



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.

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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IMPORTANCE OF PHYSICAL ACTIVITY

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April is considered National Move More Month and was started by the American Heart Association. The main goal of this initiative is simple: encouraging people to get up and move more! Studies show that 35% of adults in Wilson County report that they do not meet the regular physical activity recommendations, which has steadily increased over the past few years.

But why is it so important to incorporate physical activity into your daily lifestyle? Let's list out a couple of reasons below.

Prevent/Delay Chronic Conditions

Regular exercise can help prevent or delay chronic conditions. Two out of three chronic conditions can be prevented and controlled by physical activity.

Improves Mental Health

Moving more can help decrease stress, anxiety, and depression by releasing endorphins (the "feel good" chemical in your brain).

Healthy Bones, Muscles, and Joints

Exercising is good for maintaining one's bones, muscles and joints because as we age, we tend to lose muscle mass and bone density. Doing a variety of physical activity improves physical function and decreases the risk of falls or injuries from a fall.

Improves Sleep and Energy

Regular physical activity can promote sleep quality in various ways. It minimizes disruptions, by inducing deeper and more restful sleep phases. Exercise can also prepare your body for early-onset and rejuvenating sleep.

Now you know the benefits of regular exercise. Let's talk about how often adults should exercise. The Centers for Disease Control and Prevention recommends that adults get at least 150 minutes of moderate-intensity aerobic activity a week, or 75 minutes of vigorous-intensity aerobic activity a week.

Examples of moderate-intensity aerobic activities include: riding a bike, walking, swimming, and gardening. If you are doing these activities, you should be able to carry on a conversation without getting too out of breath. Really anything that gets your heart rate up and beating faster is considered moderate-intensity. An example of vigorous-intensity aerobic activity would be running, where carrying on a conversation would be really difficult.

It is also recommended that adults spend two days a week participating in muscle-strengthening exercises, such as lifting weights or body weight exercises. These are activities that make the muscles work harder than usual and lead to healthy bones, muscles, and joints.

Let's not forget about another form of exercise, stretching. It is important to stretch your muscles before and after any type of exercise in order to warm up the muscles and help prevent injuries.

If you are concerned about your ability to get the recommended minutes of exercise in a day, consider breaking it up into smaller increments. This way it will not seem so daunting to those who are just starting on their exercise journey.

WHAT'S IN SEASON - STRAWBERRIES

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Vitamins

Vitamin A
Vitamin K
Vitamin E

Minerals

Manganese
Magnesium
Phosphorus
Potassium
Calcium
Iron
Folate



Health Benefits

- Low in fat and calories
- Has heart healthy benefits
- Can help reduce the risk of a stroke
- Can help regulate bowl movements
- May reduce risks of some cancers

Fun Facts

- Strawberries are a member of the rose family
- Strawberries are the only fruit that has seeds on the outside
- On average, there are 200 seeds in a strawberry
- Strawberries can grow in every single U.S. state and Canadian providence
- California produces 75% of the nation's strawberry crops, which is about 1 billion pounds
- 8 medium strawberries add up to only about 50 calories
- There is a museum in Belgium just for strawberries
- Unlike some other fruits, strawberries don't continue to ripen after being picked

STRAWBERRY PANCAKES

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Try this recipe for a new take on pancakes. Freshly picked strawberries make this recipe even better and a wholesome way to start your day.

Prep Time + Cook Time = Total Time

5 mins + 5 mins = 10 mins

Ingredients:

- 1 1/2 cups whole wheat flour
- 3 tbsp sugar
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 3 eggs
- 1 container vanilla low-fat yogurt (6 oz.)
- 3/4 cup water
- 3 tbsp canola oil
- 1 3/4 cups sliced fresh strawberries
- 1 container strawberry low-fat yogurt (6oz.)

Instructions:

1. Heat a pan over medium heat. Grease with canola oil if necessary.
2. In a large bowl, mix flour, sugar, baking powder, baking soda, and salt; set aside.
3. In a medium bowl, beat eggs, vanilla yogurt, water and oil with egg beater or whisk until well blended.
4. Pour egg mixture all at once into flour mixture; stir until moistened.
5. For each pancake, pour slightly less than 1/4 cup batter onto hot pan. Cook pancakes 1-2 minutes or until bubbly on top, puffed and dry around edges. Flip; cook other sides 1-2 minutes or until golden brown.
6. Top each serving with 1/4 cup sliced strawberries and 1-2 tbsp strawberry yogurt.



Source: [MyPlate](#)

Nutrition Information Per Serving

servings size: 2 pancakes
makes 7 servings

Calories: 260

Total Fat: 9 g	Sodium: 390 mg
Saturated Fat: 2 g	Protein: 9 g
Cholesterol: 93 mg	Vitamin D: 1 mcg
Carbohydrates: 36 mg	Calcium: 144 mg
Dietary Fiber: 4 g	Iron: 2 mg
Total Sugars: 16 g	Potassium: 300 mg
Added Sugars: 10 g	

UPCOMING PROGRAMS & EVENTS

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There will be no FCS programs or events during the months of April through June due to the FCS Agent, Taylor, being out on maternity leave. If you have any questions, please call our office at 252-237-0111.



..... **ADDITIONAL RESOURCES**

Physical Activity | For more information on , visit these websites: [CDC Physical Activity](#) and [American Heart Association](#)

Strawberries | For more information about strawberries, visit: [University of Illinois Extension](#)

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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Extension - FCS

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