

Fill 'Er Up



Nutrition · Education · Connection

1075 Family Newsletter

November 2024

Vol. 4 No. 11

Being Fake Thankers is Not Okay

Excerpts from an article by Jon Bloom.

"We've learned to say thank you without feeling thankful and to think it's okay. It's not okay. Thankless gratitude is like affectionless love. It's like joyless happiness. It's like the form of godliness without its power. It's not okay. It's not the real thing. And as long as we practice it we are missing out on the joy God intends to give us through thanksgiving.

"When God commands us to "give thanks in all circumstances" (1 Thessalonians 5:18), he does not want some mere spiritual courtesy from us. It's not like he needs our meager words of thanks or he'll feel bad, like grandma might have. I believe God does feel bad if we don't express gratitude. But what he feels is not self-pity because we didn't make him feel good for doing something nice for us. He feels

grieved for us because we are missing the point and therefore missing true joy.

"Christian thanksgiving is a feast of joy for the soul. It is savoring what is most satisfying to us. It is eating "the food that endures to eternal life" (John 6:27).

That is what the Thanksgiving Day feast of food is all about. The food many of us will enjoy is not meant to be the focus; it is meant to be a finger pointing to the abounding grace of God (2 Corinthians 9:8) that is enveloping us like a flood. The food is meant to help us really taste joy. The feast is meant to help us really feast.

So, in the words of the old table blessing,

**"For what we are about to receive,
may the Lord make us
truly thankful."**

November 2024

5	Food Distribution
7	Food Distribution
12	Food Distribution & Senior CSFP
14	Food Distribution & Senior CSFP
14	DIY Foodie Gifts 10 to 12
19	Food Distribution
21	Food Distribution
21	DIY Foodie Gifts 10 to 12
26	Closed for Thanksgiving
28	Closed for Thanksgiving



10 Healthy Thanksgiving Tips

These tips are meaningful anytime, not just at Thanksgiving.

BRING THE HEALTHY DISH

If you are going to a party and are worried about which options they will have available, bring the healthy dish — the dish that you know you can rely on for your healthier option

DON'T SKIP MEALS

Don't skip breakfast or lunch just because you plan to eat at an event in the evening. The concept of "saving calories" doesn't work and you will end up feeling famished by the time you allow yourself to eat and likely indulge a little more than you anticipated. It's not worth it. Make healthy choices before the event and you're far less likely to overdo it.

BREATHE

This might sound silly, but if you're feeling overwhelmed by temptation, excuse yourself for five or ten minutes to breathe. Focus on your breath and re-center yourself to deal with the situation. Having a few moments to reconnect with yourself can help keep you in line with the plan you've set out for yourself.

DRINK MORE WATER AND LESS ALCOHOL

Most of us don't get enough water each day and with the added excitement of the holidays, drinking alcohol only makes us more dehydrated. You don't have to cut out drinking alcohol entirely, just be sure to drink water between drinks and be mindful of the drinks you do take.

MAKE HEALTHY SWAPS

When it comes to creating meals or treats for the holidays, our healthy choices often end once the stove or oven turns on. Try to make some healthy swaps by using natural sweeteners instead of sugar in baked goods. Swap out whipped cream for whipped coconut milk on your pie, and try to "sneak" in some healthier sweet potatoes or squash with your mashed potatoes. These are just a few ideas - get creative!

PORTION CONTROL

Remember that just because it's a holiday, it doesn't mean that portions don't exist. Portions are the same on holidays and at holiday events as they are any other day of the year. Load up on veggies and lighten up the other areas of your plate.

KEEP REALISTIC AND CONSISTENT GOALS

Many of us can be hard on ourselves this time of year. Stay realistic about your health goals. This probably isn't the right time to be trying to lose weight - maintaining weight is a much more realistic goal for anyone. Stick to your consistent eating and exercise schedule and make sure you're doing some good things for yourself too.

DON'T WORRY

If you overindulge at one event, don't worry about it. You don't need to start a crash diet just because you had one too many pieces of pie. Every time you pick up your fork is a new opportunity to change your eating habits - pick it up and move forward with healthy choices.

BE PREPARED

If you plan to attend events where you know there will be tables upon tables of holiday cookies or tempting foods, make sure you eat beforehand or come with a healthy snack in your bag or car to rely on. When you have a healthy choice available to you at all times, it becomes that much easier to make it in tough situations.

INDULGE MINDFULLY

It is the holiday season after all -so enjoy yourself and family! The key to remember about indulging is to be fully mindful when you are. This means focusing in on the flavors, texture, smell, and every other little thing you love about it. When you're mindful of the experience, even a little can go a long way.

Source: Idaho Foodbank [click here](#)

Taking Family Pictures Using a Cell Phone

The holidays is a time when most families want to make memories and to save those in digital form. Most are also using their cell phones to take these heirloom photos. Here are some tips for taking family pictures with a cell phone:

- Clean the lens—a quick wipe with a soft, lint-free cloth can remove dust and smudge that can make photos blurry.
- Use natural light—natural light is better than a phone’s flash, which can be harsh and unflattering. Avoid placing people in front of windows, which can create an uneven light. Avoid shooting into the sun as the people will be unrecognizable.
- Get closer—get physically closer to the people you are photographing instead of zooming in. Zooming in can cause pixelation.
- Change your perspective—trying getting higher up or taking photos at a lower angle to make a more interesting visual.
- Use portrait mode—portrait mode focuses on the subject of the photo and adds a blur to the background.
- Use a tripod. A tripod can steady the camera for longer exposures, especially if the light is low.
- Experiment with exposure—you can manually adjust exposure to brighten up shadows or darken highlights.
- Use HDR—HDR mode (high dynamic range) adds detail from both the dark and light areas of a photo.
- Follow the rule of thirds—mentally divide the shot into a three-by-three grid and place important element along the lines or where they intersect.
- Location—keep it simple—choose a familiar spot either indoors or outdoors, but pick a simple, uncluttered background.
- Don’t shoot in harsh sun—best to shoot in the late afternoon during the “golden hour.” Use an app like Alpenglow to pick the best time.
- Keep it fun! Try to catch a natural laugh—not the cheesy “say cheese.”
- Edit as needed. Some photos are best if enhanced.
- Print and share your best photos!



Roasting Fall Squash & Pumpkin

Ingredients:

- 1 acorn (right), butternut (below), or sugar pumpkin (below right)
- 2 tablespoons butter
- 2 tablespoons of brown sugar

Instructions:

1. Preheat oven to 350 degrees
2. Cut in half, then scrape out seeds and stringy bits.



3. Place each half into a baking dish, cut side up, then add small amount of water to bottom of pan.
4. Add 1 T of butter and 1 T of brown sugar to the center of each squash.
5. Cover in tin foil.
6. Bake 1-2 hours. Time depends on density.
7. After roasting, scrape roasted squash from the skin, then puree it with remaining butter and sugar.
8. Enjoy as a side dish or use in your baking.



DO IT YOURSELF *Foodie Gifts!*



Join us for 2 FREE classes where participants will learn how to create delightful, personalized food gifts while also gaining essential food safety tips!



November 14th & 21st, 2024
10:00AM - 12:00PM



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



Thanks to the sponsorship from The Filling Station & United Way!



www.go.ncsu.edu/DIY-Foodie-2024
(8 spots only!)



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@NCSSU.EDU OR 252-448-9621. REQUESTS CAN BE SERVED MORE EFFECTIVELY IF NOTICE IS PROVIDED AT LEAST 10 DAYS BEFORE THE EVENT.



Getting Through The Holidays

GRIEF SUPPORT WORKSHOPS at The Filling Station in Pollockville, NC

The upcoming holidays can be a difficult time for those who are experiencing loss in their lives. Cardinal Hospice Healthcare is offering a series of workshops to provide education, information, and support for those who are dealing with grief and loss.

The workshops are free & open to adults of all ages. Some topics discussed will include:

- Dealing with Difficult Emotions During the Holidays*
- Survival Tips for Handling the Holidays*
- Making Decisions About Holiday Traditions and Rituals*

Tuesday, December 3, 2024 – 10:30AM-12:00PM
Tuesday, December 10, 2024 – 10:30AM-12:00PM

Join us at The Filling Station, 221 Main Street, Pollockville
Facilitated by Carol Jackson, Medical Social Worker at Cardinal Hospice Healthcare

TO REGISTER, PLEASE CALL 252-224-1127



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

Board Members

Chair: Bobby Darden

Vice-Chair: Clyde Murphy

Treas: Willie Smith

Secretary: Beverly Collins

Emily Andrews

Ellis Banks

Sheron Bender

Charley Jones

Colby Jordan

Ella McDaniel

Michael Pretty

Christopher Rogerson

Kenneth Spivey

Estelle Surles

John Taylor

Greg Thornburg

Carol Mattocks, Board Advisor

Tharesa Lee, Consultant

Mary Ann LeRay, Ex. Dir.

Judy Hills, Editor

