

Fill 'Er Up



Nutrition · Education · Connection

1075 Family Newsletter

March 2024

Vol. 4 No. 3

March 9th—Barbie's 65th Birthday

And she doesn't look a day over 25! Oh, to be young again. But seriously, how many of you saw the Barbie movie? There were five important leadership lessons that one can learn from this movie according to the [Center for Leadership](#)—University of Colorado at Boulder.

1. Self-Awareness and Identify are Core. Barbie wisely says to Ken, "It's time to discover who Ken is." Knowledge is power and self-knowledge can become your superpower.
2. Leaders Need Effective Communication. "Through conveying emotions, expressing needs, and coordinating plans, the Barbie movie exemplifies the importance of effective communication."
3. Leaders Success Through Teamwork and Collaboration. "Whether it is planning an amazing group dance scene or overthrowing patri-

archy to restore a well-functioning government, Barbie enlists the power of her gal pals to make it happen. "

4. Embrace Diversity and Inclusion. "...Barbie Land celebrates the beauty of diversity. However, as we move through the movie, a deeper understanding of the meaning of diversity emerges..."
5. Leaders Need Resilience in the Face of Adversity. In the movie, the Kens are planning to change the constitution to oppress women, but Barbie overthrows them.

So we leave you with this thought, what could you do to make the world a better place?

March 2024

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What if everything we experience is for our greater good? How might we view our lives differently?

March Madness Party Food: Loaded Beef Nachos

Taco Seasoning:

- 5 teaspoons paprika
- 1 1/4 teaspoons garlic powder
- 1 1/4 teaspoons ground cumin
- 1 1/4 teaspoons onion powder
- 1 teaspoon chili powder
- 1 teaspoon oregano leaves
- 1 1/2 teaspoons salt

Nachos:

- 2 tablespoons vegetable oil
- 1 pound ground beef
- 1 cup diced onion
- 1 cup diced green bell pepper
- 1 (10 ounce) can diced tomatoes with green chiles (such as RO-TEL®)
- 1 (15 ounce) can Mexican-style corn (optional)
- 1 (16 ounce) can refried beans
- 1 cup shredded Cheddar cheese, or as needed
- 4 ounces tortilla chips, or as needed
- Toppings (optional):
 - 1/2 cup sour cream (optional)
 - 1/2 cup salsa (optional)
 - 1/4 cup sliced black olives (optional)
 - 1/4 cup sliced jalapenos (optional)
 - 1/4 cup green onion

Directions

For taco seasoning, stir paprika, garlic powder, cumin, onion powder, chili powder, oregano, and salt together in a small bowl; set aside.

Heat oil in a large skillet over medium-high heat;

cook and stir ground beef in the hot skillet until browned and crumbly, 5 to 7 minutes. Stir in onion and green pepper; cook and stir with oil and juices from browned meat until much of the liquid has evaporated, about 2 minutes more.

Stir 1/2 can diced tomatoes with chilies and Mexican-style corn into skillet. Season beef mixture to taste with prepared taco seasoning mix.

Stir together the remaining 1/2 can diced tomatoes with chilies and refried beans in a microwave-safe bowl. Microwave on High until heated through, stirring every 30 seconds, 1 to 3 minutes.

To assemble nachos, lay half of tortilla chips in a single layer on a microwave-safe plate, then drop teaspoons of refried beans onto chips, followed by meat mixture and shredded cheese. Repeat with remaining chips, beans, meat, and cheese to make a second layer.

Microwave on High until cheese is melted and nachos are warm, 2 to 3 minutes. Top with sour cream, salsa, olives, jalapenos, and green onion as desired.



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DEVELOPING A HOUSEHOLD FOOD BUDGET

Take charge of your finances and your kitchen with our program, 'Developing a Household Food Budget.' Learn essential skills to effectively manage your grocery spending while still enjoying nutritious and delicious meals. From meal planning tips to moneysaving strategies, empower yourself to achieve financial freedom while nourishing your family. Join us and transform the way you shop, eat, and thrive!

MARCH 14TH, 2024 | 10AM-12PM

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



Cooking Under Pressure

Thursday, March 28th 10:00AM - 12:00PM
The Filling Station, 221 Main St, Pollocksville, NC



Do you have an electric pressure cooker and not sure how to use it? Then join our class to learn about electric pressure cookers, appliance features, safety tips and some electric pressure cooker recipes!



For questions contact Sarah Ware at
Sarah_Ware@ncsu.edu

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VERSATILE PANTRY

Unlock the full potential of your kitchen with our program, 'How to Utilize Your Food Pantry.' Discover savvy strategies to maximize every ingredient, minimize waste, and create delicious meals on any budget. From creative recipes to smart storage solutions, empower yourself to make the most of what's in your pantry. Join us and revolutionize your cooking experience today

MARCH 7TH, 2024 | 10AM-12PM

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

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DOUGH IT YOURSELF
Sourdough Breadmaking Class

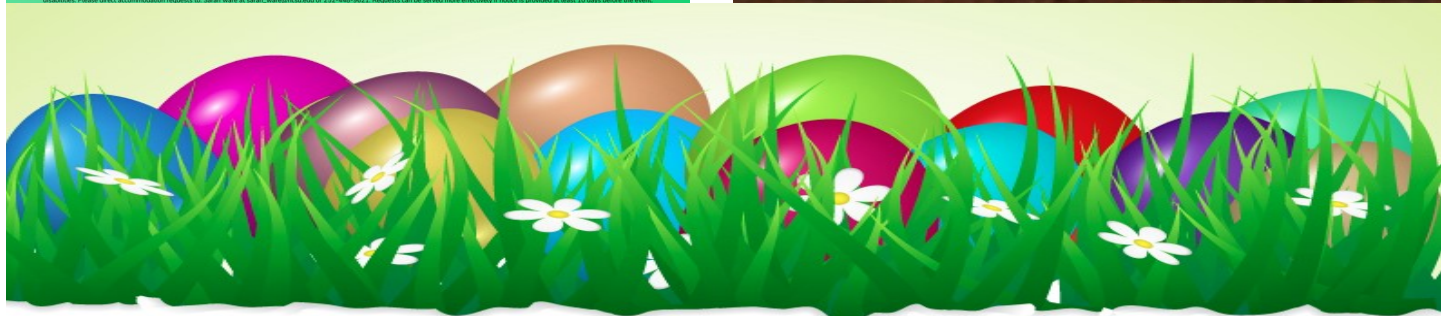
WWW.GO.NCSU.EDU/SOURDOUGH_CLASS

MARCH 21, 2024 | 10AM-12PM

IN THE TEACHING KITCHEN @ THE FILLING STATION | 221 MAIN ST, POLLOCKSVILLE, NC 28573

FREE CLASS SPONSORED BY THE FILLING STATION

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CARDIAC ARREST VS. HEART ATTACK

People often use these terms interchangeably, but they are not the same.

WHAT IS CARDIAC ARREST?

CARDIAC ARREST occurs when the heart malfunctions and stops beating unexpectedly.

Cardiac arrest is triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart cannot pump blood to the brain, lungs and other organs.



Cardiac arrest is an **"ELECTRICAL"** problem.

WHAT HAPPENS

Seconds later, a person becomes unresponsive, is not breathing or is only gasping. **Death occurs within minutes if the victim does not receive treatment.**

WHAT TO DO



Cardiac arrest can be reversible in some victims if it's treated within a few minutes. First, call your local emergency number and start CPR right away. Then, if an Automated External Defibrillator (AED) is available, use it as soon as possible. If two people are available to help, one should begin CPR immediately while the other calls your local emergency number and finds an AED.

CARDIAC ARREST is a LEADING CAUSE OF DEATH.

Cardiac arrest affects thousands of people annually with about three quarters of them occurring in the home.



Fast action can save lives.

For more information on American Heart Association CPR training classes in your area go to heart.org/cpr.

Follow us:

[facebook.com/AHACPR](https://www.facebook.com/AHACPR) twitter.com/HeartCPR #CPRsaveslives

WHAT IS A HEART ATTACK?



A heart attack is a **"CIRCULATION"** problem.

A **HEART ATTACK** occurs when blood flow to the heart is blocked.

A blocked artery prevents oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die.

WHAT HAPPENS

Symptoms of a heart attack may be immediate and may include intense discomfort in the chest or other areas of the upper body, shortness of breath, cold sweats, and/or nausea/vomiting. More often, though, symptoms start slowly and persist for hours, days or weeks before a heart attack. Unlike with cardiac arrest, the heart usually does not stop beating during a heart attack. **The longer the person goes without treatment, the greater the damage.**

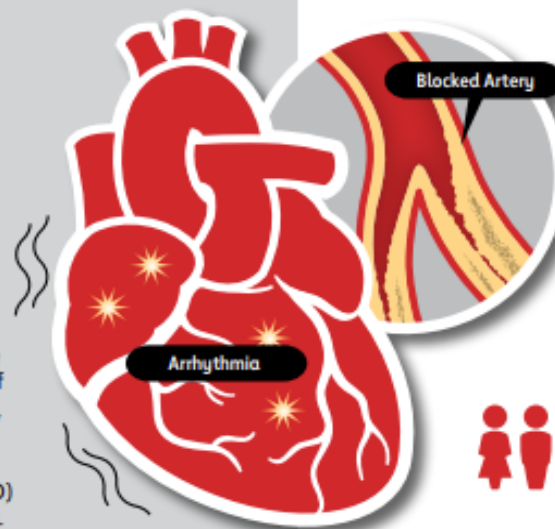


The heart attack symptoms in women can be different than men (shortness of breath, nausea/vomiting, and back or jaw pain).

WHAT TO DO



Even if you're not sure it's a heart attack, call your local emergency number. Every minute matters! It's best to call your local emergency number to get to the emergency room right away. Emergency medical services (EMS) staff can begin treatment when they arrive—up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.



WHAT IS THE LINK?



Most heart attacks do not lead to cardiac arrest. But when cardiac arrest occurs, heart attack is a common cause. Other conditions may also disrupt the heart's rhythm and lead to cardiac arrest.



**American
Heart
Association.**

Roasted Root Vegetables

Ingredients:

¾ pound rutabaga, peeled/cubed	3 tablespoons oil
1-pound red potatoes, cubed	¾ teaspoon salt
¾ pound sweet potatoes, peeled/cubed	¾ teaspoon pepper
3 carrots, peeled/chopped	2 tablespoons Italian seasoning

Directions:

1. Preheat oven to 425°F. Grease baking sheet.
2. In large bowl, stir together potatoes, rutabaga, sweet potato, and carrots.
3. Drizzle oil, salt, pepper, seasoning over vegetables. Stir to combine.
4. Spread vegetables evenly on baking sheet.
5. Roast for 20 minutes, gently stir vegetables.
6. Roast vegetables again for 20-25 minutes, or until tender when pierced with fork and golden brown in some spots.
7. Serve hot. Serves 6-8.



COMMUNITY
HEALTH &
ENGAGEMENT

Tubérculos asados

Ingredientes:

¾ libras (1,4 kg) de nabos pelados y cortados en cubos	3 cucharadas de aceite
1 libra (454 g) de papas rojas cortadas en dados	¾ cucharaditas de sal
¾ libras (1,4 kg) de batatas peladas y cortadas en cubos	¾ cucharaditas de pimienta
3 zanahorias peladas picadas	2 cucharadas de condimento italiano

Preparación:

1. Precaliente el horno a 425 °F (218 °C). Engrase una bandeja de horno.
2. En un bol grande, mezcle las papas, los nabos, las batatas y las zanahorias.
3. Rocíe aceite, sal, pimienta y condimentos sobre las verduras. Mezcle bien.
4. Esparza las verduras uniformemente sobre la bandeja de horno.
5. Ase durante 20 minutos, remueva suavemente las verduras.
6. Ase las verduras de nuevo durante 20-25 minutos, o hasta que las sienta tiernas cuando las pinche con un tenedor y estén doradas en algunos lugares.
7. Sirvalos calientes. Rinde 6-8 porciones.



COMMUNITY
HEALTH &
ENGAGEMENT



Jones Co. Recreation has the following Registrations open for these youth sports!
Please note their deadlines afterwards! Email us for questions:

recreation@jonescountync.gov

T-ball Ages 4-6, March 1

Baseball Ages 7-8s, 9-10s, 11-12s, March 1

Elementary School 5k Run Teams- Ages 8-12- March 7
(email us for schedule & details)

Girls Softball Ages 7-14, March 15

Soccer Ages 6-12, Reg by March 15

Register Online here:

<https://jonescountync.recdesk.com/Community/Home>

OR Scan



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OR Scan



1. **Bracketology.** There are lots of online sites to make your predictions. Invite your friends and co-workers to play and give small prizes at your party for categories of winners.
2. **Have a party for one or more of the games.** Invite those attending to wear the colors/jerseys of their favorite team.
3. **At the party create basketball themed name tags.** Have guest make a basketball nickname for themselves.
4. **At the party have a college hoops photo booth.**

- Set up a toy hoop and have competitions.
- Dribble mania. Pick an athlete with a famous dribble sequence, and see who can best mimic that sequence. Record a video of each contestant and compare it to actual footage of the athlete.
- Have a contest to see who will bring the best basketball themed food to share.
- March Madness trivia. [Click here](#) to download.
- Mascot Trivia. [Click here](#).
- Balloon basketball. Grab an even number of players and set up "baskets" at each end of the room. Teammates pass the balloon back and forth to each other, while keeping it away from the opposing team, and shooting baskets.
- Have a pep rally. [Click here](#) for the Billboard 100 best Jock-Jams.

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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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