



August 2017

Beaufort County Center
155-A Airport Road
Washington, NC 27889

Grab and Go Breakfast

French Toast with Fruit

Makes 8 servings

Serving Size: 1 slice

Ingredients

- 4 large eggs, beaten
- 1 cup skim milk
- 1/2 teaspoon ground cinnamon or nutmeg
- 1/2 teaspoon vanilla
- 8 slices whole-wheat bread
- 1 tablespoon margarine
- 3 cups strawberries, sliced
- 1/3 cup maple syrup
- Dash of ground cinnamon



Directions

1. In a large bowl, beat eggs with a fork or whisk, then add milk, 1/2 teaspoon cinnamon, and vanilla. Beat until mixed well.
2. Melt margarine in a large skillet on medium-high heat.
3. Dip one slice of bread at a time in the egg mixture and turn over to coat both sides.
4. Place in hot skillet. Use a spatula to turn bread. Cook each side until golden brown, about 2 minutes.
5. To make fruit sauce, combine strawberries, syrup, and a dash of cinnamon. Mix well.
6. Microwave fruit sauce for 30 seconds or until warm and stir.
7. Spoon sauce over French toast immediately and serve.

Source: https://www.ncfamilieseatingbetter.org/EFNEP/participants/youth_recipes/2017/05/30/french-toast-with-fruit/

Food Safety Tip: Keep eggs in their original container in the coldest section of your refrigerator. NOTE: The refrigerator door is the warmest area of your refrigerator!

*“To enjoy the
glow of good
health, you must
exercise.”*
-Gene Tunney



Back to School

This time of year can be a stressful time for parents and children. The summer is winding down and it is time to fall back into the school routine. There are some things you can do to make sure you get off to a good start.

- Visit the school. Walk or ride the route your child will take and make note of school patrols, crossing guards, and high traffic areas. Talk to your child about not talking to strangers and find out what, if any policies your child's school has regarding early arrivals or late pick up.
 - Introduce yourself to your child's teacher and ask him or her about the preferred method of communication.
 - Make homework a daily habit. Find a quiet and consistent place at home where your child can complete his or her homework. If your child is having difficulty with his or her homework, make an appointment with the teacher sooner rather than later.
 - Prepare a study area. Set up a place at home to do school work and homework. Remove distractions. Make it clear that education is a top priority in your family:
- show interest and praise your child's work.
 - Take charge of TV time. Limit the time that you let your child watch TV, and when you do decide to do TV time, make it a family affair.
 - Get everyone to bed on time. Proper rest is essential for a healthy and productive school year. Help children get back on track by having them go to bed earlier and wake up earlier at least a week in advance of when school starts.
 - Make healthy meals. Children who eat healthy, balanced breakfast and lunch do better in school. Fix nutritious meals at home.
 - Get a check-up. Take your child in for a physical and an eye exam before school starts.
 - Plan to read with your child every day. Make a plan to read with your child for 20 minutes every day.

Resource: <https://blog.ed.gov/2016/08/9-back-to-school-pro-tips>



Make physical activity a regular part of the day

Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy — such as taking a brisk 10 minute walk to and from the parking lot, bus stop, or subway station. Or, join an exercise class. Keep it interesting by trying something different on alternate days. Every little bit adds up and doing something is better than doing nothing.

Make sure to do at least 10 minutes of activity at a time, shorter bursts of activity will not have the same health benefits. For example, walking the dog for 10 minutes before and after work or adding a 10 minute walk at lunchtime can add to your weekly goal. Mix it up. Swim, take a yoga class, garden or lift weights. To be ready anytime, keep some comfortable clothes and a pair of walking or running shoes in the car and at the office.

Adults should do at least 2 hours and 30 minutes each week of aerobic physical activity at a moderate level.

<https://www.choosemyplate.gov/physical-activity-tips>

WHAT WE'VE BEEN UP TO!

Beaufort County Family and Consumer Sciences Agent had a blast with the Leroy James Farmers Market tour participants. Participants enjoyed a scavenger hunt and purchased fresh produce.



BUILD YOUR KIT

Take action by building an emergency preparedness kit. Get tips at: ready.gov/kit

#NatIPrep

EMERGENCY PREP CHECKLIST

Section 1: Emergency Preparedness

Water Containers

First Aid Kit

FEMA AMERICA'S PrepareAthon!

Don't Wait. Communicate.

Ready

Don't Wait. Communicate. Make a family emergency plan today. September is National Preparedness Month. Learn more at www.ready.gov/September.

SIGN UP FOR FALL INTO FITNESS!

Lose the summer fluff and beat the winter blues. Join this Six-Week Fitness Challenge for fun exercise and healthy eating tips. Participants will receive information on exercise and simple snack ideas to keep you motivated each week!

Registration: \$5.00

Program runs

September 25, 2017- November 10, 2017

Deadline to sign up: September 15, 2017

Call Renee Harvey at 252-946-0111 to sign-up!



UPCOMING EVENTS

September 19 @ 2 PM

Food Safety After the Storm Presentation

September 20 @ 10 AM

Food Safety After the Storm Presentation, Washington Senior Center

September 27 @ 12:00 PM

"Fall Into Fitness" Kick-off Walk

Classes & events are held at the Beaufort County Center unless otherwise noted, & are open to the public.

Call 252-946-0111 for registration and more details.

You can view this newsletter and find a variety of other information and upcoming events on our county website.

Visit us at: <http://beaufort.ces.ncsu.edu>

Follow me on Facebook:

<http://www.facebook.com/BeaufortHydeFCS>

Sincerely,

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