WILSON BITS & BITES

FAMILY AND CONSUMER SCIENCES NEWSLETTER

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NC COOPERATIVE EXTENSION

N.C. A&T STATE UNIVERSITY

NC STATE UNIVERSITY

WILSON COUNTY CENTER

WHAT'S INSIDE

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.

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).

POWER'S OUT: LET'S EAT!

When hurricane season hits, most of us are busy purchasing batteries and buying cases of water, but there's one crucial element many overlook: how you'll eat and prepare food when the power goes out. We've compiled five food tips and simple, no-cook recipes to prepare if the power goes out during bad weather.

Tip #1: Have a food preparation kit
Keep a dedicated food preparation kit readily accessible. This kit should include cleaning wipes, plastic utensils, disposable plates and cups, a manual can opener and a bottle opener. When washing dishes isn't possible, single-use items offer a practical solution.

Tip #2: Stock up on shelf-stable basics
Purchase cost-effective ingredients with long shelf lives. Excellent choices include rice, dried beans, oatmeal, powdered milk and canned soup. When stored properly in cook, dry conditions, many of these can last for years, providing a reliable foundation of emergency meals. Create a multi-day meal plan to remove the stress of having to think about what ingredients can be combined for meals or snacks.

Tip #3: Keep cans in the pantry
Ensure your pantry is well-stocked with a variety of canned foods such as canned meat, fish, pasta, soup and vegetables. Always check expiration dates and try to use cans within one year. Avoid buying cans that are dented, rusted or bulging, as these may indicate spoilage. In a power outage, most canned foods can be eaten straight from the can unless the label specifies otherwise. Canned kippers, vienna sausage, or sardines and crackers make a great snack.

Tip #4: Utilize your freezer and a cooler
Fill your freezer with containers of water. You can move items from your refrigerator into the freezer as soon as the power goes out to extend their freshness for as long as the freezer remains cold. When the power goes out, these frozen containers will help keep perishable items like cheese and meats cold for extended periods. Additionally, a mini cooler can be used to store prepared meals that don't require reheating, like salads or soups.

Tip #5: Consider an alternative cooking source
A small camping stove can be a valuable emergency cooking device for outdoor use (if conditions permit). A gas grill with a burner attachment is another option if you have one. If you don't have access to either of these devices, preparing food without electricity is still possible with the creative recipes and meal ideas below.

Simple No-Power Recipes:

Southwest Bean and Corn Salad

- 1 can of black beans
- 1 can of corn
- 1 jar of salsa
- ¼ cup of vinaigrette-style salad dressing
- 1 bag of Fritos or tortilla chips
- Salt and pepper to taste
- Optional: diced bell peppers or olives

1. In a medium bowl, combined the rinsed black beans, drained corn, salsa, and vinaigrette dressing. Stir well to combine.
2. Season with salt and pepper to taste. If using, add diced bell peppers or olives.
3. Crush 1 cup of Fritos or tortilla chips and stir them into the salad just before serving.

Tuna Salad

- 1 can of tuna or 1 pouch of tuna
- 2 tablespoons of mayonnaise
- Salt and pepper to taste
- 1 package of crackers or slice bread

1. In a small bowl, shred the drained tuna with a fork.
2. Stir in the mayonnaise, salt and pepper.
3. Serve immediately with crackers or as a sandwich with the slice bread

To browse more easy, no-power recipes to help you prepare or to get help with applying for SNAP benefits, visit morefood.org.
*This material was provided by More In My Basket

WHAT'S IN SEASON - BUTTERNUT SQUASH

Minerals	Vitamins
Manganese	vitamin A
Potassium	vitamin C
Iron	vitamin E
Fiber	vitamin K
Magnesium	
Calcium	
Zinc	
Phosphorus	

Health Benefits

- Helps maintain healthy skin and eyes, and strengthens the body's natural defense against illness and infection
- Aids in wound healing and tissue repair
- Essential for the production of clotting factors in the liver
- Maintains strong and healthy bones and teeth
- Helps in carrying oxygen through the blood
- Aids in the proper function of the muscles and heart

Fun Facts

- Butternut squash belongs to the *Cucurbita* family, making it related to pumpkins, zucchini, and gourds.
- Even though we cook it like a vegetable, butternut squash is botanically classified as a fruit because it contains seeds.
- Whole butternut squash can last 1-3 months in a cool, dark place.
- The butternut squash variety is fairly new (created in 1944) by cross-breeding pumpkins and gooseneck squash.
- The natural starches in butternut squash convert to sugars when roasted, giving it a caramelized sweetness.
- All parts of the plant, including its leaves, flowers, and seeds, are edible.
- A cup of butternut squash providers over 450% of the daily value for vitamin A, primarily in the form of beta-carotene.

BUTTERNUT SQUASH PASTA

Prep Time + Cook Time = Total Time

10 mins + 40 mins = 50 mins

Ingredients:

- 1 medium butternut squash (about 1.5 pounds), diced
- 2 plum tomatoes, quartered
- 1 yellow onion, quartered
- 2 tablespoons olive oil
- 1 teaspoon salt
- ¼ teaspoon black pepper
- ½ teaspoon dried thyme
- ½ teaspoon red pepper flakes
- 1 pound whole wheat penne pasta
- ¼ cup grated Parmesan cheese
- 1 tablespoon olive oil, for serving

Instructions:

1. Preheat oven to 450°F. Bring a large pot of salted water to a boil for the pasta.
2. In a mixing bowl, combine olive oil, salt, pepper, thyme, and red pepper flakes. toss butternut squash, tomatoes, and onion in the mixture until evenly coated.
3. Spread the vegetables on a large baking sheet in a single layer. Roast for 20-30 minutes until soft and slightly browned.
4. Cook the pasta according to package instructions, reserving about ½ cup of pasta water before draining.
5. Transfer roasted vegetables to a blender, add reserved pasta water, and blend until smooth and creamy.
6. Pour the sauce over the cooked pasta and stir well to coat. Drizzle with olive oil and sprinkle with Parmesan cheese before serving.

Source: Kwika Recipes

Nutrition Information Per Serving

servings: 6 servings

Calories: 549

Total Fat: 50 g	Protein: 7 g
Saturated Fat: 8 g	Potassium: 440 mg
Carbohydrates: 30 g	Iron: 13 mg
Dietary Fiber: 9 g	Calcium: 251 mg
Total Sugars: 4 g	

UPCOMING PROGRAMS & EVENTS

Digital Skills Workshops

10/6 - Everyday AI: Helpful Tools for Everyday Life

10/27 - Intro to Google Tools

11/10 - Navigating Google Drive

11/24 - Intro to Telehealth (*will be 10am-12pm)

12/1 - Budgeting Basics and Online Budgeting Tools

12/8 - Save More, Spend Less: Tips for Savvy Shoppers

All workshop will be held in Conference Room 1 at the Wilson County Ag Center from 10am-11am. No registration required!

Busy Life Series Cooking Workshops

Freezer to Crockpot Meals: 10/22 2pm-4pm
register here https://freezercrockpotmeals.eventbrite.com

Instant Pot Meals: 10/29 2pm-4pm
register here https://instantpotmeals.eventbrite.com

Air Fryer Meals: 11/12 2pm-4pm
register here https://airfryer.eventbrite.com

One Dish Meals: 11/19 2pm-4pm
register here https://onedish.eventbrite.com

Dial Gauge Pressure Canner Testing

Dial gauge pressure canner lids should be tested annually to ensure it's reading accurately. Call Taylor at 252-237-0111 to set up an appointment at the Extension Office to be checked for FREE!

UPCOMING PROGRAMS & EVENTS

Home Food Preservation Workshops

Pressure Canning Meat: 10/2 10am-1pm
register here https://cannedmeat.eventbrite.com

Fermentation: 10/9 10am-1pm
register here https://fermentedfoods.eventbrite.com

Developing a Household Food Budget Workshop

Learn practical tips for developing a household food budget, planning budget-friendly meals, and shopping strategies to maximize a limited budget. Participants will also learn about household impacts of increased food income, eligibility, and how to apply for SNAP benefits. Register for this FREE workshop by visiting https://foodbudget.eventbrite.com

Homemade for the Holidays Workshop

Discover creative and affordable ways to share the gift of homemade goodies with friends and family. You'll leave with ready-to-go gift creations, recipes, and packaging ideas that add a person touch to holiday giving. Register for this workshop by visiting https://homemade4holidays.eventbrite.com

Wilson Farmers and Artisans Market

The Wilson Farmers and Artisans Market will be hosting 6 evening Fall Markets at the Vollis Simpson Whirligig Park - 301 Goldsboro St. S, Wilson, NC 27893. Markets will occur Tuesday evenings from 5:00pm-8:00pm on:
September 9 & 23
October 7 & 21
November 4 & 18

ADDITIONAL RESOURCES

Hurricane Food Prep | For more information on how to food prep during hurricane season, visit: FoodSafety.gov, NC Cooperative Extension, and the CDC

Butternut Squash | For more information about butternut squash, visit these websites: Utah State University, Food Hero, and SNAP-Ed Connection

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.

To subscribe to this monthly newsletter click here or email tcdavenp@ncsu.edu

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