

Living Well with Stephanie

April, May, June 2013
Newsletter

*Take care of your body.
It's the only place you have
to live.*

~Jim Rohn



Inside this edition:

2 **Steps to Keep the Weight Off**

Sun Safety Tips

3 **What's in Season?
Healthy Recipe**

4 **Take Control of Your Future**

5 **Upcoming Programs**

A note from Stephanie

Hi everyone! I am back from three wonderful months of being on maternity leave and enjoying time with my new little bundle of joy! Spring is here! Although we have had some cool, wet days, don't let that stop you from being active and enjoying all that spring has to offer. This is a great time of year to start getting back outside for physical activity, gardening, and enjoying fresh fruits and vegetables. With longer days it is easier to enjoy a nice family walk after work or a fun game of Frisbee or another favorite family sport in order to increase physical activity!



As the flowers of Spring begin to bloom let us also bloom and grow to lead healthier lives by continuing to eating healthy, being physically active, and managing our finances in order to stay out of debt. Inside this edition of "Living Well with Stephanie" find interesting articles and information on programs that will help you do just that! Please feel free to contact me with questions about future programs, or feedback on the newsletter.

Sincerely,

Stephanie Parker-Helmkamp
Associate Area Agent, Family and Consumer Sciences



Steps to Keep Weight Off

Weight loss efforts cost consumers at least 36 billion dollars a year for diet books, diet programs, diet soft drinks, appetite suppressants, and exercise programs. But despite the dollars spent and efforts made, many regain lost weight within one year. Weight loss doesn't have to be hopeless. Try these free ways to keep off lost weight.

Take off weight slowly. The slower the weight comes off, the more likely it will stay off. Weight loss of ½ pound to no more than 2 pounds per week is a healthy weight loss goal.

Group your foods. Try to eat foods from all five MyPlate food groups: fruits, vegetables, grains, protein, and dairy. No one type of food will meet all your nutrient needs. Limit the choices from the fats and sweets group.

No good versus bad foods. There are no such things as "good" or "bad" food. Any food can be part of a weight loss routine, provided portion sizes and frequency of eating are considered.

Turn off the TV. Researchers have linked the number of hours spent watching TV with obesity and elevated cholesterol levels. Not only are we inactive when we watch TV, but we may be tempted to eat the foods we see advertised on the commercials. Usually, these foods have little nutritional value.

Cut the fat. The best way to lose weight is to cut down on all fat including oil. Remember, no one type of fat is any better than the other when eaten in excess.

Be active! Pick an exercise you like. It can be as simple and easy as taking regular walks for at least 30 minutes each day or dancing to your favorite music.

Talk positively to yourself. If you are overweight, it won't help to keep telling yourself how fat you are. Throw away the negative thoughts. Instead concentrate on your good qualities, and think trim and healthy.

-Article taken from Kansas Currents Newsletter, K-State Research & Extension

Sun Safety Tips

Spring is here which means playing outside, gardening, lawn work, cookouts, and many other activities that take place in the sun increasing our exposure to the sun's harmful effects are here as well. Sunburns can increase your risk of developing skin cancer by up to 50 percent and the risk is even higher for children. Below are a few tips to help you practice Sun Safety in order to decrease the risk:

- Avoid unnecessary sun exposure, especially during peak hours (10am to 4pm).
- Wear clothing that is designed for sun protection (long sleeved shirts & pants made of tightly woven fabric).
- Wear wide brimmed hats.
- Wear UV-protective sunglasses.
- Work and play in shaded places. Use sunscreen of SPF 15 or higher and apply a generous amount 30 mins before going outside. Be sure to cover often-missed spots (lips, ears, around eyes, neck, scalp, hands, and feet.)
- Reapply sunscreen after swimming, or perspiring, even if the sunscreen is waterproof.
- Use sunscreen that blocks both UVA & UVB rays.
- Avoid tanning beds.

What's in Season?

Strawberries: A Short Season for a Sweet Berry

What would spring be without luscious strawberries? Sure, you can buy strawberries in grocery stores year round, but there's nothing like the taste and smell of

sweet strawberries grown locally and picked fresh. The Produce Lady provides these tips for selecting and enjoying this popular fruit.

Nutrition

Strawberries are a super source of nutrition, providing antioxidants, which help reduce the chance of heart disease and cancer, and phytonutrients, which aid in the prevention of cancer and diabetes. Strawberries are high in vitamin C, promoting healthy gums, teeth and bones. They are also a good source of potassium, which helps maintain blood pressure and aids muscle contractions.

Selection & Storage

The best quality strawberries are firm and red with no blemishes. They have a distinctive sweet scent that makes them irresistible. The are eaten soon after picking. pick option. This is a great how strawberries grow. If time stands also offer pre-picked Store ripe berries in the wash berries prior to storage. For immediately before eating. The as four weeks, so be sure to stock enjoyment throughout the year.



freezing berries. Wash and cap the strawberries. Place them in a single layer on a cookie sheet, and put them in the freezer. Later, place the frozen berries in freezer bags. Simply remove the number of berries you need for specific recipes. These berries are great in smoothies or mixed with other fruits for a taste of springtime all year long.

Preparation

Remember to always wash your hands before handling produce to ensure your food is safe. Wash berries just prior to using rather than prior to storing. Remove the green caps after the berries are washed to prevent water from soaking into the berry. Strawberries are popular in baked goods, smoothies and sauces; as a topping on cereal or desserts or simply eaten fresh. They are a great salad ingredient, especially when combined with fresh greens, nuts and cheeses. Of course, canning jams and preserves is a way to make sure berries can be enjoyed in the winter months.

*Article and recipe taken from TheProduceLady.org

Healthy Recipe:

Strawberry Bars

Makes 12 servings

Serving Size: 1 bar

Ingredients:

- 1 cup flour
- 1 cup rolled oats
- 1/2 cup butter or margarine, softened
- 1/3 cup light brown sugar

- 1/4 tsp. baking powder
- 1/8 tsp. salt
- 3/4 cup strawberry jam

Directions:

Preheat oven to 350 degrees F. In a large bowl, mix everything together except the strawberry jam. Measure out 2 cups of this mixture in a square (8-inch x 8-inch) pan coated with shortening or nonstick spray. Set aside the remaining mixture. Press the mixture in

the pan using your hands or a spoon. Make sure you cover the entire bottom of the pan. Using a large spoon, spread the strawberry jam evenly over the top of the mixture in the pan. Take the mixture that was left in the bowl, and spread it over the strawberry jam. Press it down lightly. Bake for 25 minutes. Remove the pan from the oven, and allow it to cool for at least 15 minutes. Cut the bars into 12 squares.

Take Control of Your Future:

Ideas to help you save money at home

There are a number of things you can do each day to help reduce the cost of running a house-hold. Here are some simple ideas to get you started. Challenge family members to come up with even more money-saving ideas.

Save money on cleaning products by selecting multi-purpose cleaners. You usually don't need a different cleaner for every job. In reality, a multi-purpose cleaner can take care of many cleaning jobs in your home. It isn't always necessary to purchase a specialized cleaner.

Save money on cleaning accessories by selecting reusable items. Remember when dust rags were just that? Rags. There are many disposable items you may love for their convenience, yet they can add significantly to your budget. You may decide to go back to damp cloths for dusting, re-usable toilet bowl brushes and sponge mops. These items produce the same result with little or no cost.

Save money on dishes and utensils by eliminating paper and plastics. While paper and plastic products offer convenience, their cost can add up quickly. Use dishes and silverware instead of paper plates and plastic ware. It may require a bit more work in terms of cleanup, but it will help your wallet and it means less trash in the landfill!

Save money on household products by using store brand products. This is especially true for disposable items such as trash bags, sandwich bags and paper plates. You will

get the same use with less cost. The important thing is to make certain that the quality is comparable. For example, if you buy thin paper towels, you may end up using twice as many for the job, thus producing no savings.

Save money on garbage disposal by composting. Composting is a way to turn fruit and vegetable scraps into free fertilizer for your garden. Keeping fruit and vegetable scraps for your compost also reduces the amount of trash you have. If you take your own trash to the landfill, this can result in fewer trips, thus saving gas. In addition, it also reduces the number of trash bags you use each month.

Save money on utilities by implementing energy- and water-saving behaviors. Turning off appliances when not needed, adjusting the thermostat temperature and reducing the length of your shower are a few ways to cut utility cost.

Saving money on home repairs by fixing small problems before they become large problems. While it may be tempting to let household repairs wait, don't! Your home is likely your single largest investment, and it is important that you maintain that investment. Make repairs as they are needed. This can keep them from becoming major problems that end up costing more in the long run.



For more information on the Web, go to:
www.nctakecontrol.com

Upcoming Programs:

Farm to Fork Cooking School: Aug 12 – Aug 16: 8am-5pm

Cost: \$25

Age: 9-12 year olds

The Farm to Fork Cooking school will discuss how food goes from being grown in the field to being cooked and put on our plate to eat. During the cooking school youth will learn simple cooking techniques, food safety, and kitchen safety. Youth will learn the process of how food goes from the farm to their fork. We will also take some fieldtrips to area farms, factories and the State Farmer's Market in Raleigh in order to see how our food goes from being grown on the farm to be processed in a factory to the store for us to buy. Campers will also enjoy exercising through fun group games as well. On the last day of the program (Friday, Aug 16) the youth will present what they have learned and prepare healthy snack for a Parent Presentation. During this time parents are invited out to taste what the kids prepared and hear what they have learned through the week.

Please be on the look out for more information on upcoming programs in the local newspaper, Extension website and Facebook page. Due to being out on maternity leave January through April, programming efforts for 2013 are currently being scheduled.

National Health Observances:

April, May, June



Going Green!! We are going green and in doing so we are currently updating our mailing list. If you would like to continue to receive this newsletter please contact our office (252)358-7822 or email stephanie_m_parker@ncsu.edu to provide us with an email address to assist us in our going green efforts.

April:

- National Autism Awareness Month
- STI Awareness Month
- National Child Abuse Prevention Month

May:

- Melanoma/Skin Cancer Detection and Prevention Month
- National Asthma & Allergy Awareness Month
- National Physical Fitness & Sports Month
- National Osteoporosis Awareness & Prevention Month

June:

- Myasthenia Gravis Awareness Month
- National Safety Month
- Fireworks Safety Month

For more information about the Hertford County FCS program

Please contact:

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