

MAY – JUNE 2018
FAMILY CONSUMER SCIENCE (FCS)

Food For Thought

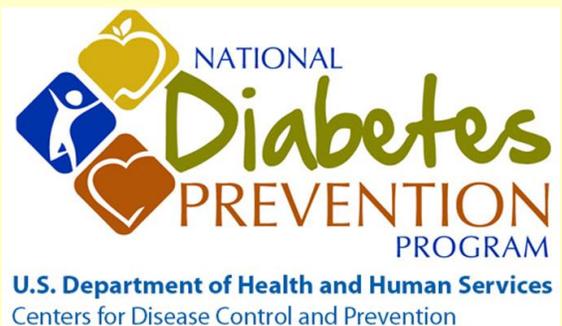
NC Cooperative Extension, Person & Granville Counties
Jennifer Grable, Extension Agent, Family Consumer Science

Diabetes Prevention

Throughout the United States, 1 in 3 people have prediabetes, and 90% don't even know they are at risk. Therefore, the Person County Cooperative Extension & local health department are going to start another year-long Diabetes Prevention Program in June. On Tuesday, May 8th from 12pm – 1pm, we will be hosting an informational session to provide details to people who are pre-diabetic about the Prevent T2 program. We will be providing lunch free for the attendees of this informational session. Simply contact LeighAnn Creson at the Person County Health Department at 336-597-2204 x 2277 by Monday, May 7th to register. The Diabetes Prevention Program can help you change your lifestyle to prevent type 2 diabetes, offers lots of support by Lifestyle Coaches and your classmates, and focuses on weight loss, healthy eating, physical activity, etc. It also allows you to earn prizes throughout the program, such as a t-shirt, pedometer, portion plate, Calorie King book, and more. The information session is a simple one-time event to make you aware of the program which will begin a few weeks later. However, if you have already been diagnosed with type 2 diabetes, this program is not for you.

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FOOD for Thought



Canning and Food Safety Concerns

Gardens are growing and the wonderful fresh fruits and vegetables are starting to come in. Many people are thinking about canning and freezing their food to preserve it for the coming winter months. But what about food safety? Following instructions from a reliable source and properly functioning equipment are crucial. The Ball Blue Book of Canning is an excellent resource for the correct preparation methods and how long to cook items using the pressure canner. If you have a dial pressure gauge on your canner, you should have it tested at your local Extension Office. Bring in just the canner lid with the gauge to your agent to have it tested. The home canner's worst fear is botulism. It is colorless and odorless. It takes 12 – 72 hours for symptoms to occur. Boiling does not kill all of the bacteria. Botulinum spores need temperatures of 240°F to be destroyed. This temperature can only be achieved with a pressure canner. Once you have finished canning, storage is important. Canned foods may be stored for up to 18 months to retain optimal quality. Store them in a cool, dry environment that is between 50°F and 70°F. Take time to be sure you know the correct method of preservation for the foods you want to save and then follow the directions.

The Extension Office can test your dial gauge pressure canner lid. Simply drop it off at the office and we will contact you when are done testing it.



Food For Thought

Person County Farmers Market

"It's fresher in Person"

The Person County Farmers Market located on Madison Boulevard is now back open for the season. They are open from 9am – 1pm on Saturdays and 3:30pm – 6:30pm on Wednesdays. So drop by and see what they have available and meet some of the new vendors. Farmers markets are an integral part of the urban/farm linkage and have risen in popularity, mostly due to the interest in obtaining fresh products directly from the farm. Farmers markets allow consumers to have access to locally grown, farm fresh produce, and enables farmers the opportunity to develop a personal relationship with their customers. There are several reasons to visit the Person County Farmers Market.

- You can try a new fruit or vegetable. Many farmers markets offer lesser known fruits and vegetables, providing a variety.
- Farmers often have good recipes on how to prepare food
- Fit your foods into the MyPlate. Create a healthy plate with goodies from your local farmers market
- Get your kids involved. Let them pick out something new to try and they can help prepare a meal or snack
- Fresh fruit and vegetables are full of antioxidants and phytonutrients.
- Shopping at farmers markets supports your local farmers and keeps the money you spend closer to your neighborhood.
- Freshly picked ripe food is at its peak in flavor and nutrition.

I ♥ EATING
LOCAL FOOD

PERSON COUNTY
**Farmers
Market**

It's fresher in Person!



LUNCH N' LEARN

Our monthly Lunch N' Learn workshop in May will be held on Wednesday, May 30th from 12pm – 1pm in the Person County Office Auditorium. The topic will be "Healthy Living As We Age" and we will be discussing Moving More; Reducing Salt, Fat and Sugar Intake; Managing Chronic Illnesses; and Volunteering within the community. It is \$5 to register and the fee is due by Friday, May 25th.



Food For Thought



Food Programs



Your local NC Cooperative Extension Office has a wide variety of programs available to help you learn more about nutrition, health and wellness, chronic disease, as well as improve your cooking skills and knowledge. Some of the programs available are:

- Lunch N' Learn Workshops
- Cook Smart, Eat Smart
- Med Instead of Meds
- Eat Smart, Move More, Take Control
- Extension Master Food Volunteers
- Living Healthy with Diabetes
- National Diabetes Prevention Program



The Person & Granville County Extension Offices have a wealth of information to help you live a healthier lifestyle, whether from our Horticulture Agent who can help provide information on how to get a garden started or can help you figure out how to solve your gardening issues. The Family Consumer Science Extension Agent can provide information on the food once it has been harvested, whether it is healthier cooking methods, new recipes to try, or how to handle a chronic illness such as diabetes and heart disease utilizing nutrition and physical activity to prevent, delay or simply manage your illness. Contact us today to get on our email and/or mailing list for upcoming programs, events, etc.

Visit Person Granville FCS at:
facebook.com/personcountyfcs
 @PersonCountyFCS

Med Instead of Meds

We just finished a 6-week program learning the Mediterranean Way of healthier eating. We offered taste tests at each class and provided a lot of information that the participants can use every day in their lives. For more information, tips, flips and hacks, visit the website <http://medinsteadofmeds.com>



Cooking With Herbs

The Extension Office will be hosting a workshop on how to get "More Flavor, Less Salt" in your diet on Wednesday, June 13th at 4:00 p.m. at the Person County Library. We will be talking about health benefits, herb and food combinations, herb recipe ideas, and garnishes.

