

Fill 'Er Up



Nutrition · Education · Connection

1075 Family Newsletter

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Sun Safety

Yes, summer's here and its time to consider your options to protect yourself and your children from the ultraviolet (UV) rays of the sun. Excessive exposure in the short term can lead to painful and ugly sunburn and in the long run can lead to an increased risk of skin cancer and skin aging. So here are some tips: 1) Know your sunburn risk—the lighter your skin, the more likely it is to burn; 2) choose protective clothing and wear sunglasses and hats; 3) spend time in the shade especially during peak hours of 10 AM to 4 PM; 4) choose the right sunscreen (SPF 30 or higher); 5) protect your kids—especially babies; 6) avoid indoor tanning; 7) perform skin self-exams monthly; and 8) be an advocate for sun safety. And remember to protect your outdoor pets and animals.

UV Protection Chart				
Low (0 - 2)	Medium (3 - 5)	High (6 - 7)	Very High (7 - 10)	Extremely High (11 +)
Sunscreen Sunglasses	Sunscreen Sunglasses Hat	Sunscreen Sunglasses Hat Shade	Sunscreen Sunglasses Hat Shade	Sunscreen Sunglasses Shade Staying indoors between 10 a.m. - 4 p.m.

July 2022

Filling Station Events & Happenings

- 5 **CLOSED**—Food Distribution & LCC Computer
- 7 Food Distribution & LCC Computer Lab 9-1
- 12 Food Distribution & Senior CSFP & LCC Computer Lab 9-1
- 14 Food Distribution & Senior CSFP & LCC Computer Lab 9-1
- 19 Food Distribution & LCC Computer Lab 9-1
- 21 Food Distribution & LCC Computer Lab 9-1
- 26 Food Distribution & LCC Computer Lab 9-1 & Garden Camp
- 28 Food Distribution & LCC Computer Lab 9-1 & Garden Camp



What if all we had to do to receive the grace of God was to accept it?



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.

- **Let something burn in a pot and can't get the residue off it?**

Place a dryer sheet in the bottom of the pan. Place a few drops of dishwashing liquid on it and fill the pot with hot water. Let it soak. This should soften even the most singed scorch residue.

- **Need to clean under the refrigerator or somewhere else inaccessible?**

Dampen a sock with vinegar or water. Slip it onto a yardstick. Slide it under the object and swish back and forth. Rinse the sock as needed until the job is done.

- **Quick splinter removal**

Don't have tweezers handy—try a piece of duct tape. Put it over the splinter

end, then quickly remove the tape. That should do it!

- **Give yourself a gift**

Achieve a goal? Done something positive? Followed up on a promise? Reward yourself! This will help keep you on track—just remember to keep them simple, inexpensive, and healthy.

- **Shining chrome faucets**

Use rubbing alcohol and a soft cloth.

- **Cleaning grout between tiles with a toothbrush**

Mix 3 cups of baking soda and 1 cup of warm water into a paste. Dip the toothbrush into the paste and scrub grout between the tiles. Dip brush into bleach and scrub to get off mildew. Cover any remaining spots with white shoe polish.

- **Clogged shower head?**

For metal heads: Remove and boil for 15 minutes in $\frac{1}{2}$ cup of white vinegar in 1 quart of water. That should remove residue. For plastic shower heads: Remove the hot vinegar and water solution from the stove and then put in the shower head and let it soak for 15 minutes.

- **Need to clean something high up?**

Dampen a sock with vinegar or water. Slip it onto a broom handle. Swish back and forth. Rinse the sock as needed until the job is done.

Hurricane Preparedness

The Atlantic Hurricane Season runs from June 1 to November 30. Jones County is near the coast and has experienced not only wind, but also flooding from hurricanes. If you do nothing else at least think through the following preparations: 1) Emergency Plan—what to do and where to go; 2) Evacuation Route—should it become necessary; 3) understand and listen to emergency warnings & alerts; 4) invalids need

special attention; 5) review and protect your important documents; 6) strengthen your home; 7) get tech ready (charge devices); 8) check with neighbors who might need help; and 9) gather supplies.

Check out the [Ready.Gov/hurricanes](https://www.ready.gov/hurricanes) site for more information and details.

Mason Jar Salad

Mason jars conjure up a picture of country canning, but today they are so much more than that! A 24- or 32-oz mason jar is a great container for a salad that can be assembled the night before. So here is the secret: 1) start with the dressing at the bottom of the jar—just enough to moisten the salad. Because it is in the bottom—the other ingredients won't become soggy. 2) next add hard vegetables that won't soak up the dressing (e.g., carrots, broccoli, cauliflower, bell peppers). 3) Now add beans, grains, or pasta—about 1/4 to 1/2 cup. 4) next add your protein (cheese, meat, chicken, or seafood). 5) add softer vegetables or fruit (e.g., tomatoes, berries, mushrooms, avocado). 6) The salad toppers are up next, including seeds, nuts and croutons. 7) and last but not least add your leafy greens. The greens should take up about half the jar—pack tightly. 8) when ready to consume—just shake and eat from the jar or dump on a plate.



Leftovers: Get Creative and Stretch Your Food Budget

Here are some tips to re-purpose leftover proteins and veggies to create new meals. The kids don't need to know that they are eating leftovers!

- Tacos & Burritos—use up left over meats, chicken, seafood and salads
- Soups, stews and chilis—You can start with a can of soup, stew or chili and then add leftover proteins and vegetables—depending on what you use (e.g., can of chicken vegetable soup—add leftover chicken, peas and carrots).
- Pasta sauce—add left over hamburger, meatloaf, or chicken to a jar of store-bought pasta sauce—serve over pasta or mashed potatoes.
- Bake a potato in the microwave—stuff it with leftover protein, cheese and veggies.
- Leftover seafood and chicken make ideal salad toppers. Can also chop them up and make a salad to eat separately or eat on bread or a roll.
- Meals in a bowl are very popular. Just add leftover protein and veggies to rice, brown rice, quinoa or pasta.
- Sandwiches and wraps are also a popular use of leftovers.

So when planning your meals for the week, be sure to include a plan to use the leftovers. You'll save time and money.



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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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God, source of all freedom,

This day is bright with the memory of those who declared life and liberty are your gift to every human being.

Help us to continue a good work begun long ago.

Make our vision clear and our will strong: that only in human solidarity will we find liberty, and justice only in the honor that belongs to every life on earth.

Turn our hearts toward the family of nations: to understand the ways of others, to offer friendship, and to find safety only in the common good of all.

We ask this through Christ our Lord.

Amen.

DOG DAYS OF SUMMER

The term "**Dog Days**" traditionally refers to a period of particularly hot and humid weather occurring during the summer months of July and August in the Northern Hemisphere.

In ancient Greece and Rome, the Dog Days were believed to be a time of drought, bad luck, and unrest, when dogs and men alike would be driven mad by the extreme heat. Today, the phrase doesn't conjure up such bad imagery. Instead, the Dog Days are associated purely with the time of summer's peak temperatures and humidity. The Old Farmer's Almanac considers the Dog Days of Summer to begin on July 3 and end on August 11.