

# FAMILY & CONSUMER SCIENCES

*Fun in the Kitchen with Food & Nutrition Programming*



## MAKING YOU MATTER

### *Wellness Retreat*

Pictured above and to the right you will see a couple of pictures from our 2nd annual Making YOU Matter Wellness Retreat target rising 6th-8th grade girls. At the retreat, teens learn new techniques for stress relief and healthy living through yoga, kick boxing, meditation, value based activities, and healthy choices for meal times. Activities during the retreat focused on six dimensions of wellness: social, physical, mental, spiritual, emotional, and intellectual. Teens enjoyed bonding with other girls their age going through similar issues and learned more about how to live well in all dimensions of wellness. The retreat saw 14 participants from Brunswick, New Hanover and Pender Counties. Teens said their favorite parts included making new friends, trying new foods, meditation, and learning new forms of physical activity! Our time together was wrapped up with a session led by Lauren Moser-Vilar, owner of LMV Counseling. She had the teens create and share skits based on how their "batteries" are drained and re-charged within each dimension of wellness and ended her time by having the teens meditate quietly while she read personal affirmations related to the dimensions of wellness. Overall the retreat was a great success and we look forward to doing it again next year!

### WHAT YOU'LL FIND INSIDE:

- **MAKING YOU MATTER WELLNESS RETREAT**
- **UPCOMING EVENTS**
- **END OF SUMMER RECIPE**



## UPCOMING EVENTS

This fall be on the lookout for food safety classes geared toward restaurant managers (NC Safe Plates), cooking demonstrations at the Food Bank of CENC Talking Councils and partner agencies, and the Med Instead of Meds Series. For other classes and specific schedules check the FCS website.

## GARDEN RATATOUILLE

Ratatouille, a traditional dish from the south of France, is a combination of bell peppers, eggplant, zucchini, and tomato—aka produce that peaks at the end of summer! Try this delicious recipe as a side dish to chicken, fish, or other meat; or serve over pasta!

Recipe adapted from UMass Extension.

### Ingredients:

2 Tbsp olive oil  
1 medium onion, chopped  
2 cloves garlic, minced  
1 medium eggplant, peeled and cut into 1/2in cubes  
2 bell peppers, seeded and chopped  
3 summer squash (zucchini, crookneck, or any combination), sliced  
3 medium tomatoes, chopped  
1 Tbsp basil, fresh, chopped (or 1 tsp dried basil)  
Dash of cayenne pepper (optional)

### Instructions:

1. Wash and prepare vegetables and basil (if using fresh).
2. Heat oil in a large skillet and cook onions and garlic until soft.
3. Add eggplant, bell peppers, and squash. Cook for 5 minutes.
4. Add tomatoes and spices. Cover and cook over low heat for 5-10 minutes.

