

# NEWS BITES

## Delicious Veggie Wrap

Servings: 1

### Ingredients

- 1 whole grain tortilla
- 1 Tablespoon of hummus
- 1/4 avocado, sliced
- 1 small carrot, sliced
- 1/2 cup of spinach
- 2 Tablespoons of low-fat cheese, shredded

### Directions

1. Lay out the whole grain tortilla and spread the hummus.
2. Add the avocado, carrot, and spinach on top of hummus. Add cheese as a topping.
3. Roll the tortilla into a wrap, and enjoy!

### TASTY TIPS

Add in seasonings like black pepper and salt if desired. Additional vegetables to consider include, cucumbers, bell peppers, lettuce, corn, etc.!

Enjoy!



This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP.  
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## Steps to Health Update:

In July, Federico Planchon presented on the Power of Multimedia and AI.

[Recording link](#)



## Next STH Update: August 15

10:00A-12:00P

TOPIC: Agent Listening Session

on location at NCEAFCS in the Ballroom

## UPCOMING DEADLINES

- **August 15 - PCard Purchases, State Vehicle travel reimbursement**
- **August 28 - Direct Education (DE) and PSE Purchases, all invoices due**
- **September 1 - Steps to Health Travel Reimbursement entry deadline**
- **September 15 - Data Reported**

In preparation for the NCEAFCS conference, please take a few moments to fill out this [form](#) and share what items/supplies you would like us to bring you during the event.



## Mini-Pantry



Food security is a growing concern in many communities across NC and the country. Wake County Commissioners have prioritized this issue and have partnered with Wake County Cooperative Extension to fund efforts that can help local communities and organizations address needs related to food access and nutrition security.

As a part of their efforts, Wake County Cooperative Extension partnered with Steps to Health to install four mini-pantries at sites that have been engaged with the program in direct education and/or PSE work. Mini-pantries are structures located outdoors on posts cemented in the ground (similar to Little Free Libraries), that contain non-perishable, healthy food items for community members to access as needed. The 2023 Youth Food Security Summit - a free event hosted by Wake County Cooperative Extension's Food Security program and organized by Communications Strategist VISTA, Elizabeth Eichen - provided an opportunity for youth to participate in this community project. In addition to learning more about food security through hands-on activities and interactive lessons, youth attending the Summit engaged in conversation about food security and developed teaching skills and deepened knowledge that will empower them to work in local food systems. As a part of these activities, youth harnessed what they learned and their creativity to paint the four mini-pantries that will not only be a resource for food access but will be a beautiful addition to the communities where they are placed.

While community sites will be responsible for sustainability by stocking and monitoring non-perishable food items, STH will continue to support their efforts by providing nutrition education materials and recipes. Through this partnership, Cooperative Extension has provided a resource in the community to help address food insecurity in Wake County and has planted seeds for community engagement and buy-in that will hopefully sustain and grow these types of efforts in the future

Read more about the event [here](#)

Check out photos for the event [here](#)

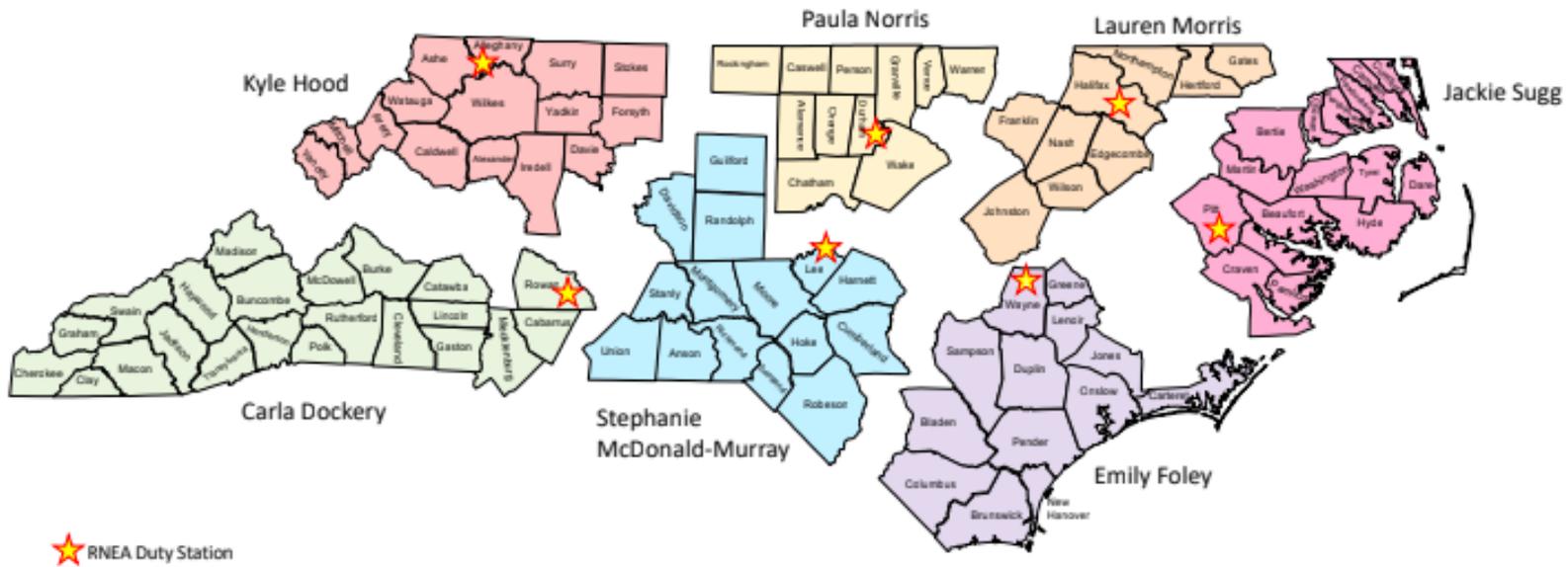


### SAVE THE DATES:

## Mark Your Calendars For the Steps to Health Annual Training

- August 8th 10AM-12PM - New Agent Training & Welcome to STH
- August 15th 10AM to 12PM- (In-Person) NCEAFCS Listening Session & Photovoice Capture
- August 22nd 10AM-12PM - Experienced Agent Training
- August 29th 10AM-12PM - Logistics/Operations & Program Planning

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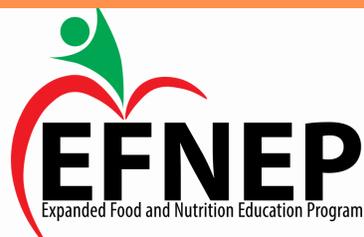
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