



Louisiana Volunteers for Family & Community LVFC Newsletter

Livingston Parish
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October & November 2018



A Look Ahead...

- October 9-14 Livingston Parish Fair
- October 22 LVFC Council Meeting, Extension Office, 10:00am
- October 31 Deadline for dues to Club Treasurer
- December 7 Christmas Program "Sparkle and Shine, It's Christmas Time" Walker Baptist Church

Albany News

The Albany VFC complied and donated Raise a Reader Bags to the Livingston Health Unit and also collected and donated school supplies to local schools.



Can Do's News

The club is looking forward to hosting the 2018 LVFC Annual Christmas Program. The Can Do's are raffling this lovely lap quilt made by Can Do member Patsy Sibley. Tickets are \$1. Drawing will be December 5. See a Can Do member if you'd like tickets.



Ladybugs News

The Ladybugs have constructed 17 adult bibs for Hospice in His Care. They presented them to owner, Janette Roulston. Ongoing Ladybug projects include: constructing fidget lap blankets for Alzheimer patients which will also be donated to Hospice In His Care and crocheting mats from plastic bags for the homeless. Members have started working on the VFC Appreciation Luncheon that will take place in March.



Port Vincent News

Port Vincent VFC have been busy bees. 83 pillowcases were constructed by the members. The pillowcases will be given to Our Lady of the Lake- St. Jude Care Unit.



It's Membership Dues Time

Calling all members, it's time to pay your annual LVFC dues.

They are \$17. Fifteen dollars is for State dues and the remaining \$2 is for parish dues. Please send your dues to **your Club Treasurer by October 31.**



Sparkle
& Shine
IT'S CHRISTMAS TIME

Mark your calendar for the 2018 Annual LVFC Christmas Program. It will be held December 7 at Walker Baptist Church

Hooray, We have a Parish Environmental Chair



Just as she's working hard on her Port Vincent pillowcases, Becky Cambe will work hard for you! Special thanks to Ms. Becky for agreeing to serve as the Environmental Chair for LVFC.



It's time to show off your talents!

The Livingston Parish Fair is scheduled for October 9-14th and we're looking for you to show off your TALENTS by entering items in the fair. Have household linens, handicrafts, or canned fruit items to enter? If so, we'll see you at the fair!

Help will also be needed to take in/register the exhibits on Tuesday, October 9 from 8am-12pm and 12pm-5pm. The judging will be held on Thursday, October 11 and help is needed to judge the entries

from 9am-12pm. Please let me know if you can assist on October 9 and/or October 11 ASAP. Don't hesitate to

contact me if you want a fair book which lists the numerous items you can exhibit. You can reach me at 686-3020 or at lalangley@agcenter.lsu.edu



Super Foods to Include in Your Diet

Have you heard about Super Foods? Super foods are foods that pack optimum nutrition, have a positive impact on your health, with little effect on the waistline. Super foods are foods helpful in fighting chronic disease. Try to include some of these in your diet to either help control your chronic disease or to help prevent chronic disease.

Low-fat Milk and Milk Products → We all know that milk and dairy products are excellent sources of calcium. However, they are also good sources of vitamin A and D, riboflavin, vitamin B6 and B12, potassium, magnesium, and phosphorus. Research indicates that yogurt offers health benefits to the immune system and intestinal tract.

Broccoli → Broccoli is loaded with vitamin C, carotenoids, and folic acid. Other foods with the same benefit as broccoli are: Brussels sprouts, cabbage, kale, turnips, cauliflower, collards, bok Choy, mustard greens and Swiss chard.

Blueberries → Blueberries are very low in calories, high in fiber and vitamin C. Blueberries help protect against memory loss and aging.



Sweet Potatoes → Sweet potatoes are considered a nutritional power house. They are loaded with carotenoids, vitamin C, potassium and fiber.

Spinach → you can be strong like Popeye if you eat your spinach, but spinach also has vital nutrients we need. Spinach is loaded with vitamin C, fiber and carotenoids for better eyesight. Try to eat spinach at least once a week cooked or raw.

Dry Beans and Peas → Dry beans and peas are a cheap and easy to cook meal. Dry beans and peas also fit into almost everyone's diet. Dry beans and peas are high in protein, low in calories and have very little fat. Dry beans are also rich in fiber and have 100% folic acid in them. When combined with rice it is an easy, complete meal. Try to eat them 2-3 times a week.

Cantaloupe → Cantaloupe and all melons are always a low calorie option. Did you know that 1 cup of diced cantaloupe gives you almost as much vitamin A that most people need in one day?

Red Bell Pepper → All bell peppers are good, but choosing the red variety is better for you because of the nutritional benefits the red coloring provides. For those of you who may cook with bell peppers or add in your salads, ½ cup provides 200% RDA for vitamin C.

Walnuts → You probably have heard that nuts are good for you. However, only certain nuts pack more nutritional benefit than others. Nuts are rich in Omega 3 and Omega 6 fatty acids which help lower "bad" cholesterol levels that contribute to fatty deposits on our arteries. You only need 1 ounce of nuts as a serving to get your nutritional benefit. Other good nuts are almonds, pistachios, sesame seeds, peanuts, pumpkin seeds and sunflower seeds.



Oranges → Oranges are a rich source of vitamin C and folic acid. Oranges are rich in fiber which is great against protecting certain types of chronic disease. It is better to choose the fruit over the juice to keep calories down. Remember to get 2-3 servings of fruit per day.

Fish → Experts recommend consuming fish 2-3 times per week for better health. Try to incorporate

these types of fish: halibut, tuna, sardines, salmon, herring, mackerel and oysters.

Incorporating these foods most days of the week in your diet will help you achieve better health all year round.

Sources: USDA Nutrient Standard Database and Pratt, S. and Matthews, K. Super foods Rx: Fourteens foods to change your life. NY. 2004

Made Available By: Mandy G. Armentor, MS, RD, LDN, Area Nutrition Agent, Vermilion & Iberia Parishes

Easy Fruit Salad

Serving Size: 1/2 cup
Yield: 14 servings

Ingredients:

1 can (16 ounce) drained fruit cocktail
2 sliced bananas
2 oranges cut into bite-size pieces
2 apples cut into bite-size pieces
8 ounces yogurt, low-fat Pina colada

Instructions:

1. Mix fruit in a large bowl.
2. Add yogurt and mix well.
3. Chill in refrigerator before serving.



Broccoli Potato Soup



Serving Size: 1/4 of recipe
Yield: 4 servings

Ingredients:

4 cups chopped broccoli
1 small chopped onion
4 cups chicken or vegetable broth, low sodium
1 cup evaporated milk, nonfat
1 cup mashed potatoes, instant prepared in water
salt and pepper to taste
1/4 cup cheese, shredded cheddar or American

Instructions:

1. Combine broccoli, onion, and broth in large sauce pan.
2. Bring to a boil.
3. Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender.
4. Add milk to soup. Slowly stir in potatoes.
5. Cook, stirring constantly, until bubbly and thickened.
6. Season with salt and pepper; stir in a little more milk or water if soup starts to become too thick.
7. Ladle into serving bowls.
8. Sprinkle about 1 tablespoon cheese over each serving.

kindest Regards,

Layne Langley

Layne Langley
Area Nutrition Agent
West Feliciana & Livingston Parishes

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