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The Fair is Here!

The NC State Fair is here! Between October 15th and the 25th, you can go explore everything the fair has to offer, including rides, games, exhibits, and more. There are plenty of fun family activities to check out this year!



While you're walking around the fair grounds, be sure to check out these fun activities:

Field of Dreams Exhibit: Explore a miniature farm where children can learn more about where the foods they eat come from. The Field of Dreams Exhibit has a greenhouse, and even a resting place for parents so you can get off your feet and take a water break.

Flower and Garden Show Exhibit: Come walk the beautiful garden paths with your family or talk to an expert about plant care, flower arranging, pumpkin carving, and more!

More Family Fun: Be sure not to miss the Circle-C Racing Pigs, Farm Magic Agri Puppets in Kiddieland, The Moo-Gician, and K-9's in Flight Frisbee Dogs. Also in Kiddieland is the Fire Safety Show, where firemen, puppets, and clowns sing and dance while teaching important fire safety tips! This is just the beginning of the awesome amusement the fair has to offer. For a full list of NC State Fair attractions visit <http://www.ncstatefair.org/2015/Attractions/Free.htm>

Helpful Tips: 1.) Walking the fair grounds is a good way to get in some exercise. 2.) Take plenty of water breaks in order to stay hydrated. 3.) Try to eat before you arrive. 4.) If you eat at the fair, walk around first and see what they have to offer. This way you won't miss out on healthy and delicious choices like roasted corn, peanuts, apples, and grilled kabobs.

Upcoming Events:

One Homeless Night

Oct. 16th - Oct. 17th (Starts @ 6pm on Oct. 16th)

Al Woodall Park, Erwin, NC

*A night of awareness about the homeless and mentally ill in Harnett County

LiveStrong @ Lee County YMCA

Oct. 19 5:30pm-6:30pm

LiveStrong is a program for cancer survivors that offers a free workout.

Call 919-777-9622 with questions.

Food Lion Hunger Relief Day @ NC State Fair

Oct. 22

Bring five cans of Food Lion brand food to the N.C. State Fair in exchange for one free admission ticket.

Breast Cancer Awareness Month

October is National Breast Cancer Awareness Month. Breast cancer is the second most common type of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point. The good news is that many women can survive breast cancer if it's found and treated early. Women ages 40 to 49 should talk with their doctor about when to start getting mammograms as well as how often to get them. Women ages 50 to 74 should be sure to get a mammogram every two years and can get them more often if they choose.

Talk to your doctor about your risk for breast cancer, especially if a close relative has had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms. Also, according to the National Breast Cancer Foundation, women should do self breast exams at least once a month.

For more information and instructions for self breast exams, visit <http://www.nationalbreastcancer.org/breast-self-exam>

Mini-Grant Reminder: Applications due Oct. 30!

The Voices into Action 2016 Mini-Grant applications are due by 5pm on October 30th! Mini-grants are available for organizations to carry out projects that improve access to healthy, affordable foods in Lee County, Western Harnett County, and SE Raleigh.

For more information visit voicesintoaction.org/projects/ or contact Zandra Alford (zandra_alford@ncsu.edu) or Helen Herrera (hherrer@ncsu.edu).

Apple Crisp

In honor of fall, here's a delicious apple dessert!



Ingredients:

- 4 cups sliced apples (about 4 or 5 apples)
- 2 Tablespoons margarine
- ¾ cup rolled oats (uncooked)
- ¼ cup sugar
- ¼ cup whole-wheat flour
- 2 teaspoons lemon juice
- Non-stick cooking spray

Instructions:

1. Preheat oven to 375 degrees F. Coat 9"x13" baking dish with non-stick cooking spray.
2. Cut apples into slices.
3. Melt margarine in a small bowl in the microwave.
4. In a medium bowl, combine all ingredients except apples. Stir until well blended.
5. Place apples in baking dish and spread oat mixture on top.
6. Bake 45 minutes to 1 hour until desired brightness.

This healthy recipe idea is courtesy of Eat Smart Move More NC.

This recipe and others can be found at:

www.ncfamilieseatingbetter.org/EFNEP/participants/tips/category/recipes

If you are looking for free tools to promote healthy eating and active living for your family, school, church, worksite, or community, visit the website below to get started!

www.eatsmartmovemorenc.com/ProgramsNTools/ProgramsNTools.html

Photo Sources: morguefile.com, dupaldunnpal.org, theheartysoul.com

Our mission is to partner with communities to improve access to healthy, affordable food and safe places to be active.



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