

The amount of food you eat is one of the most important parts of building a healthy eating style. Children and adults have different calorie and nutrition needs. How much you eat and drink can affect your weight and risk for heart disease, diabetes, and cancer.

The continuing trend of super-sizing, huge portions, all you can eat buffets and extra-large servings have all contributed to our expanding waistlines. Portion sizes have constantly increased in the past 20 years. Typically portions that are offered are more than what we need. Eating larger portions at one meal would not be such a problem if we ate less at the next meal or over time. This does not happen, we do not compensate at other meals for large portions consumed by eating less at the next meal. This means eating more calories than we need over time.

With all of us influenced by portion distortion, we need to reset our internal cues as to what a "normal" portion is. Luckily our hand can help us estimate several different serving sizes. A palm of nuts is about 1-ounce. The palm is also about the same size as 3 ounces of meat, chicken or fish. A deck of cards is also a good guide for estimating 3 ounces of meat, chicken or fish. You can also use your thumb or two dice to estimate an ounce of cheese. One slice of bread, 1/2 hamburger bun or 1/2 English muffin is one serving or one ounce. Your fist is about the size of one cup. Use your fist to estimate one cup of foods like cereal, rice and pasta.

It is not hard to increase portions, so we must be mindful of measuring and the sizing of portions to not pack on unwanted, extra calories that will lead to extra pounds. Here are some strategies to right-size your portions. Measure your portions. The best way to get a handle on portion sizes is the measure and weigh your food. Do it for a few days or a week to help you reset your internal cues as to what a serving should look like on your plate and in your bowl. Don't serve family style. Do not put serving bowls on the table. We often eat more than we need to when we serve our plate at the table and have serving dishes left for seconds and thirds. Serve yourself a reasonable portion, eat slowly and enjoy your meal. Do not eat directly from containers or bags. Put a reasonable amount of food into a bowl or container and leave the rest of the package in the pantry. Use smaller plates, bowls and glasses and always be mindful of how much you are eating. Using smaller plates will help control portion sizes. *By Roshunda Terry, County Extension Director*

## Maryland, North Carolina, and Virginia Announce Agreement to Spur Offshore Wind Energy and Economic Development

**Alliance will streamline development of offshore wind resources in Southeast and Mid-Atlantic region**

The governors of Maryland, North Carolina, and Virginia today announced a three-state collaboration to advance offshore wind projects in the region and promote the Southeast and Mid-Atlantic United States as a hub for offshore wind energy and industry.

The creation of the Southeast and Mid-Atlantic Regional Transformative Partnership for Offshore Wind Energy Resources (SMART-POWER) provides a framework for the three states to cooperatively promote, develop, and expand offshore wind energy and the accompanying industry supply chain and workforce. Specifically, the three states agree to form a SMART-POWER Leadership Team with representatives from each signatory jurisdiction that will work to streamline the development of regional offshore wind resources.

"Maryland has been leading the charge when it comes to real, bipartisan, common sense solutions and we are proud to continue setting an example for the nation of bold environmental leadership," said Maryland Governor Larry Hogan. "Joining this multi-state partnership to expand offshore wind development will further our strong record of supporting responsible energy projects that provide jobs, clean air benefits, and energy independence."

As Southeast and Mid-Atlantic states become a focus for offshore wind developers and supply chain companies, Maryland, North Carolina, and Virginia recognize that the fast-growing, global offshore wind industry has significant potential to drive economic development and job creation as well as reduce the emission of greenhouse gases and other harmful air pollutants. According to the United State Department of Energy, the Atlantic Coast offshore wind project pipeline is estimated to support up to 86,000 jobs, \$57 billion in investments, and provide up to \$25 billion in economic output by 2030.

"Offshore wind development combined with our strong solar capacity will bring more high paying, clean energy jobs to North Carolina while we continue to ramp up our fight against climate change," said North Carolina Governor Roy Cooper. "This bipartisan agreement with neighboring states allows us to leverage our combined economic power and ideas to achieve cost effective success."

Through this partnership, the three states have committed to work together to increase regulatory certainty, encourage manufacturing of component parts, reduce project costs through supply chain development, share information and best practices, and promote synergy between industry and the signatory jurisdictions.

"Harnessing the power of offshore wind is key to meeting the urgency of the climate crisis and achieving 100 percent clean energy by 2050," said Virginia Governor Ralph Northam. "Virginia is well-positioned to scale up offshore wind development with a 12-megawatt wind demonstration project already built off our coast. This agreement will help unlock our collective offshore wind resources and generate tremendous economic and environmental benefits for the region. We look forward to working with our partners in Maryland and North Carolina to grow the offshore wind industry and secure a cleaner, healthier, and more resilient future."

Maryland, North Carolina, and Virginia have access to vast resources and assets, such as deepwater ports and transportation infrastructure, top-tier universities and research institutions, and highly trained workforces to support the offshore wind industry and supply chain efficiently develop along the Atlantic Coast.



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### NC Quick Pass Customers Save on the Cost of Tolls

The North Carolina Turnpike Authority resumed billing procedures for late payments for NC Quick Pass invoices on Monday, October 26. In response to the COVID-19 pandemic, effective April 3, 2020, NC Quick Pass invoice past due procedures were suspended in order to provide much needed financial relief to customers.

NC Quick Pass encourages all customers to look out for invoices as late fees will be assessed for bills not paid on time. Customers can avoid potential fees by signing up for an NC Quick Pass transponder, and will also save 35 percent on future tolls.

Transponders can be used throughout North Carolina on any tolled facility and can also be used on toll roads that accept E-Pass, E-ZPass, I-Pass, Peach Pass and SunPass as a payment method.

To find the best transponder for your travel needs visit [ncquickpass.com](http://ncquickpass.com) or call 1-877-769-7277, or visit customer service centers, located in Monroe and Charlotte.

### October Mobile Food Pantry Information

Margot Barnes, Director of Anson Crisis Ministry has released statistics from the October Mobile Food Pantry which was held on Wednesday, September 2 at Peachland United Methodist Church in Peachland.

- Total Families: 92
- Children & Youth up to Age 18: 55
- Youth & Adults Ages 19-64: 108
- Adults Over Age 65: 64

Anson Crisis Ministry is located at 117 North Rutherford Street in Wadesboro. The telephone number is 704-694-2445, email is [ansoncrisisministry@windstream.net](mailto:ansoncrisisministry@windstream.net) and the website is [www.ansoncrisisministry.org](http://www.ansoncrisisministry.org).

The next Mobile Food Pantry will be held on Wednesday, November 4 at Austin Grove Baptist Church, located at 5919 Austin Grove Church Road in Marshville. Arrive and register between 8 and 10 a.m.

### COVID-19 Outreach Meals at BRLC

Burnsville Recreation & Learning Center is announcing to the community that they offer a free home cooked lunch every Tuesday and Thursday, from 11 a.m. to 1:30 p.m. These meals are for members of the community, especially senior citizens who need assistance.

Participants are asked to call in by 10:30 a.m. on Tuesdays and Thursdays, then drive by and pick up your home cooked meal.

BRLC is located at 13349 Highway 742 North in Burnsville, across from the Fire Department.

The telephone number is 704-826-8737.

For more information visit [www.burnsville.org](http://www.burnsville.org).

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