



WILSON BITS & BITES

FAMILY AND CONSUMER SCIENCES NEWSLETTER

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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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MENTAL HEALTH AND SELF-CARE

As we're entering the holiday season, it is important to talk about mental health and self-care. With all of the parties, family gatherings, children's events and so on, it can get daunting and your calendar can look like it's overflowing. While all of these events are meant to be joy-filled, they can also create feelings of anxiety and stress.

It is also worth noting that not everyone gets excited about the holiday season. For those who lost a loved one this year, the holidays may be a reminder of how the family dynamic is shifting and traditions are fading away. Or for individuals who are coping with mental illnesses, the holiday season may trigger or worsen symptoms. A study from the National Alliance on Mental Illness found that 64% of people with mental illness report holidays make their conditions worse.

Here are some suggestions on how to reduce stress and maintain good mental health during the holiday season:

1. Accept your needs! Even though this can be hard, put your mental and physical needs first. Understand what your triggers are and try avoiding those or only doing them in small increments. For example, if being in crowds triggers you, then maybe avoid going to the big box stores during the Black Friday sales and shop online instead.

2. Manage your time! Try to come to terms with the fact that you might not be able to make every event you're invited to and that's okay. Prioritize which ones mean the most to you and that fit within your schedule to go to.

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3. Practice relaxation! Deep breathing and meditation are great ways to calm yourself when you're feeling overwhelmed. Taking a break to refocus has immeasurable benefits.

4. Exercise! Taking 30 minutes out of your day to get some exercise in can do wonders for your mental health by naturally releasing stress-relieving hormones and improving your overall physical health.

5. Eat well! This may seem impossible considering many of these events involve cakes and candies. However try to maintain a healthy diet through it all. Don't forget to eat fruits, vegetables, whole grains and avoid highly processed foods. Eating well can help stabilize your mood.

6. Get enough sleep! As adults, we need at least 7 hours (or more) of sleep per night. Try to go to bed and get up at the same time each day to get your body in a routine.

7. Avoid alcohol! Many use alcohol as a way to cope with stress, however alcohol can actually worsen stress. If alcohol is a trigger for you, opt out of those events that you know alcohol will be present at to avoid any temptation.

These are just a few suggestions, for more visit the National Alliance on Mental Illness.

WHAT'S IN SEASON - COLLARDS

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Vitamins

vitamin K
vitamin A
vitamin C
vitamin E
vitamin B1
vitamin B6

Minerals

Manganese
Dietary Fiber
Calcium
Iron
Omega-3 fatty acids



Health Benefits

- Collards have nutrients in them that improve bone health and can help reduce one's risk of osteoporosis
- Collards are considered cruciferous vegetables and can help lower one's risk of certain types of cancer
- They help prevent constipation and promote a healthy gut
- Collards have nutrients in them that help keep one's skin and hair healthy
- They help with mood, sleep, muscle movement, learning, and memory functions

Fun Facts

- Collards are the oldest leafy green within the cabbage family dating back 2,000 years.
- In 1975, Ayden, NC named their town's annual festival The Ayden Collard Festival and the yearly festival continues over 45 years later.
- Collards are South Carolina's state vegetable.
- There are 32 calories in 3.5 ounces of collards.
- The main stem of collards reaches a height of 24 to 48 inches.
- Collards are available all year round but they are tastier and more nutritious in the cold months, after the first frost.

JULIA'S SAUTEED AND STEAMED COLLARDS

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Collards are an all-time favorite side to any meal. This recipe starts with tender collards and adds a hint of “heat” from hot pepper flakes. Try this easy and tasty recipe at your next family gathering.

Ingredients:

- 16 cups chopped collards (small leaves)
- 2 tbsp olive oil
- 4 large garlic cloves
- 1/2 tsp hot pepper flakes
- 1 tsp salt-free seasoning

Instructions:

- Cut bottom stems from collards.
- Wash and cut collards into bite-sized pieces. Place in colander to drain.
- Chop garlic cloves into small pieces.
- Place olive oil into large skillet. Place on high heat to start.
- Place collards in skillet. Keep on high heat, turning collards as they sauté, about 1 minute in the uncovered skillet. (You will not need to add water because of the water already on the washed collards.)
- Add garlic cloves and red pepper flakes.
- Place cover on the skillet to allow collards to steam until they are half their original volume.
- Turn heat to low and continue steaming until the collards are tender.

Nutrition Information Per Serving

makes 8 servings

Calories: 54

Total Fat: 4 g	Sodium: 15 mg
Saturated Fat: 1 g	Protein: 2 g
Cholesterol: 0 mg	Vitamin D: 0mcg
Carbohydrates: 5 g	Calcium: 111mg
Dietary Fiber: 3 g	Iron: 0 mg
Total Sugars: 0 g	Potassium: 135mg
Added Sugars: 0 g	



Source: [MyPlate Recipes](#)

No Excuses November

<p>5 squats 30 jumping jacks 30 s. high knees REPEAT</p>	<p>Run or Walk 1 mile</p>	<p>5 squats 30 jumping jacks 30 s. high knees REPEAT</p>	<p>4 REST</p>	<p>7 squats 40 jumping jacks 30 s. high knees REPEAT</p>
<p>Run or Walk 1.5 miles</p>	<p>12 squats 40 jumping jacks 30 s. high knees REPEAT</p>	<p>10 squats 50 jumping jacks 40 s. high knees REPEAT</p>	<p>10 squats 50 jumping jacks 50 s. high knees REPEAT</p>	<p>10 squats 50 jumping jacks 50 s. high knees REPEAT</p>
<p>11 REST</p>	<p>12 squats 60 jumping jacks 50 s. high knees REPEAT</p>	<p>12 squats 60 jumping jacks 60 s. high knees REPEAT</p>	<p>12 squats 60 jumping jacks 60 s. high knees REPEAT</p>	<p>15 squats 70 jumping jacks 70 s. high knees REPEAT</p>
<p>Run or Walk 2 miles</p>	<p>15 squats 70 jumping jacks 70 s. high knees REPEAT</p>	<p>18 REST</p>	<p>10 squats 60 jumping jacks 60 s. high knees REPEAT x2</p>	<p>10 squats 60 jumping jacks 60 s. high knees REPEAT x2</p>
<p>12 squats 75 jumping jacks 60 s. high knees REPEAT x2</p>	<p>12 squats 75 jumping jacks 60 s. high knees REPEAT x2</p>	<p>15 squats 75 jumping jacks 60 s. high knees REPEAT x2</p>	<p>TURKEY TROT! 5k (3.1 mile) race or do your own route!</p>	<p>25 REST</p>
<p>15 squats 80 jumping jacks 70 s. high knees REPEAT x2</p>	<p>17 squats 80 jumping jacks 70 s. high knees REPEAT x2</p>	<p>17 squats 90 jumping jacks 80 s. high knees REPEAT x2</p>	<p>20 squats 90 jumping jacks 80 s. high knees REPEAT x2</p>	<p>Run or Walk 2 miles</p>

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.

THE LAST DAY TO REGISTER FOR THIS IS NOVEMBER 6TH!

[Botanical Wreath Making Workshop](#)

Join the Master Gardeners for a wreath making workshop using greenery from the Wilson Botanical Gardens. This workshop will be held on Monday, December 5th from 3pm-5pm and 6pm-8pm at the Wilson Agricultural Center. Registration is \$35 for WBG members and \$40 for non-WBG members. Register for the event by visiting the **[Botanical Gardens website](#)**. Call 252-237-0113 for more information.



[Holiday Gifts in a Jar](#)

Having a hard time shopping for the people who just seem to have everything? Then this workshop is for you! Learn how to make easy and affordable gifts in a mason jar! This workshop will be held on Thursday, December 8th from 3:00-4:30pm and costs \$6 via Credit Card, Cash, or Check. Register for the event by visiting the **[Eventbrite page](#)** or calling 252-237-0111.



[COMING SOON - Eat.Move.Save](#)

This four-session course will meet once a week for 1 hour. You will learn tips and trick to stick to your New Years Resolution around eating healthier, moving more, and saving money. The dates and times are TBD, so check back later.





..... **ADDITIONAL RESOURCES**

Mental Health and Self-Care | For more mental health and self-care resources, visit the [National Alliance on Mental Illness](#)

Collards | For more information about collards, visit these websites: [The Table NC](#); [Just Fun Facts](#); [Health Benefits of Collards](#)

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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