



# WILSON BITS & BITES

FAMILY AND CONSUMER SCIENCES NEWSLETTER

WINTER 2023 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.

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. 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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# WINTER STORM FOOD SAFETY



If you've been in eastern North Carolina long, then you know that when we see snow in the forecast everyone runs to the grocery store to stock up on the bread and milk. However, is that the best way to prepare for a winter storm? Let's go over some helpful tips when preparing for a winter storm.

## Four Ways to Prepare for a Winter Storm

1. Purchase or locate thermometers
  - Place a thermometer in your refrigerator and freezer to make sure your refrigerator stays at or below 40°F and your freezer stays at or below 0°F
  - Have a tip-sensitive digital thermometer ready to check food temperatures when cooking
2. Check stock of refrigerator
  - Purchase or prepare food items that don't require refrigeration and can be eaten cold or heated on an outdoor grill
3. Store or purchase water
  - Be prepared in case water systems are impacted resulting in boil water advisories
  - Use bottled/clean water for brushing teeth, cooking, cleaning, water for pets, etc.
4. Purchase supplies for outdoor cooking
  - If you have an outdoor grill, buy some charcoal or propane to cook your food on if the power goes out

## Foods to Stock in Preparation

### Dairy

- Hard cheeses (cheddar, parmesan, romano)
- Individually packaged cultured dairy products, like yogurt and sour cream
- Individual cheese sticks
- Shelf-stable milk boxes and alternative milk in boxes

### Proteins

- Hard-boiled, air-cooled eggs
- Shelf-stable, dry fermented meats such as pepperoni
- Individually packaged nut or seed butters

### Shelf-Stable Food

- Soups, stews and chilis, pastas
- Fruits and vegetables, fruit and vegetable juices
- Tuna, salmon, chicken, pork and beans

### Grains and Snacks

- Breads, rolls and buns
- Muffins, baked goods
- Crackers, pretzels, popcorn
- Granola bars

### Produce

- Whole fruits and vegetables
- Baby carrots, grapes, apples, bananas, berries, cherry tomatoes
- Individually wrapped applesauce or fruit cups
- Canned fruits

***Foods that can support the growth of pathogens are riskier to consume after being held above 41°F for more than 4 hours.***

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## WHAT'S IN SEASON - PEANUTS

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### Vitamins

vitamin E  
vitamin B-3

### Minerals

Magnesium  
Folate  
Copper  
Phosphorus  
Fiber  
Manganese  
Iron



### Health Benefits

- Peanuts provide approximately 15% of your daily protein needs
- Peanut consumption offers protection against diabetes
- Peanuts are an excellent source of niacin (vitamin B-3) and may lower Alzheimer's disease risk by 70%
- Peanuts have protective factors for bone health
- Peanuts can help lower cholesterol and reduce inflammation, which is often a precursor for chronic diseases

### Fun Facts

- Two peanut farmers have been elected president of the United States, Thomas Jefferson and Jimmy Carter
- People living on the East Coast prefer creamy peanut butter, while those living on the West Coast prefer the crunchy style
- There are 4 different types of peanuts - Runner, Valencia, Spanish and Virginia
- There are enough peanuts in one acre to make 35,000 peanut butter and jelly sandwiches
- The average peanut farm is 200 acres
- It takes 3.2 gallons of water to produce 1 ounce of peanuts
- It takes about 540 peanuts to make 12-ounce jar of peanut butter

# THAI PEANUT CHICKEN

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Peanuts are a great way to incorporate added protein into one's diet. If you are more health conscious, you can swap out the white rice for brown rice and the soy sauce for a low-sodium soy sauce.

## Prep Time + Cook Time = Total Time

25 mins + 20 mins = 45 mins

### Ingredients:

- 4 cups water
- 2 cups uncooked white rice
- 3 tablespoons soy sauce
- 2 tablespoons creamy peanut butter
- 2 teaspoons white wine vinegar
- 1/4 teaspoon cayenne pepper
- 3 tablespoons olive oil
- 4 skinless, boneless chicken breast halves, cut into thin strips
- 3 tablespoons chopped garlic
- 1 1/2 tablespoon chopped ginger root
- 2 1/2 cups broccoli florets
- 3/4 cup chopped green onions
- 1/3 cup unsalted dry-roasted peanuts

### Instructions:

1. Combine water and rice in a saucepan over medium-high heat, bring to a boil. Reduce heat to low, cover, and simmer until rice is tender and liquid is absorbed, about 20 minutes.
2. Meanwhile, stir together soy sauce, peanut butter, vinegar, and cayenne pepper in a small bowl; set aside.
3. Heat olive oil in a skillet or wok over high heat. Cook and stir chicken, garlic, and ginger in hot oil until chicken is lightly browned, about 5 minutes. Reduce heat to medium and add broccoli, green onions, peanuts, and soy sauce mixture. Cook, stirring frequently, until broccoli is tender and chicken is cooked through, about 5 minutes.
4. Serve chicken-broccoli mixture over cooked rice.



### Nutrition Information Per Serving

makes 8 servings

#### Calories: 360

Total Fat: 11 g	Sodium: 410 mg
Saturated Fat: 2 g	Protein: 21 g
Cholesterol: 34 mg	Vitamin C: 29 mcg
Carbohydrates: 43 g	Calcium: 52 mg
Dietary Fiber: 3 g	Iron: 3 mg
Total Sugars: 2 g	Potassium: 418 mg

Source: [All Recipes](#)



# WINTER WORKOUT

## MONDAY

30 MOUNTAIN CLIMBERS  
30 SQUATS  
30 LUNGES  
15 PUSH UPS  
30 CALF RAISES  
10 MINUTES OF CARDIO  
REPEAT TWICE

## TUESDAY

30 SECOND PLANK  
30 RUSSIAN TWISTS  
30 CRUNCHES  
30 SIDE KICKS  
30 DONKEY KICKS  
10 MINUTES OF CARDIO  
REPEAT TWICE

## WEDNESDAY

20 BURPEES  
30 HIGH KNEES  
30 SIDE HIP RAISES  
30 KNEE EXTENSIONS  
30 STANDING LEG CURLS  
10 MINUTES OF CARDIO  
REPEAT TWICE

## THURSDAY

30 BICEP CURLS  
30 OVERHEAD PRESSES  
30 SEATED ROWS  
30 SECOND SIDE PLANK  
30 LATERAL RAISES  
10 MINUTES OF CARDIO  
REPEAT TWICE

## FRIDAY

30 MOUNTAIN CLIMBERS  
30 SQUATS  
30 LUNGES  
30 RUSSIAN TWISTS  
30 DONKEY KICKS  
10 MINUTES OF CARDIO  
REPEAT TWICE

## SATURDAY

30 SECOND PLANK  
15 PUSH UPS  
30 CRUNCHES  
30 SIDE KICKS  
30 CALF RAISES  
10 MINUTES OF CARDIO  
REPEAT TWICE

## SUNDAY

REST UP FOR THE WEEK!



## UPCOMING PROGRAMS & EVENTS

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### 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. This class series will meet on Tuesdays starting January 10th through January 31st from 3-4pm. It is open to adults of all ages and is FREE to attend. **To register, visit [eatmovesave.eventbrite.com](https://eatmovesave.eventbrite.com) or call 252-237-0111.**

### Freezer Meal Workshop

Join us 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. There are two classes being offered. To register for Thursday, February 2nd 2-3:30pm, **please use this link**. To register for Monday, February 6th 5:30-7, **please use this link**. For any questions, call 252-237-0111.





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

**Winter Storm Food Safety** | For more information on food safety, visit the [Safe Plates website](#)

**Peanuts** | For more information about pecans, visit these websites: [National Peanut Board](#) and [Peanuts USA](#)

**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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