

Fill 'Er Up



Nutrition · Education · Connection

1075 Family Newsletter

August 2023

Vol. 3 No. 8

Start Your Day Off Right!

"We are what we repeatedly do. Excellence, then, is not an act, but a habit." - Aristotle

The start of a new school year (or any day!) is a good time to form new, positive habits. This is especially important for school children—it sets the tone for the whole day. So here are some ideas from Deepak Chopra to consider adding to your morning routine:

- Avoid technology for the first hour—what you see will put you on the defensive
- Drink a glass of room temperature water
- Smile and say or think words of gratitude
- Make your bed—creates an immediate feeling of accomplishment
- Meditate—set your positive intentions for the day

- Move your body—exercise or walk
- Self-care—create a morning personal hygiene routine
- Eat a healthy breakfast
- Make a to-do list for the day
- Set an affirmation for the day and repeat it to yourself frequently.

"Whether you are aware of them or not, you operate under habits (both good and bad) all the time—they are an integral part of your daily existence. Part of developing a healthy habit, is to become intentional with it. ..If you want to cultivate positive habits, then you may need to put some intentional effort into forming them until they become second nature," says Chopra.

August 2023

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**Prosperity Thought for the Month:
God is on my side! With every breath, He prospers me.**



- **Use a food thermometer**

Use a food thermometer which measures the internal temperature of cooked meat, poultry and egg dishes, to make sure that the food is cooked to a safe internal temperature.

- **Safe temperatures for cooking meats and poultry**

Cook roasts and steaks to a minimum of 145 °F. All poultry should reach a safe minimum internal temperature of 165 °F as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast with a food thermometer.

- **Prevent brown sugar from hardening**
Ugh, the worst: You go make cookies, only to find your brown sugar hardened into crusty nuggets (or a single rock-hard candy mountain). Help brown sugar stay soft and scoopable by tossing an orange peel or a slice of apple along with the sugar into an airtight container. Or, for a quick fix, microwave brown sugar next to a small glass of water. The moisture the water released into the microwave will help break up the block of sugar.

- **Make citrus fruits even juicier**

To get the most juice out of a lemon, refrigerate, then microwave it for 15 to 20 seconds. *Bonus tips:* Roll citrus fruits before squeezing, cut them lengthwise, and/or use a pair of tongs to squeeze instead of your own two hands.

Top Ten Lunches to Pack

Inflation has impacted our food budgets. While your school-age children may be on a free or reduced cost lunch program, they may be getting tired of the selections. And the adults in the house may need to pack a lunch for work to save money. Here are some lunch ideas for everyone.

- Cold pasta salad made from leftovers, a hard boiled egg and fruit
- Homemade lunchables: rolled turkey, cheese, crackers, veggies, apple slices, caramel, nut or seed butter for dipping
- Chicken and guacamole: Left over chicken, pita slices, veggies, grapes and guacamole
- Nut or seed butter cracker sandwiches
Greek yogurt, sliced peppers, fruit
- Deconstructed tacos: ground turkey or beef with taco seasoning, shredded



cheese, tomatoes or salsa, lettuce, fruit

- Chicken salad, crackers, sliced peppers, apple slices.
- Ham & Cheese rollups, hummus, celery, pita bread, banana.
- Left over pasta, left over cooked broccoli, meatballs, fruit.
- Chicken wrap: chicken salad, cheese, lettuce/spinach wrapped in a tortilla, veggies, ranch dressing, fruit
- BBQ chicken, veggies, pineapple, trail mix.

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Out of the Box Recipes

@ The Filling Station, 221 Main St, Pollocksville, NC 28573

New Teaching Kitchen



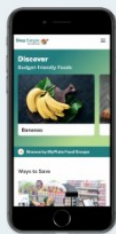
9:30AM-10:30AM

AUG 31, SEPT 21, OCT 19, NOV 30

Learn how to utilize the ingredients in the free food boxes from the food pantry pick-up!



USDA MyPlate—Dietary Guidelines for Americans 2020-2025



Shop Simple with MyPlate

Find savings in your area and discover new ways to prepare budget-friendly foods.

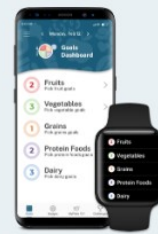
[learn more](#)



MyPlate on Alexa

Get MyPlate nutrition tips on Amazon Alexa devices or the free Alexa app.

[learn more](#)



Start Simple with MyPlate App

Build healthy eating habits one goal at a time! Download the Start Simple with MyPlate app today.

[learn more](#)

Current In-App Challenges

Pick Your goals

See Real-time Progress

Earn Badges to Celebrate Your Success



MyPlate Quiz

Take the MyPlate Quiz and sync it with the app!

Jones County Recreation
invites you to attend



Saturday, August 5th
10 am - 2 pm

at Jones County Civic Center

FREE EVENT

**Bookbags and school supplies are "while supplies last"

VENDORS
FUN ACTIVITIES
SCHOOL SUPPLIES
HEALTH SCREENINGS
and more!

Scan QR code for
vendor application



Phone: 1 252-448-1660

E-mail: recreation@jonescountync.gov



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.



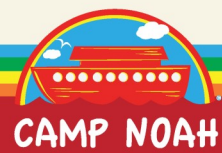
Parent APPROVED!

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



Teffiney Maready

Jones County Medicare SHIP Counselor

252-448-1001

Medicare Enrollment
Help paying for Medicare
Medicare Appeals

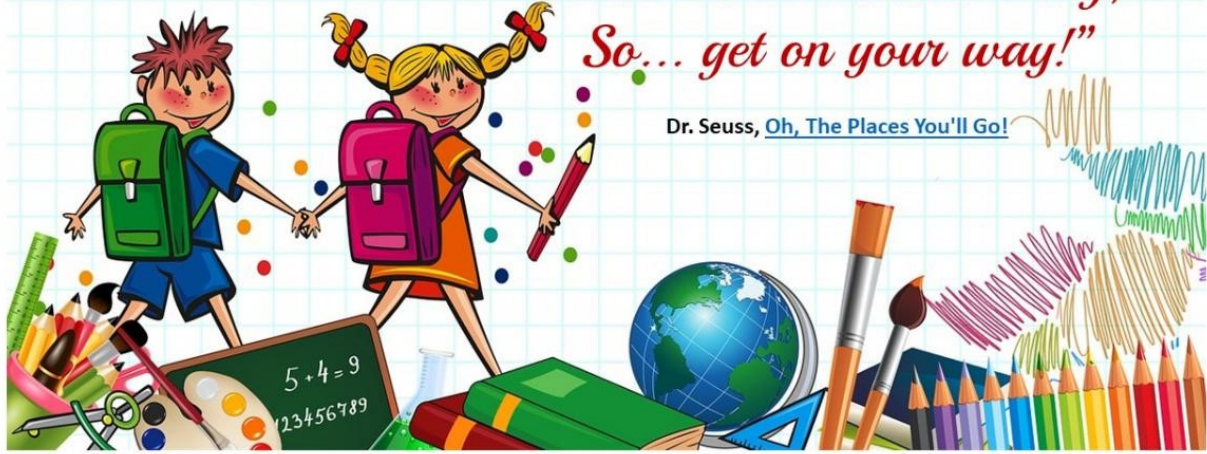
Appointments available
Monday through Thursday 9:00 to 5:00
Fridays 9:00 to 12:00

147 Francks Field Road ~ Trenton, NC 28585



*"You're off to Great Places!
Today is your day!
Your mountain is waiting,
So... get on your way!"*

Dr. Seuss, Oh, The Places You'll Go!



More Summer Fun! *

pg. 3

Trash to Treasure

Ages: 8-18

August 1st, 2023 | 9AM-4PM

Jones County Civic Center | \$10 per participant

Youth will increase their knowledge of sustainability while taking everyday items and repurposing them into something useful to benefit their communities, country and world.

Cloverbud Camp

Ages: 5-7

August 22nd, 2023 | 9:00AM-4:00PM

Jones County Civic Center | \$10 per participant

The day will be filled with tons of fun educational activities about animals, healthy lifestyles, crafts, STEM and more! The camp will be led by our amazing Jones County 4-H Teen Council members!



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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[Facebook.com/FS1075](https://www.facebook.com/FS1075)

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Treas: Willie Smith

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Carol Mattocks, Board Advisor

Tharesa Lee, Consultant

Mary Ann LeRay, Ex. Dir.

Judy Hills, Editor

a child's prayer

Heavenly Father...are You really there?
and do You hear and answer every child's prayer?
Some say that Heaven is far away...
But I feel it close around me as I pray.

Heavenly Father...I remember now...
something that Jesus told disciples long ago.
"Suffer the children to come to me."

Father, in prayer I'm coming now to Thee.

words by Janice Kapp Perry

Thrifting for Clothes

Many families with little disposable income have to get creative when it comes to clothing the family. Children may get hand-me-down clothes and accessories from older siblings. Mothers may shop at thrift stores. This can actually be fun—it done in the right spirit. Think of this as God giving you a surprise! You find just the right outfit for just 10% of what you would have paid for it at a large retail store or online. Doesn't the thought make you smile! Here are some tips for thrifting for clothes: 1) research thrift shops in reasonable distance from your location and compile a list; 2) browse your closets and drawers first then make a list of what is needed or wanted including colors, sizes and styles; 3) Remove your unwanted items and take them with you to donate—if they are in good condition—otherwise discard them; 4) make sure you are in the mood and have the time to shop; 5) Don't shop hungry and don't rush; 6) set a budget, bring cash and don't go over; 7) those shopping should wear something easy to change in and out of; 8) bring your own bags; 9) enter the store and look/scan first for items on your list—don't get distracted; 10) check item for obvious wear/tear, size, and possible fit; 11) take items found and put them into yes/no/maybe piles; 12) try on "yes" items; 13) ask yourself if this is something that you will actually wear; 14) check out care tag; and 15) take one last careful look at the item and make purchase decision.