



# WILSON BITS & BITES

FAMILY AND CONSUMER SCIENCES NEWSLETTER

JUNE 2022 EDITION

**NC COOPERATIVE  
EXTENSION**



WILSON COUNTY CENTER

## INTRODUCTION

Hey everyone! Welcome, I'm so glad you're here. My name is Taylor Cabaniss and I am the Family and Consumer Sciences Agent at the N.C. Cooperative Extension - Wilson County Center. I started in October 2021 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 sounds like something you're interested in, please give me a call and I would love to tell you about my upcoming programs.

Be sure to subscribe to this newsletter to receive monthly updates about the programs and workshops that are being offered, as well as information on various health topics and delicious recipes that are sure to be a hit in your house. The link to subscribe is on the very last page. If you have any questions, feel free to contact me through email (tcdavenp@ncsu.edu) or by phone (252-237-0111).

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# RE-THINK YOUR DRINK



It is no secret that soft drinks, sweet tea, juice and sugary coffee are highly prevalent in our society. I mean they *are* delicious. But did you know that research has shown there is a direct correlation between sugar-sweetened beverage consumption and obesity? Furthermore, sugar-sweetened beverages are the main source of added sugar in the diet of children and adolescents. Not to mention that 43% of our added sugar consumption comes from soft drinks, that's crazy!

You might be saying to yourself, well there can't be *that* much sugar in those beverages. Maybe you're thinking to yourself "I only drink one coffee and one soft drink a day, that's pretty good, right". Well I want to put that into perspective for you.

The recommended added sugar consumption for adults is between 6-9 teaspoons (6 teaspoons for women and 9 teaspoons for men) a day. One medium mocha coffee has an average of 9 teaspoons of added sugar and a 20-ounce soda contains about 16 teaspoons of added sugar. That's 25 teaspoons of added sugar,

from just two beverages! If you were a woman, then you just consumed over **FOUR TIMES** the amount of added sugar that is recommended per day.

So what are some things that you can do to help decrease your added sugar intake from beverages? First off, choose water. Drinking water is the best beverage option. It's calorie-free, sugar-free, fat-free and usually free (if you drink tap water). Keep water and sugar-free beverages on hand at work, in the car, and at home. You can also carry a refillable water bottle with you and refill it throughout the day. Try drink at least 64-ounces of water per day. If you simply do not like the taste of plain water, try infusing it by adding fresh fruit or herbs to give it a little extra flavor. This option has a ton of different flavor combinations for you to play around with and make it your own.

However, if you simply must have your sugar-sweetened beverage, consider cutting back on how many times you consume that a day, or a week. You could also swap out the sugar flavoring in your coffee for a sugar-free option.

Want to play a game? Try matching these common items with the average amount of added sugar they contain. Check the answer key on the last page of the newsletter to see if you got it right.



20-ounce sports drink

**18 tsp.**



8.5-ounce energy drink

**8 tsp.**



20-ounce orange drink

**7 tsp.**



18-ounce sweet tea

**13 tsp.**



chocolate candy bar

**12 tsp.**

# WHAT'S IN SEASON - BLUEBERRIES

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## Vitamins

Vitamin K  
Vitamin C  
Vitamin E  
B Vitamins

## Minerals

Manganese  
Copper  
Potassium  
Iron



## Health Benefits

- Low in calories, at only 80 calories per serving
- A good source of fiber
- May reduce the risk of heart disease
- Supports immune health
- Help with growth and repair of tissues and wounds

## Fun Facts

- Blueberries are certified as heart healthy by the American Heart Association's ® Heart-Check Food Certification Program
- Blueberries ranked number one in antioxidant health benefits
- The blueberry is one of the only foods that is naturally blue in color
- Blueberries used to be called "star fruits" by North American indigenous people due to the star shape on the bottom of the berry
- There are two types of blueberries, highbush and lowbush
- Blueberries freeze in four minutes
- Ten states grow 98% of U.S. blueberries: California, Florida, Georgia, Indiana, Michigan, Mississippi, New Jersey, North Carolina, Oregon, and Washington
- A single blueberry bush can produce up to 6,000 blueberries per year

# BLUEBERRY MUFFINS

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This recipe is perfect for meal prepping breakfast for the week and the whole household is sure to love it. Or it could be a great snack to help satisfy your sweet tooth. If you don't have fresh blueberries on hand, frozen works great too.

Prep Time + Cook Time = Total Time

10 mins + 30 mins = 40 mins

## Ingredients:

- 1/2 cup vegetable oil
- 1 cup sugar
- 2 eggs
- 1/2 cup low-fat milk
- 1 teaspoon vanilla extract
- 2 cups flour
- 2 teaspoon baking powder
- 1/2 teaspoon salt
- 2 cups blueberries (fresh or frozen)

## Instructions:

- Preheat oven to 375°F.
- Grease the muffin pans with olive oil spray or use muffin pan liners.
- In a large mixing bowl, stir the oil and sugar until creamy.
- Add the eggs, milk, and vanilla. Mix until blended.
- In a medium mixing bowl, stir together the flour, baking powder, and salt.
- Add the flour mix to the oil and sugar in the large bowl. Stir together.
- Stir the blueberries into the batter.
- Fill each muffin cup 2/3 full with batter.
- Bake for 25-30 minutes.



## Nutrition Information Per Serving:

makes 12 servings  
serving size is 1 muffin

### Calories: 252

Total Fat: 10g

Carbohydrate: 37g

Dietary Fiber: 1g

Sodium: 195mg

Protein: 4g

Cholesterol: 32 mg

Source: [Blueberry Muffins](#)

# JUNE WEEKLY FITNESS CHALLENGE

## Week 1: June 1-7

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20 second plank

10 tricep dips

10 burpees

30 crunches

repeat this circuit 3 times

add 15 minutes of cardio

## Week 2: June 8-14

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30 second plank

20 tricep dips

20 burpees

40 crunches

repeat this circuit 3 times

add 20 minutes of cardio

## Week 3: June 15-21

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40 second plank

30 tricep dips

30 burpees

50 crunches

repeat this circuit 3 times

add 25 minutes of cardio

## Week 4: June 22-30

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50 second plank

40 tricep dips

40 burpees

60 crunches

repeat this circuit 3 times

add 30 minutes of cardio

# UPCOMING PROGRAMS, EVENTS & HIGHLIGHTS

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## Knife Skills Workshop

This workshop is intended for those who don't feel quite as confident in the kitchen utilizing knives or for those beginner cooks. We will go over various knives, the intended uses, different types of cuts, handling, and care. Participants will also be able to apply what they learned by practicing on produce. This workshop will be held on July 25th from 3pm-4pm and costs \$6. Register for the event by visiting <https://knifeskillsworkshop.eventbrite.com>

FCS Agent, Taylor, has been working with Gee Corbett Village Senior Center on re-starting their community garden. After securing funds to purchase raised garden beds, donation requests were made to several local businesses for other important gardening supplies. A huge 'thank-you' to Womble Hardware & P.L. Woodard, Wilson County Government, and Tractor Supply for the seeds, mulch, gardening gloves, fertilizer, and dusting powder.



This spring, seniors at Gee Corbett Village Senior Center participated in a 8-week long health and nutrition program where they learned about lifestyle changes to help reduce the risk of chronic conditions. Pictured are all of the participants on the last day of class with their certificates of completion.

## Dial Gauge Pressure Canner Testing

A dial gauge pressure canner need to read the correct pressure to ensure that foods being processed are properly canned. There is a potential for unsafe processing if the gauge reads 2 pounds pressure high or low, jeopardizing the safety of the food in the jar. Bring your dial gauge pressure canner lid to the Extension Office anytime Monday-Friday 8:00am-5:00pm to be checked for FREE!





## ..... **ADDITIONAL RESOURCES** .....

**Re-think Your Drink** | Want to know more about sugar-sweetened beverages and tricks to re-think your drink? Then visit the [CDC Re-think Your Drink website](#). The answer to the game is: sports drink = 13 tsp; energy drink = 7 tsp; orange drink = 18 tsp; sweet tea = 12 tsp; candy bar = 8 tsp

**Blueberries** | For more information about blueberries click on the following website: [U.S. Highbush Blueberry Council](#), [Farm Flavor](#), or [BC Blueberry Council](#).

**Exercise** | Check out these YouTube channels for free, at home workouts with little to no equipment needed: [Walk at Home by Leslie Sansone](#), [Body Project](#), [Pahla B](#), [Fitness + Life Coach](#)

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

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