy local foods and help support the farmers of Person County. They are hoping to be able to offer a fun event each month, such as speakers, book signings, cooking demonstrations, etc. For more information about the vendors and the market, please visit their website at [www.personcountyfarmersmarket.com](http://www.personcountyfarmersmarket.com) or check them out on Facebook to find out what they plan to have at the market.

## Working Arts

For the past 40 years, our office has hosted an annual Working Arts craft workshop. The scheduled date for this year's event is **Wednesday & Thursday, November 1-2**. We are once again planning to have workshops on knitting, painting, basket making, chair bottoming, jewelry making, and Chrismons. So please put these dates on our calendar and look out for more information or contact our office to be added to the mailing list because the registration packet will be distributed soon!

