

# Fill 'Er Up



Nutrition · Education · Connection

1075 Family Newsletter

May 2024

Vol. 4 No. 5

## USE A "TO DO" LIST TO GET STUFF DONE & STRESS LESS

It is easy to get overwhelmed with everything that needs to be done. Some of us are blessed with natural organizational skills, but for the rest of us a "to do" list will help manage those tasks. You will actually get more done in less time using a list. Here is how to get started.

1. Gather what you need to get organized: planner or notebook, pen, to-do list or blank piece of paper, current calendar, family calendar, sticky notes (optional).
2. Take out your calendar. If you do not already have dates plugged in (appointments, birthdays, anniversaries, etc.), then do that.
3. Brain dump—write down on a piece of paper everything that is swirling in your head that needs to be done—everything—no matter how small.
4. Organize that list in some fashion that will work for you (day, week, immediate, rank order, time it takes to do, etc.)
5. Be sure to add recurring tasks into the mix (e.g., clean bathrooms, change linen, do laundry, etc.)
6. Assign dates to some of the tasks. Some like to do some quick, easy things first to get a sense of accomplishment. Others may want to tackle harder tasks first.
7. Cross the completed task off the list. Feels good, doesn't it!
8. Write specific tasks on the calendar so they are spaced out. Hold yourself accountable for getting them done.

Don't forget to celebrate. Reward yourself for your accomplishments!

## May 2024

### May

- |    |                                 |
|----|---------------------------------|
| 7  | Food Distribution               |
| 9  | Food Distribution               |
| 14 | Food Distribution & Senior CSFP |
| 16 | Food Distribution & Senior CSFP |
| 16 | Pressure Canning Class 10-12    |
| 21 | Food Distribution               |
| 23 | Food Distribution               |
| 23 | Dehydration Class 10-12         |
| 28 | Food Distribution               |
| 30 | Food Distribution               |
| 30 | Herbs Class 10-12               |

Happy  
Mothers  
Day

## Chicken Tinga—Lots of Ways to Enjoy on Cinco de Mayo

This saucy smoky-sweet chicken dish can also be made with pork or beef. In addition to the protein, it combines tomatoes, chipotle peppers, onion, garlic and oregano. It is commonly served over tortillas, with nachos or as a filling for Tostadas, Empanadas Burritos, and more. In addition to its versatility, it can be made in advance and it's even freezer-friendly. It can also be made in a slow cooker.

### Ingredients:

- 1 lb Chicken breast (can be grilled, baked, roasted, fried, barbecued, or boiled)
- 1-2 TBSP Taco seasoning
- 2-3 TBSP cooking oil
- 2 cups Chicken stock (or water)
- 1 med White onion—thin sliced
- 1 TBSP Garlic—chopped
- 1 12 oz can Diced or crushed fire-roasted tomatoes
- 1 tsp. ground Cumin
- 1 tsp dried Oregano
- 2-3 chopped Chipotle Peppers in Adobo Sauce or Mayo

### Cook the Chicken:

- Season chicken breast with salt and taco seasoning.
- Heat 1-2 TBSP oil in a large skillet on medium heat and place chicken in skillet. Cook for 4 to 5 minutes, then flip using tongs.
- Add chicken broth, cover and cook for 15 minutes until internal temp of chicken is 165 degrees F.
- Remove chicken from pan and shred using two forks then set aside. Remove and save liquid.



### Sauté onions & garlic:

- Add a little more oil to the pan. Add onion and garlic. Stir 2-3 minutes until wilted. Stir in tomatoes, cumin and oregano.
- Continue cooking for 7-8 minutes. Add chipotle peppers and cook for about 1-2 minutes.

### Finishing touches:

- Add shredded chicken and mix to fully combine with the sauce. Cook 3-4 more minutes. Add a chicken broth if needed to moisten.
- Season with salt and pepper. Garnish with chopped cilantro and serve as desired.

**Happy Cinco de Mayo.**



# APRIL & MAY 2024 CALENDAR

ALL CLASSES ARE FREE SPONSORED BY THE FILLING STATION & UNITED WAY

**THURSDAYS @ THE FILLING STATION | 10AM-12PM**  
**221 MAIN ST, POLLOCKSVILLE, NC 28573**

**Learn the art of preserving and enhancing flavors in every bite!**

**QUESTIONS CAN BE DIRECTED TO FCS AGENT, SARAH WARE: SARAH\_WARE@NCSU.EDU OR 252-448-9621**

APRIL 18TH	APRIL 25TH	MAY 16TH	MAY 23RD	MAY 30TH
 <b>Home Food Preservation Intro</b>	 <b>Water Bath Canning</b>	 <b>Pressure Canning</b>	 <b>Dehydration</b>	 <b>Herbs</b>

N.C. COOPERATIVE EXTENSION IS AN EQUAL OPPORTUNITY PROVIDER. IN COMPLIANCE WITH THE AMERICANS WITH DISABILITIES ACT, N.C. COOPERATIVE EXTENSION WILL HONOR REQUESTS FOR REASONABLE ACCOMMODATIONS MADE BY INDIVIDUALS WITH DISABILITIES. PLEASE DIRECT ACCOMMODATION REQUESTS TO: SARAH WARE AT SARAH\_WARE@NCSU.EDU OR 252-448-9621. REQUESTS CAN BE SERVED MORE EFFECTIVELY IF NOTICE IS PROVIDED AT LEAST 10 DAYS BEFORE THE EVENT.

## What is the Healthiest Thing I Can Do for My Heart?

What is Heart Disease? When people talk about heart disease, they're usually talking about coronary heart disease (CHD). It's also sometimes called coronary artery disease (CAD). This is the most common type of heart disease. When someone has CHD, the coronary arteries (tubes) that take blood to the heart are narrow or blocked. This happens when cholesterol and fatty material, called plaque, build up inside the arteries.

According to the US Office of Disease Prevention and Health Promotion: **Getting regular physical activity can help prevent heart disease.** Adults need at least 150 minutes of moderate-intensity aerobic activity each

week. This includes anything that gets your heart beating faster — like walking, dancing, and biking. If you're just getting started, take it slow!

Other tips to help prevent heart disease:

- Eat healthy & Get active
- Stay at a healthy weight
- Quit smoking and stay away from secondhand smoke
- Control your cholesterol and blood pressure
- Drink alcohol only in moderation
- Manage stress



# Filling Young Hearts with the Arts

DANCE, ART & MUSIC DAY CAMP  
FOR JONES COUNTY RESIDENTS

JUNE 24-28 » 8:45 AM-1 PM DAILY

FOR AGES 8-12  
LUNCH INCLUDED



**FILLING  
STATION  
CAMPUS**

221 Main St  
Pollocksville, NC

**COST \$25** goes to the mission of the Filling Station

**THURSDAY  
JUNE 27 AT 10AM**

NC Symphony's  
Music Discovery Program

OPEN TO THE PUBLIC

*Register Today!*



Email: [info@fillingstation1075.com](mailto: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.

Funded by  
**The Harold H. Bate  
Foundation**



**LENOIR**  
COMMUNITY COLLEGE  
JONES COUNTY CENTER

# Transitional and Career Studies GED Night Classes

**Tuesdays  
Wednesdays  
& Thursdays**

**6 PM – 9PM**

**For more information, please contact the  
LCC Jones County Center at 252-448-5021.**



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

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