

# Fill 'Er Up



Nutrition · Education · Connection

1075 Family Newsletter

March 2023

Vol. 3 No. 3

## African Heritage Diet

"The African Heritage Diet is a way of eating based on the healthy food traditions of people with African roots. This healthy way of eating is powerfully nutritious and delicious, and naturally meets the guidelines experts recommend for supporting good health.

"The ancestors of African Americans brought many wonderful food traditions to parts of the Caribbean, South America, and the southern states of the U.S. Over the generations, many of these food traditions have been lost with the influences of modern American eating habits. Whether we look to Virginia or Jamaica, Nigeria or Brazil, we find this overall healthy eating pattern shared by all of their culinary histories, with distinct foods featured by each region. It is this "big picture" framework of the African Heritage Diet Pyramid that all people can

use to claim their best health. Starting at the base of the pyramid, you'll find:

- Foods to enjoy every day: colorful fruits and vegetables, especially leafy greens; tubers like yams and sweet potatoes; beans of all kinds; nuts and peanuts; rice, flatbreads and other grain foods, especially whole grains.
- Foods to eat a few times each week, or in moderation: healthy oils; homemade sauces and marinades of herbs and spices; fish, eggs, poultry and yogurt.
- Foods to save for special occasions: meats and sweets."

To read more about this way of eating [click here](#). More information on page 3.

## March 2023

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### Spring Equinox

**PROSPERITY  
AFFIRMATION FOR THE  
MONTH  
"I am worthy of all  
I desire."**



### Wash your hands

Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets.

### Keep kitchen & utensils sanitary

Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food.

### Use a paper towel

Consider using paper towels to clean up kitchen surfaces. If you use cloth towels wash them often in the hot cycle of your washing machine.

### Rinse fresh fruits & vegetables

Rinse fresh fruits & vegetables under running tap water, including those with skins and rinds that are not eaten.

## HEROES NEEDED



DO YOU WONDER IF YOU HAVE  
WHAT IT TAKES TO BE A FOSTER OR  
ADOPTIVE PARENT IN JONES  
COUNTY?

### FOSTER CARE PROGRAM

#### MISSION:

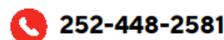
Ensure safety, permanence, and nurturing families for children.

There are times when children cannot be safely maintained in their home and need an environment where there is stability, security, and well-being. Consider helping a child by opening your heart and home to become a foster parent.

We work under the belief that all families have strengths. It is our charge to assist families in building on them to achieve success.

Help us keep the children of Jones County in their communities by becoming a foster or adoptive parent.

CONTACT US FOR MORE INFO



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## 5 Money Lessons

Teach your children a valuable lesson early and often—how to budget and manage money. Here are a few tips:

1. Having a money plan reduces stress. It begins with good organization of your financial documents: bills, invoices, payment books, checkbook. Each month write down your income and expenses—prioritize and pay necessary things first.
2. It's necessary to have open money conversations with your kids. Review the information above with your child as soon as they are old enough to understand. It is an opportunity to teach a valuable life skill.
3. Why you should eliminate the monthly payment mindset.
4. Why spending well matters. Distinctly identify a need vs. a want. Overspending can leave you with feelings of inadequacy, regret and shame. Make wise choices.
5. Money is not the source of happiness. Your children learn best from your example. Love, feed, and care for them well. Delight in the simple pleasure of sharing time with your family.

Bottom line: Use all the gifts God gave you to love your family well. Money is intended to be a tool to do good work, not be a source of pain and stress in this world.

1. **Go For Greens.** Greens like spinach, collards, mustards, and turnip greens are a big part of African heritage cuisine; they help keep your blood, liver, and kidneys in top health. Cook them lightly to retain all of their extraordinary nutrients.

2. **Savor the Staples.** Enjoy vegetables, fruits, mostly whole grains and cereals, beans, herbs and spices, peanuts and nuts, and healthy tubers like sweet potatoes. These are the core African Heritage foods to shop for, prepare, and eat most often.

3. **Favor Fish.** For a source of heart-healthy omega-3 fatty acids, enjoy tuna, mackerel, and salmon. Sardines and other small, bony fish are rich sources of calcium and vitamin D. Enjoy them grilled, broiled, or lightly pan cooked in water and a tiny bit of oil.

4. **Use Healthy Oils.** Use small amounts of healthy oils, like sesame or olive oil for dressings, and canola, red palm oil, or extra virgin coconut oil for cooking.

5. **Lessen Animal Protein.**

Eat eggs, poultry, and other meats moderately, in small portions, or use as garnishes for other dishes.

6. **Downplay Dairy.** Consume dairy in small portions, and if you are lactose intolerant, enjoy other calcium-rich foods like greens, beans, and almonds.

7. **Slow the Sweets.** At the top of the pyramid, are foods to eat less often, limiting them to once a week or at special meals.

8. **Hydration is Key.** Drink plenty of water throughout the day. If you drink alcohol, limit it to one glass per day for women, two for men. ([Click here](#) for site).

### SWEET POTATO PEANUT STEW, OR MAFE

Mafe, or Groundnut Stew, is common throughout West and Central Africa. This traditional stew can feature meat, vegetables, or seafood, and it is always based on a savory sauce made from peanut butter and tomatoes. This Mafe recipe is featured in our A Taste of African Heritage cooking program and it centers around a much loved African heritage food — the sweet potato.

#### Ingredients:

2 teaspoons extra-virgin olive oil  
1 medium-size yellow onion, diced  
2 garlic cloves, minced  
1 large sweet potato, chopped into medium-size cubes  
2 large carrots, cut into thin rounds  
2 green zucchini, cut into thin half-rounds  
1 small can (15oz) of diced tomatoes, no salt added  
2 cups water  
1 teaspoon or small cube of vegetable bullion powder  
1 tablespoon Berbere spice  
 $\frac{1}{4}$  cup natural peanut butter  
3 sprigs of fresh thyme, minced, or 1 teaspoon dried thyme  
Sea salt to taste

#### Instructions:

1. Heat the oil in one of the soup pots on medium heat and sauté the onion and garlic until translucent (3-4 minutes).
2. While the onions and garlic cook, chop up the sweet potato, carrots, and zucchini.
3. Add sweet potato and vegetables to the pot; sauté for 3-4 minutes.
4. Add the diced tomatoes, water, bullion, and Berbere spice, and bring to a boil. Cover and simmer for 10 minutes.
5. After 10 minutes, add the peanut butter and the thyme to the stew. Let it cook, covered, for another 3-5 minutes.
6. Salt to taste, serve and enjoy.



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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## NEW HOURS

Jones County Public Libraries

Comfort Public Library  
1:00 - 7:00 p.m.  
Tuesday and Thursday

Maysville Public Library  
1:00 - 6:00 p.m. Tuesday-Friday  
10:00 a.m. - 2:00 p.m. Saturday

Pollocksville Public Library  
1:00 - 7:00 p.m.  
Tuesday-Friday

Trenton Public Library  
1:00 - 7:00 p.m.  
Tuesday-Friday

**Visit**  
[www.neuselibrary.org](http://www.neuselibrary.org)  
for locations and contact information.

New Hours beginning  
February 7, 2023