

# Family & Consumer Sciences

## Healthy Living Newsletter

Chowan County Cooperative Extension

March 2014



Volume 3 issue

### Eat Smart

### Eat right with Color

MARCH IS NATIONAL NUTRITION MONTH



Add a splash of color to your meals in March. Paint your plate with colorful fruits and vegetables to eat right with color. When you eat a variety of colorful fruits and vegetables each day you'll nourish your body with nutrients that can keep you young and healthy. Fill your plate with as many colorful fruits and vegetables as you can at each meal using this list from the American Dietetic Association: Green produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks.

- Fruits: avocado, apples, grapes, honeydew, kiwi and lime
- Vegetables: artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach

Orange and deep yellow fruits and vegetables contain nutrients that

promote healthy vision and immunity, and reduce the risk of some cancers.

- Fruits: apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple
- Vegetables: carrots, yellow pepper, yellow corn and sweet potatoes

Purple and blue options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.

- Fruits: blackberries, blueberries, plums, raisins
- Vegetables: eggplant, purple cabbage, purple-fleshed potato

Red indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks.

- Fruits: cherries, cranberries, pomegranate, red/pink grape fruit, red grapes and watermelon
- Vegetables: beets, red onions, red peppers, red potatoes, rhubarb and tomatoes

White, tan and brown foods sometimes contain nutrients that may promote heart health and reduce cancer risks.

- Fruits: banana, brown pear, dates and white peaches
- Vegetables: cauliflower, mushrooms, onions, parsnips, turnips white-fleshed potato and white corn

SOURCE: [www.myeatSMARTmove.com](http://www.myeatSMARTmove.com)

### SAFETY SMARTS

**Use caution when driving in winter weather. Stay home when conditions are hazardous if you can. When travelling, dress warmly, take snacks and water, and have blanket to keep you warm if you get stranded.**

SOURCE: [www.positivecalendars.com](http://www.positivecalendars.com)

### Homemade Fabric Softener

#### Mix:

- 2 cups hair conditioner (whichever fragrance you prefer and can be inexpensive brand)
- 3 cups white vinegar
- 6 cups water

Submitted by: Kathy Copeland, EFNEP Associate  
Bertie County

# Build Strong Muscles at Every Age

## Strong muscles for children

Every young child can benefit from strength training. But they want to heat one room or a portion of the room. They can also be sensitive to cold, especially elderly persons, without heating your entire home.

## Electric Space Heaters

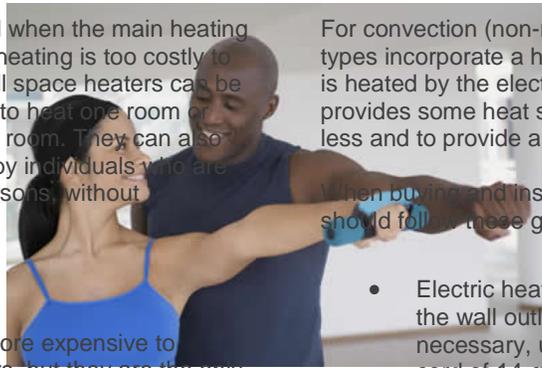
The Centers for Disease Control and Prevention (CDC) suggests doing gymnastics, playing on a jungle gym or climbing trees.

## Strong muscles for teens

Reading with weights, machines or resistance bands can help teens get stronger. It will build endurance. Strength training can also improve sports performance.

But remember that teens are still growing and work with a coach. Ask for help in a school training room to begin a supervised program at a local YMCA.

There continue to be more research studies pointing to the importance of sleep and a healthy weight. Sleeping at least 7 hours a night is associated with a healthy weight. Sleep less than that and you are more likely to be overweight. The exact mechanism for this is unclear, but it may be related to hormones that affect metabolism. Since these hormones are



## Strong muscles for older adults

Some of the best news is for older adults who want to get stronger. In your 70s? 80s? 90s? It's not too late! Research shows that you can still build or maintain strong muscles

For convection (non-radiant) types incorporate a heat transfer liquid, such as oil, that is heated by the electric element. This heat is then transferred to the room. It provides some heat storage and to provide a more consistent heat source. When buying and installing an electric space heater, you should follow these general safety guidelines:

- Electric heaters should be plugged directly into the wall outlet. If an extension cord is necessary, use the shortest possible heavy-duty cord of 14-gauge wire or larger. Always check and follow any manufacturer's instructions pertaining to the use of extension cords.
- Buy a unit with a tip-over safety switch that automatically shuts off the heater if the unit is tipped over.

SOURCE: Energy.gov

## Strong muscles for adults

The CDC says adults should do strengthening exercises two days a week. Be sure to include all the muscle groups! These are your legs, hips, back, chest, abdomen, shoulders and arms. You can do this at home or at the gym.

## Strong muscles for people with disabilities

If you have special needs, a tip-over safety switch is a special benefit. It can help prevent muscle loss or injuries. In some cases, it may slow the progression of a disease or condition. Trainers can create programs to meet your goals.

SOURCE:

## Turn Your Bedroom Into a Sleep Sanctuary

Your bedroom should be for sleep, meditation, intimacy, and reading for pleasure – that's it. If quality sleep is your goal, there should be no TV or computer in your bedroom. Watching TV just prior to bed is not a relaxing way to go

# ARE YOU GETTING YOUR ZZZZZZZZZZ's?

## How to Freeze Onions



Frozen chopped onions are great to have on hand when you need to whip up dinner in a hurry (that's why they sell them at the grocery store). Learn how to prepare your own frozen onions, and you won't need to pay a premium for that convenience.

### Here's How:

1. Peel and chop the onions to your desired size.
2. Place the chopped onions in a freezer bag; squeeze out as much air as possible; and seal.
3. Stick the onions in the freezer, and add to recipes as n Chopped onions tend to freeze in clumps. To remedy the problem, just bang the bag against the counter a few times before each use
4. Frozen onions are best used in soups, stews and other cooked dishes

### What You Need

- Onions
- A knife
- Freezer bags

SOURCE: frugaliving.about.com

## Kielbasa Turkey Sausage and



### Ingredients:

- 1 Pack of Butterball Hardwood Smoked Turkey Sausages
- 1 small chopped onion
- ½ chopped bell pepper
- ½ cup water
- 2 cups cooked rice

### Directions:

Sauté onions, bell peppers and turkey sausages with ½ cup of water in skillet. Add additional water as needed to make it juicy.

Serve over cooked rice.

SOURCE: Submitted by Belinda Belch, Bertie County COSS Administrative Assistant

# Roasted Onions

## Ingredients:

4 medium unpeeled yellow onions  
2 tablespoons olive oil  
Salt and fresh ground pepper  
Balsamic vinegar (optional)



## Directions:

1. Adjust oven rack to lowest position; heat to 425 degrees.
2. Cut onions in half; toss with oil and a generous sprinkle of salt and pepper. Place cut-side down, on a lipped cookie sheet.
3. Roast until tender and cut surfaces are golden brown, 25 to 30 minutes. Adjust seasonings; drizzle with balsamic vinegar.

SOURCE: allrecipes.com

## “family meal”

A “family meal” is when the people you live with come together to eat and talk. It can include everyone or it can just be you and your child. Family meals don't have to be fancy, and they can be eaten at home or away. They are best when you can talk and listen to each other away from the noise of the television.

SOURCE: [www.extension.iastate.edu](http://www.extension.iastate.edu)

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