

Fill 'Er Up



Nutrition · Education · Connection

1075 Family Newsletter

February 2022

Vol. 2 No. 2

Heart Health

Valentine's Day heart has come to symbolize love and romance, but the heart, as an organ vital to our health, is also symbolic of wellness. We rarely think about this until the heart develops a problem. Perhaps now is the time to consider what we can and should do to ensure its proper functioning which may result in increasing our longevity. Here are heart health tips:

Eat well. Select fresh fruits and green vegetables. Avoid unhealthy fats. Eat 8 oz. of fish like salmon, tuna, and trout every week. Limit your alcohol consumption as it raises your blood pressure.

Keep moving. Physical activity helps to prevent Type 2 diabetes, helps lower other heart disease risk factors. Check

with your doctor before beginning a new strenuous exercise routine.

Manage weight. The first two items will help with your weight. Excess weight can strain the heart.

Quit smoking. Thankfully we are seeing fewer people smoking today than in prior years. There is no time the present to quit. Avoid second hand smoke as well.

Stay current on your medical care. Have regular checkups and follow medical recommendations for life-style changes and take any medication as prescribed.

Heart disease remains the number one cause of death in the US. Take good care of your heart.

February 2022

Filling Station Events & Happenings

- 1 Food Distribution & LCC Computer Lab 9-1
- 3 Food Distribution & LCC Computer Lab 9-1
- 8 Food Distribution & Senior CSFP & LCC Computer Lab 9-1
- 10 Food Distribution & Senior CSFP & LCC Computer Lab 9-1
- 15 Food Distribution & LCC Computer Lab 9-1
- 17 Food Distribution & LCC Computer Lab 9-1
- 22 Food Distribution & LCC Computer Lab 9-1
- 24 Food Distribution & LCC Computer Lab 9-1



Financial Success

There is a ton of free advice out there. The internet is close to free—there are many publicly available free WIFI connections and most people have a phone with a WIFI connection—at the very least, there are computers that can be used for free at the library. Yet all this advice is pointless unless you implement what you have learned. So here are some financial tips for low-income earners (Source: Listen Money Matters):

1. Open a good checking account to pay bills.
 2. Open a savings account to segregate money you want to grow—harder to access.
 3. If possible have your pay direct deposited into your checking account.
 4. Automate your savings—put aside a specific amount each time you are paid. Your financial future **DEPENDS** on your ability to save.
 5. Use the 50/30/20 budgeting method: 50% for essentials (food, housing, vehicle, insurance, etc.); 30% lifestyle; and 20% savings.
 6. Get a credit card. You need a credit score to get everything from renting an apartment to buying a car. A credit card is a great way to build your credit (and an excellent way to destroy it if you lack self-discipline).
 7. Create and **STICK TO** a budget. The [intuit MINT account](#) free app is one way to manage/link your bank and credit card accounts. Be ruthless in managing your spending as this is a make or break decision!!!
 8. Don't be penny wise and pound foolish.
- Saving small amounts on purchases won't have much impact on your networth. The real savings come from keeping your major living expenses low.
9. Trim the fat. Seriously scrutinize your expenses and cancel things like music streaming service, gym, and dating site memberships.
 10. Don't pay for stuff you can get free. Do you really need to buy bottle water? Do you really need to spend \$75 to \$100 on a date night? Do you buy books when you can get them free from the library?
 11. Kill off your credit card debt ASAP.
 12. Make more money by getting a better job, getting more education, re-negotiate your salary, get a second job or "side hustle"—legal of course!
 13. Invest in a retirement account—the sooner you can, the better.
 14. Be generous. While you may not be in a position to donate money—you can donate your time.
 15. Don't deprive yourself. Reward yourself with a small splurge once in a while.
 16. Continue to educate yourself on financial matters.
 17. Surround yourself with successful friends.
- Following this advice will help you achieve your financial goals. Even if someone were to hand you a million dollars tomorrow, chances are you will be right back where you were financially in a few years if you don't learn how to manage it. This is a skill you probably never learned—now is your opportunity to correct that omission.

Winter Home Maintenance

Here in eastern NC we may see winter weather through March. Here are some things you should do to "winterize" your home or apartment. These may help with your comfort and your heating bills:

- Check seals on windows—replace stripping where necessary. Rope caulk called caulk cord is probably the easiest temporary weatherstripping to install. Plastic sheeting is also inexpensive and easy to install and ideal for renters who can't make permanent upgrades.
- Check seals on exterior doors. Door sweeps can be installed to reduce heat loss. These are rubber tubes or squeegee-like blades designed to prevent drafts—and insects—from creeping under outside-access doors. They can be permanently installed or held in place by magnets.
- Adjust ceiling fans to spin clockwise (to distribute warmer air to the ceiling).

Other winter maintenance tasks to undertake include:

- Clean your kitchen exhaust hood and air filter

Help Your Children Learn to be Positive

One of the roles of a parental figure is to help children believe in themselves and to build positive self-esteem. The "Little Engine That Could" has just such a message. It is about self-talk and perseverance. Studies show that on average our thoughts can be filled with up to 70% negative messages and that for each negative message we tell ourselves it takes five positive thoughts to counteract it. An example of positive thoughts can be seen in the movie, *The Help*, where the nanny says to her charge, "You is Smart, You is Kind, You is Important." [Click here](#) to see that scene.

Ask the child to list some things that make them special. If they get stuck, list a few for them, like: "I notice you really like to color."



- Clean the refrigerator and the freezer; vacuum the coils on the back. Pull out and check for bugs. Wash walls and floor.
- Clean and organize the basement, garage and other storage areas.
- If you have a dryer—clean the lint out of the vent that goes to the exterior.
- Check date on your fire extinguishers and replace if needed.

Habitat for Humanity of the Charlotte Region has an excellent Home Maintenance Guide that is free to download. [Click here](#) to access.

Artwork is a great way to process and reflect on positive traits. Below is such an activity. On each petal, have the child list a positive quality about themselves. [Click here](#) to read more.



Heart Healthy Chicken Tender Recipe

INGREDIENTS

- 2 tablespoons all-purpose flour
- 1 large egg
- ½ cup panko breadcrumbs, preferably whole-wheat
- 1 tablespoon everything bagel seasoning
- 1 pound chicken tenders
- ¼ cup canola oil
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon white-wine vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- ⅛ teaspoon ground pepper
- 5 ounces mixed baby greens

DIRECTIONS

STEP 1

Place flour in a shallow dish and lightly beat egg in another shallow dish. Mix breadcrumbs and everything bagel seasoning in a third shallow dish. Dredge chicken tenders in flour, then egg then breadcrumbs.

STEP 2

Heat canola oil in a large skillet over medium high heat. Add the chicken and cook, turning once until golden brown and instant-read thermometer registers 165 degrees (about 7 minutes total), adjusting the heat to prevent burning.

STEP 3

Whisk olive oil, vinegar, mustard, honey and pepper in a large bowl. Add greens and toss to coat. Serve the greens topped with the chicken.

Super Bowl—Homegating Recipes

Below is a list of inexpensive Super Bowl Party foods. [Click here](#) to see the complete list and recipes.

- Deviled eggs
- Baked chicken
- Cupcakes
- Trail mix
- Savory potato salad
- Carmel popcorn and peanuts
- Coleslaw
- Cookies

Other favorites that go a long way:

- Chili
- Pulled pork sandwiches
- Mac and cheese
- Fresh fruit bowl
- Sloppy joe sliders
- Skewers—load with your favorite meat & veggies
- Sweet potato fries
- Hummus & veggies

No need to break the food budget on game day. Eat hearty and cheer on your team!





Nutrition · Education · Connection

Mission: To assist with filling the unmet needs in the areas of Nutrition, Education and Connection serving the residents of Jones County.

PO Box 222

221 Main Street
Pollocksville, NC 28573

252.224.1127

info@fillingstation1075.com
<https://fillingstation1075.com/>
[Facebook.com/FS1075](https://www.facebook.com/FS1075)

Board Members

Chair: Maria Robles

Vice-Chair: Charlie Dunn, Jr.

Treas: Dr. Norma Sermon-Boyd

Secretary: Sheri Smith

John Bender

Bobby Darden

Willie Jones

Zack Koonce

Sylvia Miller

Clyde Murphy, Jr.

Karen Plaster

Cheryl Simons

Willie Smith

John Taylor

Carol Mattocks, Board Advisor

Tharesa Lee, Consultant

Mary Ann LeRay, Ex. Dir.

Judy Hills, Editor

A Valentine Prayer

I said a Valentine prayer for you
and asked the Lord above
to fill your heart and bless your soul
With the precious gift of love.

I asked Him for sincere love
The kind that's meant to stay
Just like the generous love
You give to those you touch each day.

I prayed for love from family
And from every cherished friend
Then I asked the Lord to give you
His love that knows no end.

(Author unknown)



Random Acts of Kindness

February 17, 2022 is Random Acts of Kindness Day. To read more about this day and the Random Acts of Kindness Foundation, [click here](#).