



# HEALTHY TIDBITS

Serving Families in Halifax & Northampton Counties

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**Make 2018 your healthiest year yet!**  
**Find ways to boost your health and well-being!**

Be a healthier you by:

- Make healthy food choices. Fill your plate with fruit, vegetables, whole grains, low-fat milk products, lean meats, poultry, fish, eggs, and nuts.
- Be Active. Simply move more throughout your day.
- Be Smoke free. If you are ready to quit, call 1-800-QUIT-NOW
- Get enough sleep. Insufficient sleep is associated with chronic diseases, such as, diabetes, cardiovascular disease, obesity, and depression.

Source: [www.cdc.gov](http://www.cdc.gov)

**A YEAR FROM NOW  
YOU WILL WISH  
YOU HAD STARTED  
TODAY**

# Monthly Diabetes Support Groups

**CADA Bldg at Rich Square** 120 Sessoms Drive, Rich Square

Thur, Jan 4 12:00 noon

Thur, Feb 1 12:00 noon

**Halifax Regional Medical Center** 250 Smith Church Rd, Roanoke Rapids

Mon, Jan 8 6:00 PM

Mon, Feb 12 6:00 PM



## Stock Your Kitchen for A Healthier 2018

### Dry or Canned Foods

no salt added canned vegetables  
no/low added salt dried or canned beans  
no/low added salt tomato paste or sauce  
canned fruit packed in own juices or water  
dried fruit, no added sugar  
whole grains (brown rice, oatmeal, quinoa)  
whole-grain pastas  
whole-grain crackers, no/low added salt, sugar  
canned tuna or salmon, packed in water or olive oil  
Nuts and seeds, no/low added salt, sugar  
nut butter, no/low added salt, sugar  
chicken or vegetable broth, no/low added salt

### Freezer Foods

Chicken  
Lean ground beef or ground turkey breast  
fish or other seafood  
whole-grain bread  
fruit and vegetables, no added salt or sugar

### Refrigerator Foods

Pre-washed salad greens  
fruit  
vegetables  
hummus  
eggs  
low-fat milk  
plain Greek yogurt

### Condiments, Spices, and Aromatics

Olive oil, canola oil, vinegars (balsamic, cider, red wine, white wine, sherry),  
Salt and pepper, 3 or 4 dried herbs and spices, garlic, onions, limes and lemons



# A Few of My Favorite Crock Pot Recipes

## Chicken Fajitas

Yields: 5-6 servings

- 1 ½ pounds chicken breast, boneless, skinless (or other cut of meat)
- 2 bell peppers, sliced
- 1 small onion, or ½ large onion, sliced
- low sodium taco seasoning packet
- 1 teaspoon chili powder
- 1/2 teaspoon paprika
- 1 teaspoon salt

Combine all ingredients together and pour into crock pot. Cook 4-5 hours on high or 6-7 hours on low.

When it is cooked, Shred the meat and serve on warm tortillas and your favorite toppings.

Possible sides:

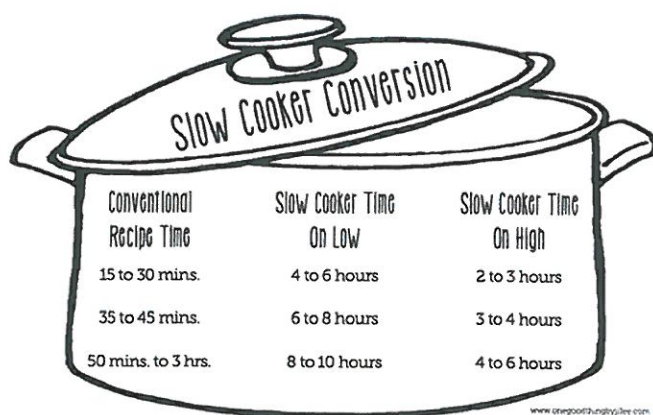
- 12 tortillas (whole wheat for a healthier alternative)
- Fajita toppings of your choice such as, low fat Mexican cheese blend, avocado, diced tomatoes, lettuce or spinach, jalapenos
- Other sides options: corn, black beans, Mexican rice, chips and salsa

## Porcupine Meatballs

Yields: 6 servings

- 1 pound lean ground beef or ground turkey (I use 93% lean)
- ½ cup brown or long grain rice
- ½ cup water
- 1/3 cup chopped onion
- ½ teaspoon celery salt
- 1/8 teaspoon pepper
- 1/8 teaspoon garlic powder
- 1 (15oz) can tomato sauce
- 1 cup water
- 2 Tablespoons brown sugar
- 2 teaspoons Worcestershire sauce

- In a bowl, combine rice, ½ cup water, onion, celery salt, pepper, and garlic powder. Shape into 1 ½ inch balls.
- In large skillet coated with olive oil, brown meatballs; drain.
- Combine tomato sauce, 1 cup water, brown sugar, and Worcestershire sauce.
- Add sauce and meatballs to crock pot.
- Cook 4-5 hours on high or 6-7 hours on low.



# Mark Your Calendar



## **NC Safe Plates Certified Food Protection Manager Course**

Northampton County Cooperative Extension Office

Classes: February 20 & 21, 2018

9:00am - 4:30pm

Exam: Thursday, February 22 at 9:00am

Northampton County Cooperative Extension

9495 NC Highway 305, Jackson, NC 27845

252-534-2711

Registration Fee: \$115.00

(Includes class, book, exam, and refreshments)

**For more information call: EB Odom at NC Cooperative Extension at 252-534-2711**

## **Test Your Brain!!**

1. What are two North Carolina vegetables that can live to produce on their own for several growing seasons? Most vegetables must be replanted every year. What are two NC perennial vegetables?
2. What fruit has its seeds on the outside?



source: *Sharpbrains.com*

Answers: 1. asparagus & rhubarb 2.  
strawberry