



Step Up Forsyth! 2012

Week 2 - September 27 - October 3

Local News- Step Up Forsyth is walking the dogs!

Step Up Forsyth and the Humane Society are partnering for a "dog walk" around beautiful Reynolda Gardens on Saturday, September 29.

Meet in the lower parking lot at 10 am (next to the old Ken's Bike Shop location).

Don't have dog to walk? No problem, reserve a loaner dog through the Humane Society by calling Susan at 721-1303, ext. 103.

FLU Week at the Health Department. Free Flu Shots!

Forsyth County Dept. of Public Health, 799 N. Highland Avenue

Monday, October 1 through Wednesday October 3, 7:30 am—7:30 pm

Must be at least 6 months of age. First-come first-serve while supplies last.

For detailed information, [click here](#).

Triad Buying Co-operative, Inc. — a membership organization

Have you ever thought about pooling your time, talent and money with other people in the community to buy high quality local produce, meats, baked goods, dairy products and other all-natural products at great prices? If so, you might want to check out the Triad Buying Co-op, Inc. (TBC).



A display of "extra" items that members can purchase in addition to their monthly order

Located in West Salem Square on Marshall Street, the TBC is a local cooperative organization, democratically governed and operated by its members.

In addition to locally grown produce, items not grown locally or out of season are purchased through a local distributor and available to co-op members. Other all-natural products (soap, cosmetics, etc.) are ordered from United Foods, Frontier Natural Products or directly from producers. Depending on what you buy, the savings can be as much as 50% with a food cooperative.



Each member's order is sorted and placed in a space with their name on it—ready for pick up!

TBC has a web-based ordering system and communicates mostly by email, therefore, access to the internet is required for membership. Because TBC is a co-op and member operated, all members must work a job at the co-op on a regular basis for the co-op to run smoothly. Most co-op members work 3-4 hours per month.

For more information, check out their website <http://tbcoop.org/>

Veggie of the Week— Peppers

There are many varying shades of peppers – green to red, orange and yellow – as well as shapes, sizes, and taste! The varying shades are **actually just the stages of ripeness, with green peppers being "unripe" and red peppers being "fully ripe."**



You can chop up fresh peppers and use them in various salads, cook them in soups and stews, purée them to use in dips and hummus, steam or stir fry them, or even roast them on the grill. Of course, there are also the hotter, smaller peppers like chili and cayenne peppers and jalapeños – be careful, very hot!

Facts:

High in vitamins A and C, lycopene (red peppers), carotenes (orange), lutein and zeaxanthin (yellow), chlorophyll (green)

The varying colors of peppers have various nutritional benefits based on the pigments, which give them their colors. Tip: You should generally wash any kind of pepper with cold water and soft bristles before preparing.

Cancer Services Recipe of the Week Eggs in a Pepper Ring



Ingredients:

- Eggs
- 1/3 inch wide rings cut from a fresh bell pepper
- Canola oil, or non-stick spray
- Topping (your choice - salsa, grated cheese, fresh dill)
- Salt and pepper

Instructions:

- 1) Heat oil in a pan. Once oil is hot, place pepper rings in the pan.
- 2) Crack eggs open into your cooking bell pepper rings. Some whites may leak from under the bottom of your rings, which is not a problem.
- 3) Allow eggs to cook until desired wellness. You can flip them once the bottom is set. Season with salt and pepper, as desired.
- 4) Put your toppings on and serve. (Note: fresh dill is great with eggs!)

Go to www.CancerDietitian.com for nutrition information and additional recipes.

Granville Park



Located in the West Salem, Granville Park is a great community-serving park. This park has a handicap accessible playground (with rubber mulch), a picnic shelter, picnic tables, tennis courts and a gazebo.



If you want to take a stroll—be prepared—this park is hilly. Although challenging—it is a great way to work various muscle groups! If you get tired, take a break in the rustic gazebo and enjoy the lovely wooded setting.



YMCA Exercise Tip of the Week



Strengthen while you work—Part 1. Incorporate simple exercises at your desk while you work. While checking voice mails and emails or reviewing documents, do chair squats and seated leg lifts, completing as many repetitions as you need to feel a slight burn/fatigue. Completing these desk exercises a few times a day can help to strengthen your legs and core.

Chair squats: Stand about 10 inches in front of your chair. Squat down keeping your chest up and butt back until you lightly touch the seat. Do not put any weight on the seat. Always make sure your knees do not overlap your toes. When you return to a standing position you have completed one repetition.

Seated leg raises: sit towards the end of the seat. Post your hands by your hips and keep your abs tight. Straighten your legs and slowly raise your legs off the floor. Hold for at the top for a two count then slowly lower legs to an inch above the floor. This is one repetition.



Don't forget...Help build a sustainable food economy by joining the 10% campaign!



Step Up Forsyth invites you to join the Center for Environmental Farming Systems (CEFS) in support of North Carolina's farmers, businesses and communities. All you have to do is pledge to spend 10% of your existing food dollars locally.

CEFS will email you with a few simple questions each week to track your progress and you will learn more about the progress with the initiative statewide.

Sign up at <http://www.ncsu.edu/project/nc10percent/index.php>

Step Up Forsyth is a program of the Forsyth County Department of Public Health and the Behealthy Coalition. If you have questions or comments, email us at stepupforsyth@forsyth.cc