



WILSON BITS & BITES

FAMILY AND CONSUMER SCIENCES NEWSLETTER

AUGUST 2022 EDITION

NC COOPERATIVE
EXTENSION



WILSON COUNTY CENTER

INTRODUCTION

Hey everyone! Welcome, I'm so glad you're here. My name is Taylor Cabaniss Cumpler 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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NUTRITION FACTS LABEL



Understanding how to read and interpret the Nutrition Facts label on food products can help in knowing what exactly you are consuming and how healthy (or unhealthy it is). However most people feel overwhelmed when trying to read the Nutrition Facts label. So let's go over the different components in order for you to make informed food decisions that fit your healthy diet.

Serving Information

At the top of the label, you will see how many servings are listed in the container and what the serving size is. The serving size indicates the amount that people usually eat or drink not what the recommended consumption is. Pay close attention to this part because all the other information listed on the label is reflective of one serving size. If you consume more than one serving, then you will need to adjust the calories, nutrients, and Percent Daily Value based on how much you ate or drank.

Calories

Calories provide a measure of how much energy you get from a serving of this food. To maintain a healthy body weight, you will need to balance the amount of calories you take in, with the amount of calories your body uses. Remember, consuming too many calories without expending them is linked to overweight and obesity which is a risk factor for various chronic conditions.

Nutrients

The yellow section shows the key nutrients that affect your health. Nutrients you want to get less of

Serving Size → 8 servings per container
Serving size 2/3 cup (55g)

Amount of Calories → **Amount per serving**
Calories **230**

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

Footnote → * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Percent Daily Value ←

This label is for educational purposes only. The Nutrition Facts label found on product packaging is not color coded.

include saturated fat, trans fat, sodium and added sugars. Consuming too much of these nutrients can have an adverse affect on your health and can lead to chronic conditions. Nutrients you want to get more of include dietary fiber, vitamin D, calcium, iron, and potassium. These nutrients are shown to have positive affects on your health.

Percent Daily Value (%DV)

The %DV shows how much a nutrient in a serving of a food contributes to a total daily diet. It also help you determine if a serving of food is high or low in a specific nutrient. A general rule of thumb is if the %DV is 5% or less of a nutrient per serving, it is considered low. If the %DV is 20% or more of a nutrient per serving, it is considered high.

Footnote

The footnote portion of the Nutrition Facts label indicates that the %DV numbers are based on a 2,000 calorie diet. Your caloric intake may be different based on your age, activity level, if you are trying to maintain, gain, or lose weight, etc. However, this is still a helpful tool to utilize when you are purchasing packaged foods.

WHAT'S IN SEASON - SQUASH

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Vitamins

vitamin C
vitamin B6
vitamin A
Folate

Minerals

Magnesium
Fiber
Riboflavin
Phosphorus
Potassium
Manganese



Health Benefits

- Summer squash is fat free, which can help reduce the risk of some cancers
- It is sodium free and can help reduce the risk of high blood pressure
- Summer squash is cholesterol free and may reduce the risk of heart disease
- It is low in calories
- High in vitamin C, which aids in immune health, wound healing, and maintaining healthy blood vessels, bones and cartilage

Fun Facts

- There are four types of summer squash: Crookneck, Italian Squash, Scallop, and Straightneck.
- Summer squash is 95% water.
- The vitamins and minerals are found in the skin, so don't peel it before cooking it.
- Squash originated in the Americas.
- You can actually eat squash blossoms, both raw and cooked.
- The smaller the squash in size, the more flavorful it will be.
- Did you know that summer squash is related to melons like honeydew and watermelons?

STUFFED SUMMER SQUASH

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If you have an abundance of summer squash in your garden, try this recipe. You can also go to your local farmer's market and pick some up from there. At under 300 calories per serving, this dish is not only healthy but is fulfilling as well. You can also make this with your favorite stuffing combination!

Prep Time + Cook Time = Total Time

30 mins + 30 mins = 60 mins

Ingredients:

- 2 summer squash
- 3 cups cooked brown rice
- 1 cup diced tomatoes
- 1 cup squash pulp (from summer squash listed above)
- 1 cup white beans, drained and rinsed
- 1 tablespoon fresh basil
- 4 tablespoons Parmesan cheese

Instructions:

- Wash and cut squash in half, lengthwise. Remove the large seeds.
- Steam the squash, skin side down, in a small amount of water in a fry pan or skillet until slightly tender (but not mushy).
- Scoop out a good amount of pulp (1 cup), place in a bowl and mix with brown rice, tomatoes, white beans, and basil.
- Place the squash shells in a baking dish. Stuff the squash with the brown rice mixture.
- Top with Parmesan cheese. Bake at 350°F for about 30 minutes.



Nutrition Information Per Serving

makes 4 servings

Calories: 287

Total Fat: 3 g	Sodium: 194 mg
Cholesterol: 3 mg	Protein: 12 g
Carbohydrate: 55 g	Added Sugar: 0 g
Dietary Fiber: 9 g	Calcium: 147 mg
Potassium: 824 mg	Iron: 3 mg

Source: [USDA MyPlate](https://www.platebuilder.gov/)

AUGUST EXERCISE CHALLENGE

"STANDARD CIRCUIT"

- 5 tricep dips
- 10 squats
- 10 lunges (each leg)
- 15 sit-ups
- 10 push ups
- 20 jumping jacks

MONDAY

- Standard Circuit x2
- 25 squats
- 25 sumo squats
- Standard Circuit x2
- Repeat squat exercises
- Standard Circuit x2
- Run in place 20 sec.
- Stretch & relax

TUESDAY

- Standard Circuit x2
- 50 Russian twists
- 30 second plank
- Standard Circuit x2
- Repeat ab exercises
- Standard Circuit x2
- Run in place 20 sec.
- Stretch & relax

WEDNESDAY

- Standard Circuit x2
- 20 push ups
- 30 arm circles
- Standard Circuit x2
- Repeat arm exercises
- Standard Circuit x2
- Run in place 20 sec.
- Stretch & relax

THURSDAY

- Standard Circuit x2
- 100 jumping jacks
- Run in place 30 sec.
- Standard Circuit x2
- Repeat cardio exercises
- Standard Circuit x2
- March in place 20 sec.
- Stretch & relax

FRIDAY

- Standard Circuit x2
- 20 squats
- 30 Russian twists
- Standard Circuit x2
- 20 push ups
- 50 jumping jacks
- Standard Circuit x2
- Stretch & relax

SATURDAY

Choose a workout from one of the previous days.

Consider what your main focus area is and start there.

SUNDAY

Rest and Reset

UPCOMING PROGRAMS, EVENTS & HIGHLIGHTS

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Med Instead of Meds - In Person

Learn how to eat the "Med Way" to help prevent and even reverse some chronic conditions. Classes focus on the 7 Simple Steps to eating the Med Way. Each session explores 1-2 simple steps, a mindfulness skill, and features hands-on cooking. This six-session class series will be offered starting August 25-October 6 from 10am-12pm and costs \$35 via Credit Card, Cash, or Check. Register by visiting <https://eatingthemedway.eventbrite.com>



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!



SPOTLIGHT

In July, the N.C. Cooperative Extension - Wilson County Center hosted two Family and Consumer Sciences camps for local 4-Hers. During the "Christmas Cookies in July" camp, they learned how to make, bake, and decorate sugar cookies. During the "Cook Smart, Eat Smart" camp, participants learned about a variety of healthy eating aspects, as well as different cooking techniques. Camp goers prepared and cooked their lunches and snacks for two days! I think it's safe to say they enjoyed their time in the kitchen.



..... **ADDITIONAL RESOURCES**

How to Read a Nutrition Facts Label | To learn more about the Nutrition Facts label please visit the following websites: [Food and Drug Administration](#); [Centers for Disease Control and Prevention](#)

Summer Squash | For more information about summer squash visit: [USDA SNAP-Ed](#)

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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