

Fill 'Er Up



Education · Nutrition · Connection

1075 Family Newsletter

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Why a Newsletter?

Those of us living in Jones County know how difficult it is to get the word out—be it important information, events, or news. Since the Filling Station sees at least 200 people a week either as volunteers or clients, we are frequently approached about distributing flyers. Some of these flyers are just promoting a cause or a program while others have information on opportunities. We also often share recipes for food stuff distributed in the boxes. We thought that rather than sticking these various pieces of paper in the food boxes, that we might insert this information into a newsletter.

At this time we plan to include: recipes, resources, health and wellness information, nutritional data, a calendar of events, important information from county departments, cleaning tips, educational opportunities, inspirational messages, money saving tips—basically anything that may help you and your family live a better, healthier life. We encourage you to provide feedback and to share your ideas for topics to cover. Just [email](#) or call the Filling Station office. The newsletter will be posted on our [website](#) where the links will be active. Enjoy!



LATEST ON COVID-19

All adults ages 16+ are now eligible for the vaccines, but the Moderna vaccine is NOT approved for individuals under the age of 18. **FREE vaccinations** are available by appointment from the Jones County Health Department, Walgreens, Harris Teeter and Publix pharmacies in New Bern.

The rules on masking, social distancing, and gatherings are shifting as more of the population becomes vaccinated. At the end of April,



restrictions have been lifted somewhat by the CDC. Those who are fully vaccinated no longer need to wear a mask outdoors except in crowded settings and may visit other fully vaccinated people indoors without wearing masks or physical distancing. We continue to encourage the 3 Ws: **Wear**—a mask, **Wait**—social distancing, and **Wash**—your hands frequently. **Get vaccinated!**

SUMMER TIME BLUES—I'M BORED!

Here are some ideas for things to do with kids this summer:

- Together, go through clothes, books and toys—discard what doesn't fit or what is no longer needed or wanted. Donate usable items. Re-decorate the room.
- Work with your school-age child to create a basic capsule wardrobe (small number of interchangeable pieces) for fall. [Click here](#) for a printable planner.
- Go shopping at a thrift store for clothes.
- Camp overnight in the back yard.
- Plan and put on a show or competition.
- Take them to the library or Filling Station for storytime.
- Take advantage of programs at the library.
- Read books together each day.
- Take them to Vacation Bible School.
- Have a picnic lunch at a park.
- Take them fishing.
- Take them to the beach.
- Attend a sports or other camp.
- Take them to a museum (Fireman's in New Bern, NC History Museum in New Bern, Maritime Museum in Beaufort, Pamlico County Heritage Center in Grantsboro, Onslow County Museum in Richlands)
- Go to the Pine Knoll Shores Aquarium
- Go bike riding, birding or hiking.
- Do a craft project together.
- Start a collection together.
- Plan a celebration for July 4th.
- Teach them a new skill (cooking, ironing, sewing, party planning, crafting).
- Do some volunteer work together.
- Go boating, paddle boarding, canoeing or kayaking.
- Learn to drum together (all you need is a pair of drumsticks and a plastic bucket).
- Go to the water park in Kinston.
- Go to the outdoor movies . [Click here](#) for the New Bern schedule.

TIPS FOR STRETCHING YOUR FOOD BUDGET

Here are some things you can do to make your food budget go as far as possible.

- Join the grocery store loyalty program and take advantage of coupons & sales
- Buy staples in bulk (beans, rice, pasta).
- Lower meat costs by buying larger value packs. Watch for reduced prices on older items.
- Eggs are low-cost, high-protein picks.
- Check milk sell-by dates.
- Skip beer, wine, soda and bottled water (unless your drinking water is unsafe).
- Compare brands—store brands are generally cheaper and are of similar quality.
- Do a meal plan for the week. Take inventory of your basic needs, make a list and buy **ONLY** what is on your list.
- Use canned and/or frozen vegetables to avoid food waste associated with unused fresh food.

- Consider growing your own vegetables or herbs at home.
- Avoid impulse buying of candy or snacks at the checkout lane.
- When preparing a meal you have not planned in advance, take inventory of items in your refrigerator, freezer and pantry. Do a google search using the word recipe and then type in the names of items on hand. Pick a recipe that sounds good to you. (e.g., recipe chicken breast, fresh spinach, fresh tomatoes, mozzarella cheese = Italian skillet chicken).

Check your family's eligibility for food stamps, WIC, backpack food, free/reduce meals through schools, food bank, USDA surplus, and other food/meal programs. Factor these in when developing your list of items to be purchased at the grocery store. Following these guidelines will help keep your food spending down.

SAVE \$\$\$—CLEAN WITH VINEGAR

The stores sell many cleaning products, but did you know that if you get an empty spray bottle; fill it with two parts distilled white vinegar and one part water—it makes a multi-purpose spray that will remove grease, grime, dirt, and other debris on surfaces? If you don't like the smell—just add a few drops of scented oil.

Vinegar can also be used to deodorize mildew-ridden towels, and stinky gym clothes. Just add one-half

cup of undiluted vinegar to your washing machine during the final rinse cycle.

Vinegar should not be used to clean marble, granite, or soapstone surfaces. Don't clean knives with it and don't use it to clean up a mess involving eggs. Never use it in an iron and never use it on solid wood.

This is what is called a "hack"—a clever tip for doing or improving something.





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*Providing for the unmet spiritual,
nutritional and development needs
of Jones County residents.*

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EGG DROP RAMEN

Cook a package of ramen noodles as per the package. Just before the noodles are cooked crack one egg into the boiling water and stir vigorously, breaking the egg into thin shreds. Season the broth with soy sauce to taste and top with a chopped scallion. [Click here](#) to see 15 cheap tricks to make ramen noodles tastier.



MAY CALENDAR OF EVENTS

- 4, 6, 11, 13, 18, 20, 25, 27: **Filling Station Food Distribution Days**
- 11, 13: **Commodity Supplement Food Pantry for Seniors**
- 5: **Cinco de Mayo**
- 6: **National Day of Prayer Virtual Event on Jones Co. FB page at 11:30 AM**
- 9: **Mother's Day**
- 12: **Special Distribution of food and clothing at Filling Station 5:30 to 7:00 PM**
- 1, 8, 15, 22, 29: **Book Club @ Pollocksville Library 1-2 PM**
- 20: **Book Club @ Trenton Library 5-6 PM**
- 21: **Jones County High School Graduation:**
- 25: **Jones County School System last day**
- **5/31 to 6/4: Filling Station Closed for cleaning**