



WILSON BITS & BITES

FAMILY AND CONSUMER SCIENCES NEWSLETTER

OCTOBER 2022 EDITION

NC COOPERATIVE
EXTENSION



WILSON COUNTY CENTER

INTRODUCTION

Hey everyone! Welcome, I'm so glad you're here. My name is Taylor Cabaniss Crumpler and I am the Family and Consumer Sciences Agent at the N.C. Cooperative Extension - Wilson County Center. I started in October 2021, so I am so close to being here for a year!

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 nutrition-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 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. **I will be transitioning to quarterly newsletters starting January 2023.** 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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HALLOWEEN CANDY ALTERNATIVES

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The two things Halloween is known for is dressing up in fun costumes and eating all the sweet treats. It seems like every Halloween event (trick or treat, trunk or treat, fall festival, etc.) is centered around candy and other sweet treats, especially for young children. However too much sugar can be harmful to ones health.

Although the short-term impacts of too much sugar don't pose a great risk, the long-term impacts can, so it is important to foster healthy eating habits at a young age. High sugar intake raises the risk of chronic health conditions such as obesity, diabetes, heart disease, and cancer, especially as we get older. Not to mention too much sugar can affect dental health. Tooth decay is intensified by the regular consumption of sugary foods and beverages. If left untreated, dental problems can lead to serious infections, which can lead to an expensive dental bill. Having too much sugar can also affect one's mood, activity, and hyperactivity levels.

That is why this Halloween, I urge you to consider passing out items that don't contain sugar, or are not food related at all. I have listed several ideas. Feel free to use these, or modify them to fit your needs.

1. Bubbles
2. Glow stick
3. Pencil
4. Pencil eraser
5. Yo-Yo
6. Silly straw
7. Spider ring
8. Sticky hand
9. Coloring book
10. Crayons
11. Play-Doh
12. Snap bracelet
13. Bendables
14. Sticker
15. Bookmark
16. Stencil
17. Hand sanitizer
18. Mini water bottle
19. Key chain
20. Activity kit
21. Slime
22. Mini pumpkin
23. Halloween scrunchie
24. Mini plush toy
25. Vampire teeth
26. Magnet
27. Slinkie
28. Novelty Halloween glasses
29. Snack bags
30. Temporary tattoo
31. Bouncy ball
32. Fidget toy
33. Playing cards
34. Stretchy skeleton
35. Headband

WHAT'S IN SEASON - PUMPKINS

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Vitamins

vitamin A
vitamin B-6
vitamin B-9
vitamin C
vitamin E

Minerals

Fiber
Potassium
Riboflavin
Copper
Manganese
Thiamin
Iron
Magnesium
Phosphorus



Health Benefits

- Helps reduce the risk of developing certain types of cancer, specifically colon and prostate cancer.
- Has protective factors against asthma and heart disease.
- Helps decrease the risk of macular degeneration.
- Aids in the prevention of high blood pressure and other cardiovascular diseases.
- A diet high in fruits and vegetables helps to maintain a healthy weight.

Fun Facts

- Pumpkins originated in Central America.
- Pumpkins are actually a fruit because it's a product of the seed-bearing structure of flowering plants.
- The orange-yellow flowers that bloom on the pumpkin vine are edible.
- Pumpkins seeds contain medicinal properties, such as reducing the risk of prostate disorders in men.
- Early settlers dried pumpkins shells, cut it into strips and wove it into mats.
- The state of Illinois grows the most pumpkins, harvesting over 12,000 acres of pumpkins annually.

PUMPKIN CHILI



What better way to get in the fall mood than to make pumpkin chili. To me nothing screams "fall" more than those two combinations. Canned or pureed pumpkin adds a hearty and nutritious flavor to this savory chili recipe.

Prep Time + Cook Time = Total Time

10 mins + 45 mins = 55 mins

Ingredients:

- 2 tsp olive oil
- 1 small yellow onion (chopped)
- 1 green bell pepper (chopped)
- 2 jalapeños (seeded and chopped)
- 2 cloves garlic (minced)
- 1 lb. ground turkey
- 1 can diced tomatoes with juice
- 1 can pumpkin puree
- 1 can kidney beans
- 1 cup water
- 1 tbsp chili powder
- 1 tsp ground cumin
- salt and pepper to taste

Instructions:

- Heat oil in a large pot over medium-high heat.
- Add onion, bell pepper, jalapeños and garlic and cook, stirring frequently until tender, about 5 minutes.
- Add turkey and cook until browned.
- Add tomatoes, pumpkin, water, chili powder, cumin, salt and pepper and bring to a boil.
- Reduce heat to medium-low then add beans.
- Cover and simmer, stirring occasionally, for 30 minutes more.
- Ladle chili into bowls and serve.



Nutrition Information Per Serving

makes 8 servings
serving size 1 cup

Calories: 193

Total Fat: 8 g	Sodium: 242 mg
Saturated Fat: 2 g	Protein: 14 g
Cholesterol: 41 mg	Vitamin D: 0 mcg
Carbohydrates: 17 g	Calcium: 76 mg
Dietary Fiber: 6 g	Iron: 3mg
Total Sugars: 5 g	Potassium: 540 mg
Added Sugars: 0 g	

Source: [MyPlate Recipes](#)



OCTOBER FITNESS SPOOKTACULAR

MONDAY

- 30 sec. side plank (right & left)
 - 30 sec. plank
 - 10 lunges each side (x2)
 - 10 burpees
- REPEAT

TUESDAY

- 10 push-ups
 - 30 crunches (x2)
 - 10 burpees
 - 30 sec. plank
 - 10 lunges each side (x2)
- REPEAT

WEDNESDAY

- 10 lunges each side (x2)
 - 60 sec. plank
 - 30 crunches
 - 10 push-ups (x2)
 - 30 bicycles
- REPEAT

THURSDAY

- 10 push-ups
 - 30 bicycles
 - 10 burpees
 - 60 sec. plank
 - 10 lunges
- REPEAT

FRIDAY

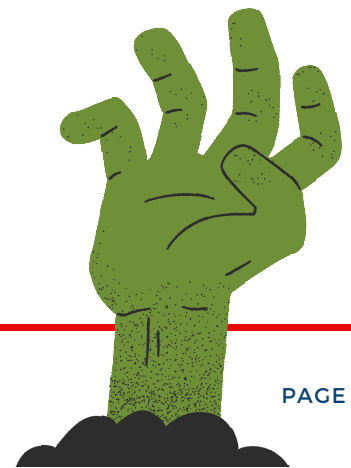
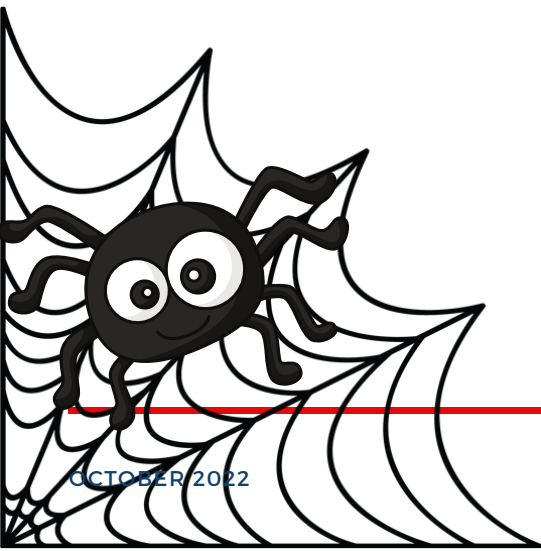
- 20 burpees
 - 10 push-ups
 - 10 lunges each side (x2)
 - 30 bicycles
 - 60 sec. plank
- REPEAT

SATURDAY

- 5 lunges each side (x2)
 - 10 push-ups
 - 10 burpees
- REPEAT 2 MORE TIMES

SUNDAY

Rest up for the week!



UPCOMING PROGRAMS & EVENTS

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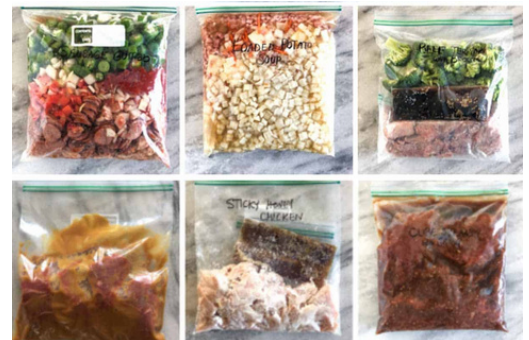


Lifelong Improvements through Fitness Together (L.I.F.T.)

This FREE 8-week long fitness program will meet on Mondays and Wednesdays from 12pm-1pm at the Wilson County Senior Activity Center starting October 24th through December 19th. The goal of this program is to improve functional fitness and help meet the physical activity guidelines for adults. To learn more about this program and to register, please visit the **Eventbrite page** or call Taylor at 252-237-0111.

Freezer Meal Workshop

Spending hours every night to cook dinner is a thing of the past. Join FCS Agent, Taylor, in learning how to prepare freezer meals that the whole family will love. You'll learn how spending just 1 hour of prep time can give you multiple meals that are nutritious and delicious. This workshop will be held Monday, October 10th 5:30pm-7:30pm at the NC Cooperative Extension, Wilson County Center. For more information and to register, visit the **Eventbrite page**.



Boiling Water Canning Workshop

Join Family and Consumer Sciences Agent, Taylor, for this in-person boiling water canning workshop. This method of food preservation is ideal for preserving fruits and acidic foods. Learn about the science behind canning, the risks and how to avoid them, and safe recipe sources. We will conclude with hands-on canning practice. This workshop will be held on Thursday, November 17th from 2pm-5pm and costs \$10 via Credit Card, Cash, or Check. Register for the event by visiting the **Eventbrite page**.



Senior Care Day

This event will be held at the Rhema Word Christian Center (1503 Black Creek Road, Wilson, NC) from 11am-2pm on October 26th. During this time, seniors can apply for the senior food box program and speak with a WellCare representative for assistance with Medicare. For more information, call 252-674-1593 or email rwccwilson@gmail.com.





..... **ADDITIONAL RESOURCES**

Healthy Halloween Treats | To learn more about alternative halloween treats, visit [Best Non-Candy Treats](#); [Alternative Candy Treats](#)

Pumpkins | For more information about pumpkins, visit these websites: [Pumpkin Health Facts](#); [Farmers Almanac](#)

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](#)

What's In Season? | To find out when produce is in season in North Carolina, visit this website: [What's In Season? Fruit and Vegetable Availability](#).

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

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