

# EVERY CHILD DESERVES A HEAD START



**Apply Today**

**U.C.C.A. HAS OPENINGS IN OUR HEAD START & EARLY HEAD START PROGRAMS IN ANSON, RICHMOND & UNION COUNTIES FOR THE 2021-22 SCHOOL YEAR.**

*Transportation may be provided.*

Applications can be submitted electronically at [www.uccainc.org](http://www.uccainc.org)

704-694-2120 • [www.uccainc.org](http://www.uccainc.org)

Additional Numbers: 704-283-7583 • 704-283-1069



## School Lunch Information

**Anson County Extension is partnering with More In My Basket (MIMB) to help reduce hunger in Anson County**

School will be in session before you know it! Whether your child will be attending in person or remotely, preparing lunch should be simple. Planning lunch is just like planning meals at home. Here are some tips to cut down on lunch time confusion:

- Plan a menu: Planning ahead will keep you on track and save time.
- Get involved: Allow your children to get involved by washing fruits & vegetables, tearing greens in pieces, measuring & mixing ingredients, and reading through directions out loud.
- Leftovers: Turn your leftover chicken into a brand-new meal. Remove the meat from the bone and add to sandwiches, salad, or noodles. Pair with a fruit cup or chips for a complete meal.
- Put a spin to it! Add a unique touch to traditional meals. Instead of sandwiches, try roll ups or pins wheels. Place your selection of meat, cheese, and optional tortilla on top of each other. Roll it up until you have a pin wheel.
- Salad Varieties: The options of salads are endless. Traditional Fruit salad, crunchy chicken salad, salad with fresh fruit and so much more. Make it a point to have one salad option on your weekly school lunch menu.
- Overnight Meals: Let lunch prepare itself while you sleep. Overnight oats can serve as a side dish or dessert to lunch meals. Just grab oats, milk, yogurt, cinnamon, and your fruit of choice. By the time you open your eyes, lunch will be prepared.
- Sales ad and pantry: Plan school lunch based on grocery store sales and what you already have in your pantry. Not only will you save money, you'll reduce the time spent grocery shopping.
- Make it fun! Turn the kitchen into a social and fun place. Lunch planning can be a game. Take this time to teach your children more about the food groups. (Protein, Dairy, Vegetables, Fruit & Grains).
- Assembly line: If you have more than one school aged child, pack lunch in an assembly line to make sure no one misses out on parts of the meal!

Research shows that school lunch is critical to ensuring students have the nutrition they need to learn throughout the day. Issues concerning behavioral, emotional, and mental health and academic problems are more widespread among students struggling with hunger. When focusing specifically on academics, children who suffer from hunger are more likely to repeat a grade, receive special education services, or require mental health counseling, than low-income children who do not experience hunger (FRAC).

If you or someone you know is in need of assistance with school lunch, contact your child's school to consider applying for free or reduced lunch. For general help with groceries, the Supplemental Nutrition Assistance Program (SNAP) is also an option. SNAP is a national food assistance program that helps millions of households access the food they need to be healthy. In North Carolina the program is called Food and Nutrition Services (FNS). SNAP/FNS provides households with a monthly allotment of benefits that can be used to purchase eligible food items.

Anson County Extension is partnering with the More In My Basket (MIMB), a program developed by Dr. Carolyn Bird at North Carolina State University Extension. MIMB helps reduce hunger by connecting North Carolina residents to SNAP. More In My Basket staff can answer your questions, complete a quick eligibility screening, and provide assistance with completing the SNAP/FNS application. MIMB staff will be happy to assist you. If you are interested in applying for SNAP benefits, contact MIMB program staff at (919) 515-9568. Assistance is available in English & Spanish.

## Fall Gardening with Row Covers

Did you miss out on a summer garden? Fall is right around the corner. Our estimated first frost date is 10 weeks away, usually falling between October 21-31. So August is still an acceptable time to plant quick-maturing peas, beans, squash, and eggplant transplants in the Piedmont region. Don't forget our traditional cool season crops like garlic, onion, cabbage, broccoli, carrots, and cauliflower that can also be planted now.



Squash vine borers can be problematic in late summer. One can take non-chemical precautions against this damaging moth larva by covering plants with a floating row cover draped over PVC hoops or wooden frame to limit physical access.

Tender leafy greens like spinach, turnips, and lettuce, the sun and searing August heat may dry the soil and form a hard crust over tiny seeds. Also, temperatures over 85F reduce germination rates. Check the number of days to maturity for these crops. Leafy greens can wait to be direct seeded in September. Count backward from the frost date on the back of the seed packet, using the number of days to maturity determine the best time to plant.

For more information see NC State University's online publication "Central North Carolina Planting Calendar for Annual Vegetables, Fruits, and Herbs" or contact Anson Extension Horticulture Agent Aimee Colf at 704-694-2915. *By Aimee Colf*

## Wadesboro Lions Club Returns to Papa Joe's

After 16 months and meeting in various locations, the Wadesboro Lions Club has returned to Papa Joe's Restaurant in Wadesboro, meeting there every second and fourth Thursday of each month at 6:30 p.m.

For more information please call Lion Jim Chandler at 910-571-1448.

# Back to School



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*Teaching Baton and So Much More!*

**Classes Begin Monday, September 13**

Register at: [MBMTwirlyGirls@gmail.com](mailto:MBMTwirlyGirls@gmail.com) or 704-681-5776

Please leave a message with your information:  
Name, Child's Name & Age & Telephone Number

**NO REGISTRATION FEES!** *Melanie Lyon, Brandis Chewning, Melody Goodwin*

**New Classes Now Offered** **BEGINNER BATON FOR AGES 9-14**  
**YOUNG BEGINNERS AGES 3-5 & 6-8**

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