

Fill 'Er Up



Nutrition · Education · Connection

1075 Family Newsletter

January 2024

Vol. 4 No. 1

2024 New Year Resolutions

OK, it is that time again to assess who we are and what we hope to achieve in the coming year. Experts tell us that we are far more likely to achieve a goal if we write it down and frequently refer to it. Another big suggestion is that you need to really believe that the goal you have set is attainable. That does not mean that it can't be a stretch. We have to believe that we have the capacity to change.

Good Housekeeping offers 65 achievable resolutions for a healthy, happy life. The first goal listed is to start a gratitude journal. "It literally breathes new life into use. It recharges and it rejuvenates," according to Dr. Robert Emmons, a psychology professor. This is so very simple! Start here.

Building a better budget (or start one) is a resolution that will help you the most in the

long run. There are lots of budgeting apps for your phone and your computer. See just how much money you can save in 2024.

Read more books. This has a number of benefits: exercises the brain, improves concentration & focus, improves literacy, increases general knowledge, stretches our imagination and reduces stress.

Create a meal plan for the week and stick to it. This will also help with your budgeting and reduce stress.

Join a club or a group that does good works in your community. You never know who you might meet.

[Click here](#) to read all 65 resolutions.

January 2024

- 2 Food Distribution
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- 9 Food Distribution & Senior CSFP
Food Distribution & Senior CSFP &
Take Control Class
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- 30 Food Distribution

Traveler, there is no path.
You make your path as you travel.
Antonio Machado



Treasure Mapping—Visualizing What We Want

This is so much fun, that it bears repeating. Visualization helps us to change our mind—to focus our energy and to attract to us the things we really want. Instead of trying to figure out how we will go about getting what we want, we just want to identify what we want in our life that will make us happy. AND IT IS NOT MONEY. Money may help to achieve the objective, but it should not be the goal. Avoid chasing someone else's dreams. Everyone wants to be safe, to be healthy, to be happy, to have their basic needs met, and to be debt free. So do some research (online or in magazines) and find pictures that best represent the life you desire. Print or cut them out. Paste them in a book or on a poster board. Look at them every day and imagine you in that future. And remember to thank God in advance for their attainment. And don't forget to be grateful for what you have now. [Click here](#) to read more. [Click here](#) for symbols and affirmations.





Instead of:	Use this:
White flour	Half white and half whole-wheat flour
Chocolate Chips	Dried fruit
Frying Vegetables	Bake, grill or steam vegetables



Instead of:	Use this:
Butter	Cinnamon-flavored, no-sugar-added applesauce
Sugar	Low-calorie sugar substitute
Heavy Cream	Low-fat or skim milk



Instead of:	Use this:
White bread	Whole grain bread
Butter in mashed potatoes	Olive oil
Salt	Herbs and spices

American Heart Association Cooking Class

Sweet Potato Kale Hash...perfect for Christmas morning breakfast Thank you [N.C. Cooperative Extension - Jones County Center](#) Sarah for leading the cooking class, [American Heart Association - North Carolina](#) for placing Heartcorp member, Wendy Monroe to enrich the connection with participants and [Food Bank of Central & Eastern North Carolina](#) for the food delivered each week.



Eat Better in 2024—Start With Small, Simple Goals

The following is copied from the [American College of Lifestyle Medicine website](#).

Example of five basic changes:

1. Eat two 12-ounce bags of frozen leafy green per week. Leafy greens such as kale, collards, spinach or mixed greens are therapeutic for cardiovascular disease and obesity. Two frozen bags often cost just over \$2, last much longer than fresh greens and taste better than canned vegetables. Frozen greens require little prep time — not washing is required — and can be added in the final stage of cooking for meals you already regularly prepare, such as a can of soup, to boost nutritional value.



2. Eat a 16-ounce bag of frozen berries each week. Frozen berries can fluctuate in price depending on the time of year, but may cost as little as \$3 for a 16-ounce bag, which is substantially cheaper than fresh berries. Mixed berries often provide dark purple and blue vital nutrients that promote good cognitive health (particularly important during times of stress). Add frozen berries to yogurt, overnight oats or hot cereal twice a week or try to stretch each bag to three servings per week.



3. Eat 1/3 cup of nuts or seeds five days a week. Nuts and seeds, which are great sources of protein and healthy fats, tend to be a bit more of an economic investment.



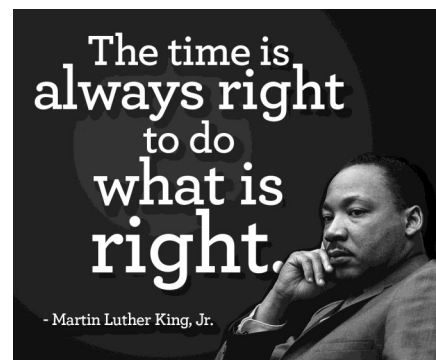
But a supply of unsalted sunflower seed kernels or sliced almonds (a good option for people with chewing diffi-

culties) costs about \$8 for a two-week supply that would meet this goal. Nuts and seeds have the added benefit of making you feel fuller for longer and make snacking less frequent. Nut butters can sometimes be found on sale as well.

4. Eat one can of beans per week. Dried beans cooked from scratch is the cheapest way to buy and prepare beans, but canned beans are also affordable and commonly available at food pantries. Each can of beans contains three servings and may cost as little as 70 cents. Start with one can a week and add one serving to meals every other day. ACLM offers a comprehensive free resource [guide](#) with creative ideas for incorporating beans into meals. As you grow more comfortable cooking beans, consider transitioning to two cups a week. If you prefer dried beans, lentils and green split peas are among the most affordable and easy to prepare.



5. Introduce intact, whole grains to your diet. People often associate more expensive quinoa and wild rice with whole grains but barley is affordable and a terrific source of soluble fiber, which can help lower cholesterol levels. Start with a pound of pearled barley, which limits cooking time, and add to meals. Also, a 42-ounce package of old-fashioned oats often costs less than \$3 and is enough to for you to have one serving every day for a month.



- Martin Luther King, Jr.



Nutrition Program for Adults

Take control NOW to prevent or manage chronic disease!

Program Benefits

- Recipes, water bottle, and spice jar for you to keep
- Information to help you control sodium, fat, and added sugar
- 8 engaging and interactive sessions available virtually
- Complete the sessions at your convenience online
- Optional weekly web-based office hours with your county agent to ask questions, brainstorm solutions and get feedback



Come learn lifelong habits to help you eat healthy and be physically active!

Start Date (Days): January 11, 18, 25. February 1, 8, 15, 22, 29. 10am-11:30am

Location: The Filling Station - Teaching Kitchen
221 Main St, Pollocksville, NC 28573

For more information or to sign up, contact:

Sarah Ware
sarah_ware@ncsu.edu
252-448-9621

to register: https://go.ncsu.edu/register_take_control
or scan QR code below





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.

PO Box 222

221 Main Street
Pollocksville, NC 28573

252.224.1127

info@fillingstation1075.com
<https://fillingstation1075.com/>
[Facebook.com/FS1075](https://www.facebook.com/FS1075)

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Parade

"Today's a new day, a chance for a new start. Yesterday is gone and with it any regrets, mistakes, or failures I may have experienced. It's a good day to be glad and give thanks, and I do, Lord. Thank you for today, a new opportunity to love, give, and be all that you want me to be."

— REBECCA BARLOW JORDAN

"For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope."

Jeremiah 29:11 NKJV

