

Fill 'Er Up



Nutrition · Education · Connection

1075 Family Newsletter

March 2022

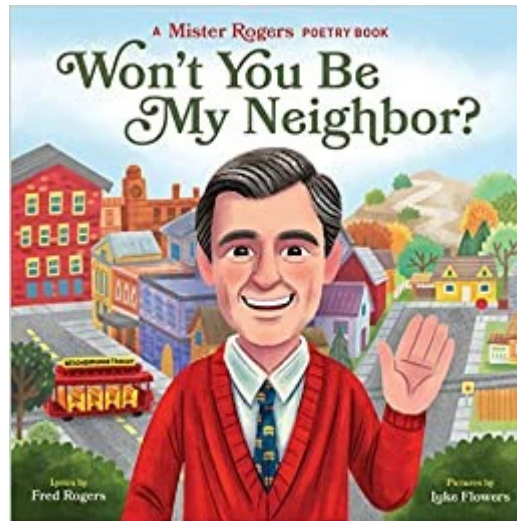
Vol. 2 No. 3

Won't You Be My Neighbor Day—March 20, 2022

Mister Rogers gave us the most precious gift of all: **the courage to be kind**. For over thirty years his stable and calm presence had a profound and lasting effect on millions of children. His examples of empathy, love and patience are as needed today as when his programs were running on TV.

Fred Rogers, who died in 2003, once said of TV personalities that, "We are chosen to help meet the deeper needs of those who watch and listen." This could also apply to each of us adults. What are younger peo-

ple learning from us? What are we teaching them when they watch and listen to us?



So, here is your challenge—just for a day—be more like Mister Rogers. And if you need a few tips, view the documentary on his life (HBO—*Won't You Be My Neighbor*) or the Tom Hanks version (Hulu—*A Beautiful Day in the Neighborhood*) or past episodes of his program which ran on public television between 1968 and 2001 ([PBS Kids](#)). Let us

know how you did!

March 2022

Filling Station Events & Happenings

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| 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 |
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You might ask, "What is a life hack?" It is a simple and clever tip or technique for accomplishing some familiar task more easily and efficiently. In this column and in future editions of this newsletter we are going to provide some we have run across.

- **Saving cooked French toast or pancakes**

Got leftovers from a weekend breakfast? Try this: layer parchment paper between cooked French toast or pancakes. Wrap portions in plastic wrap and then in foil. Write date on foil. Store in the freezer. To reheat: unwrap, place individually on a cookie sheet and heat in a 350-degree oven for 10 to 12 minutes. Or these can be reheated in a toaster oven.

- **Need small containers for condiments at a BBQ?**

Just use a muffin tin.

- **Want better COVID protection from your disposable medical procedure mask?**

Loops twisted before putting around the ears will cause the corners of the mask to tuck better. The effectiveness of the mask will go from 39% (when just looped around the ears) to 60%.

- **Keep your bananas fresh longer**

Cover the stems with plastic wrap or for even better results, wrap each banana individually. Tried this—it really works!

- **Do you get meatloaf under your fingernails when mixing it?**

Generally we use our hand to squish the meatloaf ingredients together, but next time try a potato masher. It is also a good tool to use to break up hamburger for chili, tacos or sloppy joes.

- **Organizing grocery bags**

Do you save and reuse your plastic grocery bags? If yes, save an empty tissue box, roll then stuff the bags one at a time into it. The box will keep them nice and tidy and easily accessible.

- **Keeping pizza hot in transit**

Got a long way to go to get that pizza home? If you have a seat warmer in your car—turn it on and put the pizza on that seat. It will help it stay warmer.

MARDI GRAS FUN ACTIVITIES—MARCH 1

- Study the Mardi Gras origin
- Make a Mardi Gras bead necklace
- Play Cajun music and learn the history of it
- Make a Mardi Gras mask
- Create a mini Mardi Gras float
- Make a King Cake
- Make a gumbo recipe



Thought for the Month

What if: you see what you expect and what you expect, you invite?

5 Ingredient Great Tasting Jiffy Corn Casserole

Ingredients:

- 1 can whole kernel corn, drained
- 1 can of creamed corn
- 1 cup of sour cream
- 1 stick melted butter
- 1 box Jiffy Corn Muffin Mix

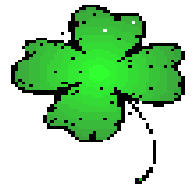
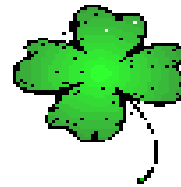
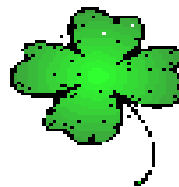
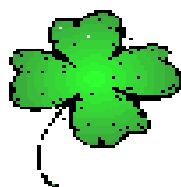
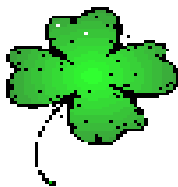
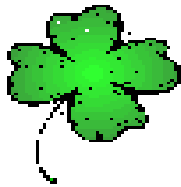
(Optional additional ingredients: 1 egg, sugar, Jalapeno peppers or cheese. Substitutes: Mexicorn for whole kernel corn)

Instructions:

1. Preheat oven to 350 degrees
2. Grease an 8"x8" baking dish
3. In a bowl, mix all the ingredients together and pour into the greased baking dish

4. Bake uncovered for 45 to 50 minutes or until the top is lightly browned.

Will be very moist. Serve with chicken, turkey or pork. Enjoy!

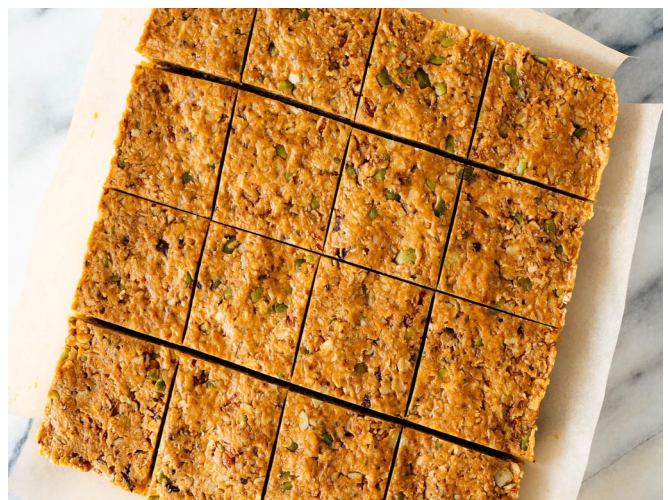


High-energy Snacks to Give You a Boost

Wake up feeling like you have no energy, yet have a lot you want or need to accomplish? You might just need an energy boost. You won't find these snacks in a vending machine, but these smart choices can help you feel more energized to tackle your day. Basically these include three food groups: 1) Proteins (meats, beans, eggs, nuts, dairy); 2) Carbohydrates (fiber rich product and whole grains); and 3) healthy saturated fats (nut bars). So here are some ideas for a smart snack:

- Apple slices and a piece of low-fat cheddar
- Hummus or yogurt dip with veggies
- Peanut butter on a whole-grain tortilla
- Trail mix
- Granola

[Click here](#) for a recipe for making a variety of no-bake granola bars.





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.

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