

THE CRAFTED FAMILY

OFFICIAL NEWSLETTER OF NC COOPERATIVE EXTENSION
GUILFORD COUNTY FCS DEPARTMENT



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FALL CAN BE SWEET!

Vincent Webb, FCS Agent

"The fall season is here with its beautiful leaves, fresh crisp mornings, and last but not least it's sweet treats. From the classic apple treats to the Pumpkin Spice Latte-Fall definitely has some our favorite sweet treats of the year, but these treats come with a pretty high price. The ultimate price that we sometimes pay is weight gain and this may come about

from the many high sugar and fatty foods that we consume this time of the year. There are a few tips in order to better manage your body weight, sugar consumption and fat intake.

- *Control your portions* if you know something contains a lot of sugar or fats such as saturated fatty acids.
- *Read your labels* for added sugar if you eating a packaged good.
- *Take a walk* after those holiday meals.

- *Read labels* for amounts of total fat and saturated fat. Anything that is less than 5% of your total fat intake is considered low. Aim for 0% on the saturated fat.

- *Substitute non-sugar sweeteners for sugar* such as swapping sugar for Splenda.

- *Utilize unsaturated fats* such as cooking oils: olive oil, canola oil, vegetable oil, sunflower oil, etc.

- *Enjoy the fall/winter produce* such as broccoli, cauliflower, kale, collards, butternut squash, spaghetti squash, pumpkin, etc.

EXERCISE AND PHYSICAL ACTIVITY DURING THE COLDER MONTHS



Are physical activity and exercise the same? Yes and No. Physical activity is described as any type of sustained movement that expends energy and usually increases the heart rate. Exercise is a deliberate and planned series of movements that expend energy and is designed to increase the heart and work the muscles for a specific and measurable goal. They are practically interchangeable. All exercise is physical activity but physical activity is not always exercise. Let's take a look at some inexpensive strategies for exercise as well as tips on exercising in the cold.

Working out with a limited budget.

- Gallon water, milk jugs, and canned goods can be used for dumbbells
- Steps and chairs for incline exercises such as push-ups.
- Body weight exercises: power walking/jogging, push-up(variations), squat, etc.
- Inexpensive investments are dumbbells, jump rope, and an exercise band.

When exercising in cold temperatures...

- Warm-up in order to get the blood flowing to the muscles.
- Dress warmly: utilize layers. allows for easier removal or donning when moving.
- Account for emergencies: hypothermia or frostbite, keep moving to avoid these two things.
- Stretch the body to maintain flexibility and even gain flexibility
- Warm post-workout meal: such as soup and stew with vegetables, meat, and some sort of whole grain.
- Be sure to check out our YouTube Movement Monday videos

Upcoming Classes and Events

Safe Plates Course: December 13th & 14th. 8:30 - 5 pm

Winter Treats and Eats: Jan. 9, 16, 23, 30. 5:30 pm - 7:30 pm

Cook Smart, Eat Smart: Feb. 1, 8, 15, 22. Mar. 1, 8, 15, 22. 5:30 pm - 7:30 pm

**Contact: Mignon Sheppard, 336-641-2421,
masheppa@ncsu.edu**

Movement Mondays

<http://go.ncsu.edu/readext?494924>

**NC COOPERATIVE
EXTENSION**



COPING WITH THE HOLIDAY

HURRIES

Shameca Battle, FCS Agent

Spending during the holiday season can mean the new year begins with the stress and panic of seemingly overwhelming credit card debt for many. Here are some practical tips, you can use to minimize the stress that accompanies the holidays.

- Decide early where you will spend the holidays and inform the rest of the family.
- Start early and pace yourself.
- Make a budget and stick to it.
- Buy cooking supplies a couple months before the holidays.
- Try to introduce periods of quiet, alone time into the ritual of family togetherness.
- Live in the present.
- Learn to say no.
- Be able to laugh at yourself.
- Give yourself a pat on the back for the things you do well.

Contributing Agents

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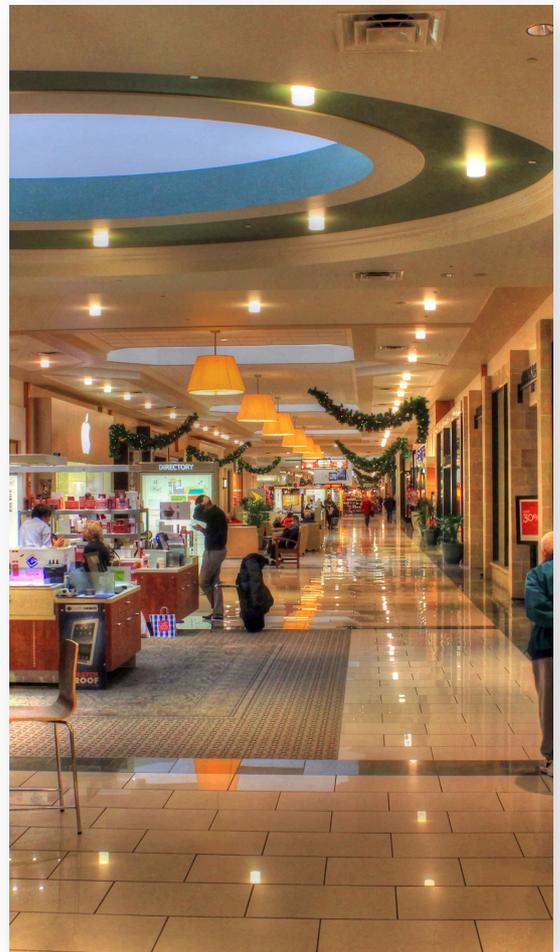
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Sweet Potato Pie

1 cup cooked sweet potatoes, mashed

1 tsp. vanilla

2 tablespoons light margarine

$\frac{3}{4}$ cup sugar

$\frac{1}{4}$ cup egg substitute

Dash of cinnamon and nutmeg

Unbaked pie crust

Mix all ingredients with electric mixer. Pour into crust and bake at 350 degrees F for approximately 25 minutes. Serves 8.

North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

For accommodations for persons with disabilities, contact Mignon Sheppard at (336) 641-2421 no later than five business days before the event. Para informarse sobre adaptaciones para personas con discapacidades, comuníquese con Mignon Sheppard llamando al (336) 641-2421 a más tardar cinco días hábiles antes del evento.