Living Well in Cleveland County
Extension Homemaker News

March-April 2019

In This Issue:

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University of Arkansas System

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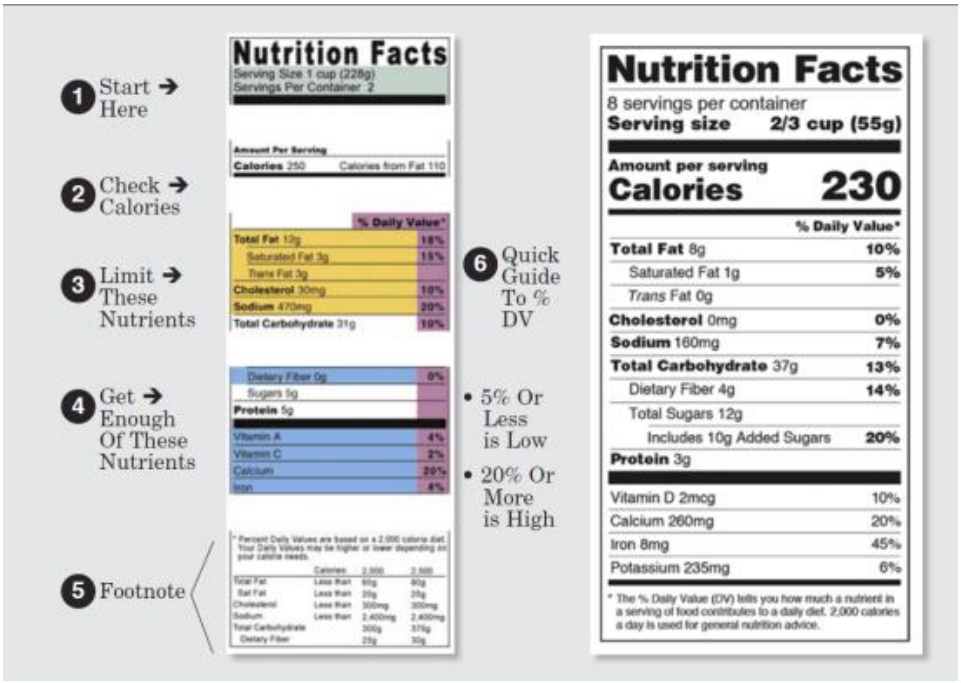
Have You Read Any Good Labels Lately?
-The NEW Nutrition Facts Label

During the month of March, National Nutrition Month, many of us focus on making healthy lifestyle choices and choosing nutritious foods. When you purchase groceries, most likely some of those foods or beverages are packaged in wrappers, boxes, bottles, or packaging with a Nutrition Facts Label.

The Nutrition Facts Label (NFL) has a new look. Check it out. Studies have shown that people who are trying to eat healthier diets by purchasing healthier foods **do** read the Nutrition Facts Label. They tend to eat more vegetables, eat less calories, less added sugar, and less fast food. The Nutrition Facts Label (NFL) appears to positively impact health and dietary choices.

So if you are interested in making healthy nutrition choices, add the Nutrition Facts Label to your reading list. *(See Tips page 2)*



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EHC Reminders

Mar 5	**AEHC Legislative Day.** Meet at the Extension Little Rock State Office parking lot on University Ave. at 10:00 a.m. to carpool to the state capitol. Meet with your legislators. Wear AEHC clothing. 11:30 a.m. return to State Office.
Mar 6	**AEHC Spring Education Workshop**, Ferndale 4-H Center
Mar 26	**EHC Leader Training, 10:00 a.m.** fair grounds. The lesson will be *Emergency Preparedness for Floods and Flash Floods.* Home and Community Environment Leader from each club should attend. **EHC Board Meeting, 10:30 a.m.**
Apr 25	**EHC Spring Council, 6:00 p.m.** fair grounds.
Jun 4-6	**AEHC State Meeting**, Hot Springs
Jul 23-25	**NVON National Conference**, Springdale
Oct 29	**Ouachita District Rally**

Make plans now to attend:

AEHC State Meeting, Hot Springs, June 4-6

NVON National Conference, Springdale, July 23-25

March EHC lesson packets

Health Benefits of Nuts were distributed to club presidents or nutrition leaders at the February 12 EHC Board Meeting.

AEHC Spring Education Workshop, Ferndale, March 6

Learn, Laugh, and Live Well

Cleveland County has 8 registered to attend this event. New programs and project areas will be announced.

April Showers

EHC Spring Council and Spouse Appreciation Dinner

Thursday, April 25
6:00 p.m.
Fair Grounds Meeting Room

New EH Council officers for 2019-2021 will be installed.

NFL (Nutrition Facts Label) Tips: *(continued from page 1)*

- Serving size is based on the amount of food customarily eaten at one time, *NOT* a recommendation of how much to eat.
- The calorie number is the amount of calories or energy in the portion size listed. (100 calories per serving is considered moderate, 400 or more is considered high)
- Daily Values of nutrients to consume: 5% DV or less is considered low, 20% DV or more is considered high For more information: https://www.uaex.edu/publications/pdf/FSFCS103.pdf

America Saves Week February 25-March 2

What Are Your Savings Goals?

What really matters to you? What do you really want to do with your money? Write down your ideas, then rank them in terms of how soon you want to reach your goal. List your goals below and start saving. The sooner you start saving, the sooner you'll reach your savings goals.

Short-term (less than 1 year): _____

Medium-term (1-3 years): _____

Long-term (more than 3 years):_____

Make Plans to Reach Your Savings Goals:

- $ Pay yourself first-each pay period. Save at least 10 percent of your income.
- $ Save "bonus" income-tax refunds, gift money, rebates, etc.
- $ Save coupon money. If you save $5 a week using grocery coupons, add that to your savings account.
- $ Save loose change in a jar. At the end of the month, put that in your savings.
- $ Break a habit—give up soda, coffee, candy bar, or another habit.
- $ Save lunch money. Take your lunch to work.
- $ Shop sales. When you buy an item on sale, take the difference in full price and sale price and put it in your savings account.
- $ Have a "nothing" week. Go an entire week without spending—no eating out, going to movies, concerts, etc. Have fun without spending.
- $ Use a crash budget. For one month, cut out all unnecessary spending and try to save as much as you can.

Ideally, you should have enough money to cover about 3 months of expenses in case of emergencies. Most people do not have that much saved. Once you have saved an adequate emergency fund (at least one month of expenses), you can save toward other goals such as buying a car, going on vacation, or making a down payment on a house.

Remember:

1. *What do you want to do with the money you save?*
2. *How much will you need to achieve your goal?*

For more information, go to: *https://www.uaex.edu/publications/PDF/FCS720.pdf*

Beans and peas are excellent sources of protein, fiber, iron, and zinc. Beans and peas are part of both the protein and the vegetable groups.

Parsley-More Than Just a Garnish

One of the special ingredients in this fresh tasting salad is parsley. Parsley can be added to salads, soups, casseroles, meats, seafood, and pesto. Parsley is also high in vitamins A, C, K, and folate. Choose from flat leaf or curly varieties.

What is meant by "low-sodium" on labels and in recipes?

140 milligrams of sodium or less *per serving*

Black-Eyed Pea Salad

From Arkansas Foods Recipe Calendar

Yield: 6 servings Serving size: 1 cup

1 large tomato, diced
½ red onion, finely chopped
1 bell pepper, finely chopped
2 tablespoons green onions, chopped
¼ cup fresh parsley, diced
½ cup vinegar
2 tablespoons vegetable oil
½ teaspoon sugar
2 (15.5 ounce) cans low-sodium black-eyed peas, drained and rinsed

1. In a large bowl, whisk together vinegar, vegetable oil, and sugar.
2. Add remaining vegetables and peas to bowl, stir until well coated with dressing.
3. Cover, and let marinate in the fridge for up to 8 hours before serving.
4. Tip: Add one jalapeno, finely chopped, for extra flavor if desired.

Nutrition Information per Serving:
Calories 177, Fat 5g, Protein 8g, Fiber 7g, Sodium 140mg, Carbohydrate 24g