



Appreciate Your Men!!

Every June, we celebrate Men's Health Month and one way we can help is by making sure the men in our lives get the preventive medical care they need. Did you know that women are 100% more likely to visit the doctor for annual examinations and preventive services than men? Men die at higher rates than women from 9 of the top 10 causes of death. On average, American men live sicker and die younger than American women. Throughout June, Men's Health Month, focuses on improving the lifestyles of men. As with most people, diet and exercise are the targets of any changes. It is important to use this month as a time to encourage the men in our lives to get regular checkups and be aware of the risks for their age, ethnicity, and lifestyle.

According to the Centers for Disease Control and

Prevention, the leading causes of death among men are heart disease, cancer, and accidental death. Father's Day is this coming weekend and in addition to the gift you already have planned, take some time to go for a walk with the man in your life, as well as cook them a healthy meal. You can also participate in celebrating Men's Health Month by Wear Blue Day the Friday before Father's Day. If you participate or want to celebrate the special men in your life, share online #MensHealthMonth.

During June, we have several workshops. We have started our 4-week **Eat Smart Live Strong** program on Tuesdays at 10:30am at the North Granville Senior Center. Our monthly Lunch N' Learn workshop is on Wednesday, June 12th from 12pm-1pm at the Person County Office. This month's

topic is "Saving Face". We will focus on skin cancer prevention, tanning, self-checks and sun protection. Cost is \$5 and is due by June 7th to the Extension Office., Room 149 of the County Office Building. A **Cooking Matters at the Store** workshop will also be held at 4pm on Wednesday, June 26th at the South Granville Library in Creedmoor.



Cheesy Pasta with Summer Vegetables

Ingredients

- 4 cups assorted vegetables, sliced
- 1 cup grape tomatoes (chopped)
- 2 cups (8oz.) whole wheat pasta
- 1 1/2 Tbsps. Vegetable oil
- 2 medium garlic cloves, minced
- 1/2 cup onion, chopped
- 1 tsp dried Italian seasoning
- 1/8 tsp pepper & 1/4 tsp salt
- 1/4 cup Parmesan cheese
- 1/2 cup mozzarella cheese, shredded

Directions

Wash and prepare vegetables and tomatoes. Cook pasta. Heat oil in a large skillet. Add garlic and onion and sauté over medium heat about 1-2 minutes or until soft. Add any uncooked hard vegetables and cook for 3 minutes. Add soft vegetables and continue to cook. Add Italian seasoning, salt and pepper. Add tomatoes last and cook until warm. Add pasta and cheeses to mixture. Stir until cheese is mostly melted.

Serves 6 people; 280 Calories, 44g carbs, 1g fiber, 11g protein, 7g fat, 280mg sodium

Source - Iowa State University Extension <https://spendsmart.extension.iastate.edu/>

NC COOPERATIVE EXTENSION

NC Cooperative Extension
Person & Granville Counties
Family & Consumer Sciences
(FCS) Extension Agent

Jennifer Grable
jennifer_grable@ncsu.edu
[facebook.com/personcountyfcs](https://www.facebook.com/personcountyfcs)

336-599-1195 (Person)
919-603-1350 (Granville)