



WILSON BITS & BITES

FAMILY AND CONSUMER SCIENCES NEWSLETTER

JANUARY 2022 EDITION



WILSON COUNTY CENTER

INTRODUCTION - ABOUT ME

Hey everyone! Welcome, I'm so glad you're here. My name is Taylor Cabaniss and I am the new Family and Consumer Sciences Agent at the N.C. Cooperative Extension, Wilson County Center. I started in October and I am so ready to jump right in and serve the residents of this county.

My goal is to provide education and increase consumer's knowledge and confidence in the areas of foods, nutrition, and health. I act as a resource to community members who want to lead a healthier lifestyle through food-based programs. I want to help you make the healthy choice, the easy choice while staying within your budget. If this sound like something you're interested in, please give me a call and I would love to tell you about my upcoming programs.

A little about me, I am a Pitt County native, now residing in Greene County. I received both my bachelor and master degrees from East Carolina University in Public Health and Health Education. In my spare time, I love to be outside with my boyfriend, bonus-son, and our Great Dane puppy.

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HOW TO STICK TO YOUR NEW YEAR'S RESOLUTION

A new year often means a fresh start and a good opportunity to change a person's habit(s), which is probably why so many people make New Year's resolutions. Last year, approximately 1 in 4 Americans made a New Year's resolution, many revolving around exercise, diet, and financial stability. Unfortunately, only about a third of people who made a resolution, actually stuck with it. So, what can you do to help achieve your resolution goals? The following tips may help you be successful.

Set a S.M.A.R.T. Goal

Make your resolutions **S**pecific, **M**easurable, **A**ttainable, **R**elevant, and **T**ime-based. Rather than simply saying "I want to lose weight", include how much weight you want to lose, whether you're going to measure by clothing size or a scale, make sure you can reasonably accomplish your goal in a given time frame, make it align with your long term objectives, and set a realistic end date. For example "I want to lose 15 pounds by the end of 2022, by eating more fruits and vegetables, limiting processed foods, and exercising at least 30 minutes a day.

Focus On One Goal at a Time

Choose just one resolution to focus all your energy on, rather than making multiple goals and spreading yourself too thin. Establishing new behavior change takes time and effort so taking on too much can feel daunting, making

you want to throw in the towel altogether.

Make a Detailed Plan/Start with Small Steps

Take time to create a plan on how you are going to achieve your goal, with small steps included. You can't run a marathon if you don't train for it. Planning and making the small steps may seem like a slow start, but it will make it easier for your new habit to stick and ultimately create long-term success.

Get Support

Having a good support system can often times make or break your goal. Find someone who shares your same goal and achieve it together. Having a buddy helps with accountability and keep you motivated.

Conquering Setbacks

The path towards success is not always linear. If you face challenges and setbacks, view them as learning opportunities and think of what you could do to avoid relapse if another challenge presents itself.

Renew Your Motivation

There are going to be moments when your motivation just isn't there. During those times, remind yourself what you have to gain by achieving your goal. Write down a list if you need to. You can also journal your experience, that way you can look back on how far you've come when you struggle with motivation.

WHAT'S IN SEASON - APPLES

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Vitamins & Minerals

Vitamin C
Vitamin K
Potassium



Health Benefits

- Due to the high fiber content, they aid in digestive health
- Can help lower your risk of heart disease and stroke
- Can assist in lowering cholesterol and blood pressure
- They are linked to a lower risk of type 2 diabetes
- May reduce the risk of some cancers
- Eating fruit in general is linked to higher bone density

Fun Facts

- North Carolina is the #7 apple producer in the nation
- One apple provides 20% of your recommended daily fiber intake
- Apples float because they are made of 25% water
- The average apple contains 5 seeds
- It takes the energy from 50 apple tree leaves to produce one apple
- At room temperature, apples ripen 10 times fast compared to refrigeration
- More than 7,500 varieties of apples are grown worldwide and the U.S. grows about 2,500 varieties
- The only apple native to North America is the crabapple

Source: [Washington Apple Commission](#)

WARM KALE AND APPLE SALAD

Try this recipe that could be a stand alone dish, or served with salmon or rotisserie chicken for a more robust meal.

Be sure to use North Carolina apples for optimal taste.

Prep Time + Cook Time = Total Time

10 mins + 15 mins = 25 mins

Ingredients:

- 1/4 cup sliced almonds
- 1/3 cup chopped onion
- 1/2 tsp olive oil
- 1 bunch kale (about 6 oz.), chopped (large stems removed)
- 2 cups diced red apples
- 1/8 tsp salt
- 1/8 tsp black pepper



Instructions:

1. Wash fresh vegetables prior to preparing.
2. Heat non-stick skillet over medium-high heat.
3. Add oil and onion. Cook, stirring occasionally, for 5 minutes.
4. Add apples and cook for 5 more minutes, stirring occasionally.
5. Add kale and cook for another 5 minutes, or until kale is bright green in color and has wilted slightly.
6. Add salt and pepper to taste. Sprinkle almonds over the top and serve.

Nutrition Information Per Serving:

(makes 2 servings)

Calories - 150

Carbohydrates - 28 g

Protein - 11 g

Total Fat - 4 g

Saturated Fat - 1 g

Trans Fat - 0 g

Cholesterol - 5 mg

Calories from Fat - 24%

Calcium - 130 mg

Folate - 34 mcg

Iron - 1.7 mg

Fiber - 5 g

Total Sugars - 14 g

Sodium - 240 mg

Source: [Warm Kale and Apple Salad](#) recipe

30 DAY WINTER WORKOUT CHALLENGE

Day 1: 25 squats

Day 2: 10 burpees

Day 3: 30 second plank

Day 4: 10 pushups

Day 5: 1 mile walk

Day 6: 25 walking lunges

Day 7: 30 second bridge

Day 8: 20 donkey kicks

Day 9: 50 high knees

Day 10: 2 mile walk

Day 11: 15 burpees

Day 12: 15 pushups

Day 13: 150 jumping jacks

Day 14: 45 second plank

Day 15: 50 jump squats

Day 16: 30 jump lunges

Day 17: 45 second bridge

Day 18: 30 donkey kicks

Day 19: 20 pushups

Day 20: 3 mile walk

Day 21: 60 second plank

Day 22: 20 single leg bridges

Day 23: 150 skiers

Day 24: 40 walking lunges

Day 25: 50 squats

Day 26: 20 burpees

Day 27: 60 second bridge

Day 28: 100 high knees

Day 29: 25 pushups

Day 30: 75 second plank

UPCOMING PROGRAMS, EVENTS & HIGHLIGHTS

New Year's Fitness Challenge

Join this virtual fitness challenge to help you stay on track with your fitness-related resolution. The challenge is from January 10th to February 20th.

Participants will receive weekly emails with motivational tips to stay on track and have access to live and recorded exercise sessions. For more information and to register, visit the [Eventbrite program website](#).

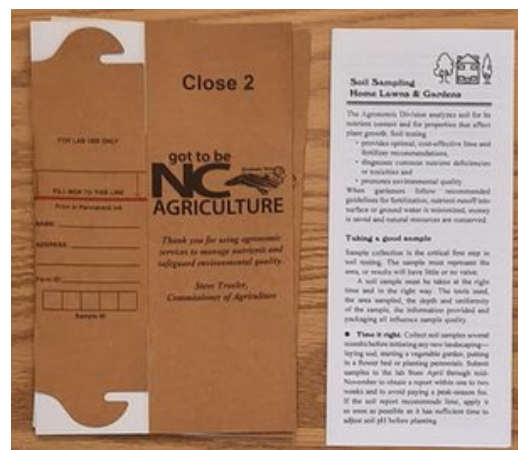


North Carolina Radon Program

Radon is the second leading environmental cause of lung cancer in the nation. Radon is a colorless, tasteless, odorless, and chemically inert radioactive gas. It is formed by the natural radioactive decay of uranium in rock, soil, and water. Starting January 1, 2022, the NC Radon Program is offering FREE test kits to households. If you are interesting in receiving your test kit or just want more information, visit the [NC Radon Program website](#). Supplies are limited, so don't wait.

Lawn & Garden Soil Sample Information

If your wanting to plant a garden in the new year to reap some delicious, healthy fruits and vegetables, bring a sample of your soil to our office for testing. The laboratory at NC State University will be able to provide you with recommendations on how to make your soil optimal for your gardening needs. Visit [this website](#) for more information or come into our office for a soil sample box.





..... ADDITIONAL RESOURCES

Goal Setting | For more information about how to create goals for your New Year's resolution and print free tracking sheets [visit this website](#).

Apples | For more information about apples, visit the [NC Apple Growers Association website](#). You can also visit the [USDA website](#) for more apples resources and links to recipes.

Exercise | Want a free, at home walking workout that will get your blood pumping? Visit the [Walk at Home by Leslie Sansone](#) YouTube channel. You can also check out the [Body Project](#) YouTube channel for at home workouts that require no equipment.

Support Local | To find fresh and local produce, download the [Visit NC Farm](#) app. Available for Apple and Android devices.

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