

Fill 'Er Up



Nutrition · Education · Connection

1075 Family Newsletter

June 2023

Vol. 3 No. 6

Why Read?

As a society, we have been so preoccupied with social media and the internet that hardly anyone contemplates reading books. While some maybe too busy to read, others merely don't care to read.

There are many benefits to reading, from making you smarter to improve your reading and writing skills. If you want to understand what benefits one could reap from developing the habit of reading, then we have listed the top 10 benefits here.

- 1) Mental stimulation
- 2) Good stress reducer
- 3) Knowledge enhancement
- 4) Vocabulary expansion
- 5) Improves memory

- 6) Strengthens analytical thinking Skills
- 7) Improves focus and concentration
- 8) Improves writing skills
- 9) Helps achieve tranquility
- 10) Free source of entertainment

Ideas to jump start your reading:

- 1) Participate in the library's summer reading program
- 2) Join an in-person or online book club
- 3) Get a library card and use it
- 4) Read out loud to your kids and other family members (or even your pet!)
- 5) Take your kids to one of the Story-Walks. [Click here](#) for list/map.

June 2023

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| 1 | Food Distribution & LCC Computer Lab 9-1 |
| 6 | Food Distribution & LCC Computer Lab 9-1 |
| 8 | Food Distribution & LCC Computer Lab 9-1 |
| 13 | Food Distribution & Senior CSFP & LCC Computer Lab 9-1 |
| 15 | Food Distribution & LCC Computer Lab 9-1 |
| 20 | Food Distribution & LCC Computer Lab 9-1 |
| 22 | Food Distribution & LCC Computer Lab 9-1 |
| 27 | NO Food Distribution & LCC Computer Lab 9-1 |
| 29 | NO Food Distribution & LCC Computer Lab 9-1 |



Prosperity Thought for the Month: I live an abundant life.



Disinfecting Legos

Drop Legos into a mesh laundry bag. Place in top rack in the dishwasher and run it. Remove before the drying cycle. Spread out on a towel to air dry.

Quick Steam Wrinkled Clothes

Throw wrinkled clothes in dryer with a few ice cubes. As the ice melts it turns to steam removing the wrinkles. This works best on light fabrics.

Ice Pack

Buy a package of cheap kitchen sponges. Put the sponge in a bowl of water until it has absorbed as much water as it can. Place the sponge in a small sealed plastic bag and freeze it. Use it then refreeze.

Speed up ripening

Be a total magician and morph a banana from green to yellow (or a peach from crunchy to juicy) with the help of a paper bag. When fruit is tossed into the bag, concentrated ethylene gas helps it ripen faster.

Save cut fruit from browning

You've probably heard that a little squeeze of lemon juice can keep apple slices from looking unappetizing. A mixture of 1 part honey to 2 parts water works much the same way to keep fruit from browning. Ever wonder why this works? The citric acid and vitamin C in lemon juice and a peptide in honey slow down the oxidation process that causes discoloration.

Separate raw foods

Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.

Summer Melon Mania—Get the Scoop

It's officially melon season! Here's the skinny on melon varieties and quality,

How to Pick the Perfect Melon

- Avoid melons that have bruises, cracks or soft spots.
- Note the melon's weight. The heavier the melon, the juicier the fruit!
- The nose knows, so take a sniff. A fragrant melon is a good melon! Note: Netted varieties will have an aroma, while smooth melons won't.
- Give the melon a little tap with the palm of your hand. If it sounds hollow, it's ripe and ready to eat!
- Keep your melons at room temperature until cutting (they should last about 3 days).

Here's a recipe for **watermelon and peach summertime salad** that serves 4 to 6:

- 1 tbsp honey
- 1 lime, zested and juiced
- Kosher salt, to taste
- 2 c watermelon, cut into 1-in cubes
- 2 ripe peaches, peeled, pitted and cut into $\frac{1}{2}$ -in cubes
- 1 small jalapeño pepper, seeded and chopped
- 1 c fresh mint, chopped

In a large bowl, whisk together honey, lime zest and juice and salt. Add the watermelon, peaches, jalapeño and mint and gently toss everything to combine. Cover and refrigerate for one hour before serving.

NC COOPERATIVE EXTENSION

N.C. A&T NC STATE



Cook Smart | Eat Smart



JULY 5, 12, 19, 26 | 10AM-12PM

FILLING STATION | 221 MAIN STREET, POLLOCKSVILLE, NC 28573

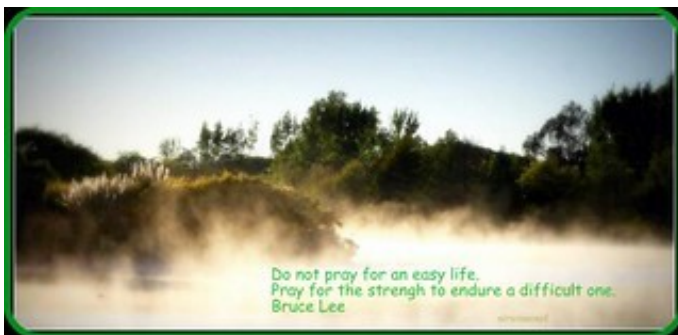
Cook Smart | Eat Smart keeps it simple with simple healthy preparation techniques, ingredients, and equipment.

Each session contains several basic cooking techniques and other topics related to eating and preparing meals at home. We also provide tips for stretching your food dollar while still eat healthy.

> REGISTER NOW GO.NCSU.EDU/COOK_SMART_EAT_SMART2023



N.C. COOPERATIVE EXTENSION PROHIBITS DISCRIMINATION AND HARASSMENT REGARDLESS OF AGE, COLOR, DISABILITY, FAMILY AND MARITAL STATUS, GENDER IDENTITY, NATIONAL ORIGIN, POLITICAL BELIEFS, RACE, RELIGION, SEX (INCLUDING PREGNANCY), SEXUAL ORIENTATION AND VETERAN STATUS. NC STATE UNIVERSITY, N.C. A&T STATE UNIVERSITY, U.S. DEPARTMENT OF AGRICULTURE AND LOCAL GOVERNMENTS COOPERATING.



Do not pray for an easy life. Pray for the strength to endure a difficult one. Bruce Lee



DANCE, ART, AND MUSIC DAY CAMP

Mali, Africa

FOR JONES COUNTY RESIDENTS

Sponsored by

The Filling Station



June 26th-30th

Wednesday, June 28 - Music Discovery Program/NC Symphony 10 AM



AGES:

8-11

YEARS OLD

9AM TIL

1PM

LUNCH

INCLUDED

Garden Venue

ON THE FILLING STATION CAMPUS

221 Main Street
Pollocksville,
North Carolina

COST:
\$25

to the mission of
The Filling Station...
Nutrition, Education,
Connection

REGISTER TODAY!

20

SPOTS AVAILABLE



Email: info@fillingstation1075.com

Yes, I would like to register my child for the Kid's Day Camp and forms will be supplied to complete registration.



Join us at Camp Noah!

Camp Noah is a nationally acclaimed resiliency and preparedness program for children.

Where:

The Filling Station
221 Main Street
Pollocksville, NC 28573

When:

August 7 - 11, 2023

Breakfast:

8:30 AM

Camp:

9:00 AM - 3:00 PM

Bonuses:

Lunch will be provided

Transportation will be provided, if needed.

Questions?

Volunteers Needed - Register at:

<https://trymca.volunteermatters.org/project-catalog/52>



Attend CAMP NOAH in your community!



Camp Noah is FUN!

Food, games, crafts/projects, skits, music and more food for all.



Registration is FREE!

Plus – campers receive over \$250 worth of crafts and school supplies.



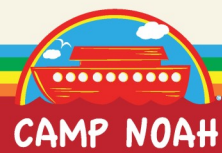
Parent APPROVED!

In recent surveys, 100% of parents said they would recommend Camp Noah to other parents.



Bring your FRIENDS!

Any elementary age child (kindergarten – 5th) is welcome to attend one week of camp.



To register for Camp Noah, visit us online at www.campnoah.org
For more information call or email us at 800.987.0061 or campnoah@lssmn.org



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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UNBOX YOUR SUMMER



Summer Reading is going to look a little different this year at Neuse Regional Libraries. Upon registration, children ages 5 - 12 will receive a "Summer Out of the Box" challenge kit, which contains all the materials needed to complete this year's summer reading challenges. There are 45 challenges in total and participants are welcome to complete the activities at their own pace. For each challenge they complete, participants will earn entries for the Grand Prize Raffle.

In order to earn additional prizes, participants are challenged to read 10 hours over the course of the program. Each hour read will earn an additional entry for the Grand Prize Raffle. Children can log their reading minutes, as well as their challenge completions through the Readsquared app, which is available on all Android and Apple devices. Once downloaded, search for Neuse Regional Libraries and then register for the Summer Out of the Box Challenge specific to your library – JC for any of the Jones County Public Libraries. Participants in Jones County can visit their local Neuse Regional Library on **Tuesday, June 6th, 2023** between 4 pm and 6 pm to pick up their boxes. Select participants will have a lucky golden ticket attached to their box and will receive a \$5 gift card to a local ice cream parlor.

For more information about Summer Reading or library programs, please call 252-527-7066, Ext. 133 or email ys@neuselibrary.org. Read on!