

Family & Consumer Sciences Newsletter



National Wellness Month

August is National Wellness Month, a fun time to focus on being healthy and feeling good. It's all about taking a step back to look at your mental and physical health, making self-care a priority, and finding balance in your life. Whether it's adding more exercise to your routine, practicing mindfulness, or eating better, this month is a great reminder to set those wellness goals.

Wellness isn't just about being physically fit; it's also about your mental and emotional health. Doing things like yoga, meditation, or just hanging out in nature can really help reduce stress and boost your overall happiness. National Wellness Month is all about empowering everyone to take charge of their health in a supportive and encouraging way.

We have a Blueberry Farm tour and instant pot class this month! Check the "Community Events" section for more details. If you want to stay updated on the Family & Consumer Sciences program in the upcoming months, please send your email or mailing address to cpjohns5@ncsu.edu to join our mailing list.

In this Issue

National
Wellness Month

Healthy for
Good

In the Kitchen

Community
Events



American Heart Association.

Healthy for Good™



Loving-Kindness Meditation

Loving-kindness meditation is a way to practice feeling unconditional compassion for ourselves and all beings. Some studies suggest it can help boost your empathy and feelings of connection and reduce bias, anger, depression and anxiety.

How does it work?

Sit quietly and direct kindness and love to yourself, then expand in circles of compassion outward to others.

1



Yourself:

Direct kindness and compassion to yourself by repeating a thought such as, "May I be happy."

2



Family and friends:

Direct your kindness to someone you love or care about by repeating, "May _____ be happy."

3



Someone neutral:

Think about someone you feel neutral about, such as a coworker, neighbor or acquaintance and direct your compassion to this person by name.

4



Someone difficult:

Think about someone you dislike or have a tough time being around. Direct your kindness to this person by name.

5



Group:

Think about all of these people together and equally direct your kindness to all of them by saying, "May they be happy."

6



Everyone:

Finally, direct your kindness everywhere. "May all beings everywhere be happy."

You can change up the thought or phrase or combine words, such as:

"May I be at peace."

"May I be loved."

"May I be healthy and strong."



Start with just a few minutes and gradually extend your time. Try it today and see if loving-kindness meditation can bring more happiness and well-being to your life.



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STRESS LESS WITH HEALTHY HABITS

1. Slow down.

Plan ahead and allow enough time to get the most important things done without having to rush.

2. Sleep well.

Try to get seven to nine hours of sleep each night. To fight insomnia, get regular physical activity during the day.

3. Let worry go.

The world won't end if a few things fall off your plate. Give yourself a break and just breathe.

4. Laugh it up.

Laughter makes us feel good. Don't be afraid to laugh out loud, even when you're alone.

5. Get connected.

A daily dose of friendship is great medicine. Make time to call friends or family so you can catch up.

6. Get organized.

Use "todo" lists to help you focus on your most important tasks and take big projects one step at a time.

7. Practice giving back.

Volunteer your time or spend time helping a friend. Helping others helps you.

8. Be active every day.

Exercise can relieve mental and physical tension. Find something you enjoy and stick with it.

9. Give up the bad habits.

Too much alcohol, tobacco or caffeine can increase blood pressure. Cut back or quit to decrease anxiety.

10. Lean into things you can change.

Make time to learn a new skill, work toward a goal, or to love and help others.

Learn more at
hear.t.org/HealthyForGood.

EAT SMART MOVE MORE BE WELL

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Cantaloupe Cooler

Cool down in the heat with this fruit cooler. Refreshing orange juice mixed with sweet cantaloupe creates the perfect, easy-to-make drink!



Recipe and photo from MyPlate.gov

Ingredients

- 1 ripe cantaloupe
- 2 1/2 cups orange juice, divided (cold)
- 2 tablespoons sugar
- crushed ice

Directions

1. Wash hands with soap and water.
2. Cut melon in half. Scoop out seeds, remove rind, and discard. Cut melon into 1-inch cubes.
3. In blender or food processor, blend melon cubes with 1/2 cup orange juice until smooth.
4. Pour purée into pitcher and stir in the remaining orange juice and the sugar. Stir until sugar is dissolved.
5. Pour into glasses filled with crushed ice.

How to pick the best Cantaloupe:

Smell: Take a whiff of the blossom end. A juicy cantaloupe should smell sweet and have a faintly musky scent. No scent indicates it's unripe, while a fermented smell means it's overripe.

COOKING UNDER PRESSURE

Not sure where to start with your Instant Pot? Join us for our Instant Pot workshop on August 29th.

Registration is required!

Yadkin County Center
2051 Agricultural Way,
Yadkinville NC 27055

August 29th - 4PM-5:30PM

Cost: \$5



Contact Chelsea Johnson to
register at

Chelsea_Johnson@ncsu.edu
or 336-849-7908 or scan the
QR code

FARMER'S MARKET DONATION STATION

The Yadkin County Cooperative Extension, in partnership with the Yadkinville Farmers Market, will offer the Donation Station program this summer at the farmers market in Yadkinville. Customers at the market can donate food purchased from market vendors or make a financial contribution that can be used to purchase products from the vendors.

Donation Station days for
2025 are
May 13, May 27, June 10,
June 24, July 8, July 22,
August 5, and August 19.



What is a Donation Station?



Support farmers
by purchasing
their food



Make healthy, local food
available to food pantry clients
and other food insecure
populations



Divert any food
waste at the end of
the market



Public Events Calendar

Some events require advance registration and payment. Please call 336-849-7877 or email Chelsea_Johnson@ncsu.edu for inquiries.

August

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Summer Ag Tour - Enon Meadows Blueberries 9A-2P	5 Farmer's Market Donation Station 3P-6P	6	7	8	9
10	11	12	13	14	15	16
17	18	19 Extension At Home: Inside Food Recalls (Virtual) 10A-11A Farmer's Market Donation Station 3P-6P	20	21	22	23
24 30	25	26	27	28	29 Instant Pot Workshop 4P-5:30P	30



Extension At Home

Helping You Improve Your Life!



Every Third Tuesday of The Month 10:00 am ET



Find us at go.ncsu.edu/extensionathome

July 15 - Freezer Meals Ready When You Are

August 19 - Inside Food Recalls

September 16 - Clean Your Home: The Green Way!

October 21 - Holiday Budgeting Magic

November 18 - Caregiving During the Holidays

December 16 - Be Winter Ready

NC COOPERATIVE EXTENSION

NC Cooperative Extension is an equal opportunity provider.

Yadkin County Cooperative Extension

2051 Agricultural Way, Suite 201
Yadkinville, NC 27055

336-849-7908

Monday - Friday ~ 8AM - 5PM

Want to keep up with what Yadkin County FCS is doing? Like us on Facebook! Search Yadkin County Cooperative Extension.

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