

## NC Summer Food Service Program (SFSP)

The SFSP is a Federally-assisted initiative that provides healthy meals to children and teens in economically disadvantaged areas when school is not in session. This website <https://childnutrition.ncpublicschools.gov/programs/sfsp> provides information on eligibility and a searchable map to find a program near you. Click on the NC Finder map link and at the top type in your location. The site will then display all the information about the meals at that location that includes start and end dates of the program, meals and times served. The information and map are updated at least weekly during the traditional summer months (June-August).

As of the date of this newsletter, the site lists Pollocksville, Trenton, Maysville, and Comfort Elementary schools as providing one meal 12-1 PM Monday through Friday with a current end date of June 29th. Since this information is updated weekly, continue to check the site for a new end date of the program.



June  
2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 CLOSED for cleaning	2 CLOSED for cleaning	3 CLOSED for cleaning	4 CLOSED for cleaning	5
6	7	8 Food Dist Senior CSFP	9 Blood Drive 2 -7 PM; Clothing & Food Dist. 5:30 to 7:30 PM	10 Food Dist Senior CSFP	11	12
13	14 Flag Day	15 Food Dist	16	17 Food Dist	18	19 Juneteenth
20 Fathers Day	21	22 Food Dist	23	24 Food Dist	25	26
27	28	29 Food Dist	30			

## SUMMER SAFETY TIPS

The weather is getting hotter. The sun is shining brightly. Time for some summer safety reminders.

- Stay cool in a shaded area
- Wear loose, light colored clothing, and sunglasses
- Don't overdo outside activities
- Use high SPF sunscreen
- Keep hydrated with water
- To lower risk of contracting COVID-19, steer clear of crowds outdoors.



Know the signs of heat stroke:

- Headache
  - Dizziness and confusion
  - Loss of appetite, feeling sick, thirsty
  - Excessive sweating & pale, clammy skin
  - Cramps—arms, legs, stomach
  - Fast breathing or pulse
  - High temperature

The elderly, infants, persons who work outdoors, people with mental illness, obesity, poor circulation, and those on certain types of medicines or drinking alcohol are most susceptible to heat stroke.

## BBQ GRILL CLEANING TIPS

Make grilling clean-up easy! Follow these tips so that you can get back to enjoying your outdoor space with friends and family.

- Before lighting the grill, apply non-stick spray on the grates. The protective spray cuts down the clean-up time afterwards. For charcoal grills, line the bowl with aluminum foil. After grilling, and once the grill and coals are cool (as a rule of thumb, always allow coals to burn out completely and let ashes cool\* at least 48 hours before disposing), simply discard the foil with the coals and ash. Then, wash and reline with foil for next time.

\*\* If you must dispose of coals and ashes before completely cooled, place them in heavy-duty foil and soak with water completely before disposing in a non-combustible container.

- There are multiple options to scrub away buildup on the grates once the grill has

cooled (various brush types and cleaning blocks).

- Squirt grease-cutting dishwashing detergent on grill and grates (once cool).
- Scrub with brush or abrasive pad, then rinse. A repeat may be necessary.
- For tougher jobs, place cool grill grates inside a plastic garbage bag and spray them with oven cleaner. Tie the bag shut and let it sit outside for a few hours. Wearing rubber gloves, place grates on a newspaper and then scrub with abrasive brush or scrub pad. Rinse with water.
- You can also spray oven cleaner in the bowl of the grill and, wearing rubber gloves, wipe the residue out using crumpled newspaper.

## SEASONAL FRUITS & VEGETABLES

**What is seasonal food?** Seasonal food is produce that is purchased and consumed around the time that it is harvested. For example, purchasing fresh strawberries in season in NC means buying them in the April, May and June after farmers have harvested them.

**Why is it important to eat food that's in season?** Seasonal food is fresher, tastier and more nutritious than food consumed out of season. Even though we all like to eat strawberries year round, the best time to eat them is when they can be purchased directly from a local grower shortly after harvest. Seasonal fruits and vegetables produced on local farms are often fresher, as they do not require long distances for transport. Also, unlike out of season produce which is harvested early in order to be shipped and distributed to your local retail store, crops picked at their peak of ripeness are also better tasting and full of flavor. What's more, studies have shown

that fruits and vegetables contain more nutrients when allowed to ripen naturally on their parent plant.

### Why is eating local food important?

- Purchasing locally grown foods helps support local farms and maintains farmland and open space in your community.
- Local food supports the local economy. The money you spend on products from local farmers and growers stays in the community and is reinvested with other local businesses. In addition, food grown locally, processed locally and distributed locally (for example, to local restaurants) generates jobs and subsequently helps stimulate local economies.
- Local growers can tell you how the food was grown. When you buy directly from farmers, you have the opportunity to ask what practices they use to raise and harvest the crops. When you know where your food comes from and who grew it,

## LITTLE FREE LIBRARY NOW AT FILLING STATION

The United Way of Coastal Carolina installed a Little Free Library in front of the Filling Station for the convenience of area residents and those who visit the Filling Station—staff, volunteers, clients and families. Books are available FREE for all ages. We encourage you to add used or new books and/or return/exchange books you have taken, but that is not required. We hope you will especially encourage children to take and read the books. Check it out!

Little Free Libraries.org is an international nonprofit that build community, inspires readers, and expands book access. We are most grateful to United Way for this wonderful addition to our facility!





Education · Nutrition · Connection

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

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## FRUIT SMOOTHIE BASICS

And what better ingredients for a smoothie than summer fruits and vegetables! Making a fruit smoothie is as simple as tossing ingredients in a blender and letting it rip, but we want to make sure you succeed every time, so here's our exact process:

1. Add liquid to your blender. Use any kind of milk, fruit juice, or even just water.
2. Add in your frozen fruits and vegetables. This will help chill and thicken the smoothie.
3. Add any fresh fruits or veggies you'd like to use.
4. Add yogurt to thicken (if desired).
5. Blend away! Start on low and then slowly ramp up to full speed. This makes sure everything is mixed well and the blades don't get stuck. Blend until the smoothie looks silky, and then pour and enjoy.

**Recipe for a tasty, strawberry banana smoothie:** Frozen or fresh strawberries (2 cups), frozen or fresh banana (1 sliced), milk (1/2 cup), yogurt (1/2 cup), honey or maple syrup (optional).

**TIP:** buy bananas and strawberries on sale or on the marked down rack. Banana: peel, cut in half and freeze flat on a baking sheet. When frozen, transfer to a freezer bag. Use as needed. Freeze and use strawberries the same way. [Click here](#) for 50 smoothie recipes from Food Network.



The righteous man walks in his integrity;  
**His children are blessed after him.**

PROVERBS 20:7