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Scoops of Information & Inspiration!



DURHAM COUNTY DEPARTMENT OF SOCIAL SERVICES



Back-to-School

LOOK AROUND!

Check out our Information & Inspiration news bulletin created with YOU in mind. We want to provide you with updates on our numerous programs, but also provide you with practical living tips with a healthy dose of INSPIRATION!



To get your SCOOPS delivered to your inbox, email:

DCoDSSPublicInformation@dconc.gov



A new school year is always exciting! Fresh notebooks, cool backpacks, new clothes and shoes, made us feel like we were starting the school year off right. Along with the new back-to-school gear & clothes, make sure that your children are up-to-date on their vaccinations. Let's start off the school year healthy and safe! Our Durham Public Health Department can help you. Visit their website here:

<https://www.dcopublichealth.org>



CHICKEN AVOCADO ROLL UPS

Recipe courtesy of TipBuzz.com

Chicken Avocado Roll Ups are creamy and delicious, made with grilled or leftover chicken, avocado, bell pepper and cheese. This healthy lunch idea also makes a great party appetizer.

Ready in just 20 minutes!

INGREDIENTS

- 2 cups shredded chicken, *leftover chicken works well*
- 1 medium avocado, *peeled and pitted*
- 1/2 medium red onion, *chopped*
- 1 red bell pepper, *chopped*
- 2 tbsp green onion, *minced*
- 3/4 cup shredded cheese, *swiss or cheddar*
- 1 tbsp parsley, *chopped*
- 3 tbsp plain yogurt
- 1 1/2 tsp lime juice
- 1/2 tsp garlic powder
- salt and pepper, *to taste*
- 4 flour tortillas, *8 or 10 inch size*

A colorful, healthy dish

Nutrition Facts Chicken Avocado Roll Ups

Amount Per Serving (3 pieces)
Calories 126Calories from Fat 63

% Daily Value*

Fat 7g11%
Saturated Fat 2g10%
Cholesterol 9mg3%
Sodium 175mg7%
Potassium 174mg5%
Carbohydrates 11g4%
Fiber 2g8%
Sugar 2g2%
Protein 4g8%

Vitamin A 172IU3%
Vitamin C 4mg5%
Calcium 83mg8%
Iron 1mg6%



CHICKEN AVOCADO ROLL UPS (CONTIN)

Instructions

Start by combining the filling ingredients in a mixing bowl: shredded chicken (breast or thigh meat), avocado, red onion, bell pepper, green onion, shredded cheese, minced parsley, lime juice and garlic powder. Then mix together, mashing the avocado as you go.

Next, place an 8-10 inch flour tortilla on a work surface (use any type of flour tortilla you like including whole wheat).

Spread a 1/2-inch thick layer of filling evenly across the tortilla using a spoon or offset spatula.

Using your fingertips, roll up the tortilla as tightly as you can and then slice into 1 1/2-inch wide pieces. Repeat the process for the rest of the filling and remaining tortillas. You should get about 24 pieces in total to serve 8 people.

You can serve them right away or refrigerate for up to 4 hours covered with plastic wrap to prevent discoloration.

5 Steps to Mental Well-Being

- Connect with other people
- Be physically active
- Learn new skills
- Give to others
- Pay attention to the present moment

Everyday be mindful about your state of mind. Protect your peace at all costs.



Celebrating Child Support Awareness Month

North Carolina Child support Services are available to parents and/or non-parent caretakers of minor children. Services provided by our Child Support Agents include: location, and establishment of paternity, establishment or modifying of child support orders, the enforcement of child support orders, the collection and processing of child support ordered payments.

Our Durham agents collected \$15,946,090.00, their average current support collection rate was 69.02%, their arrears payment percentage was 74.88%, their paternities established was 96.54%, and the cases under order percentage was 89.77%.

Congratulations Team! Keep up the great work!



Photos from SideKicks Academy

SideKicks Academy-Making a Difference In Durham

Our Mission: SIDEKICKS Academy, Inc. seeks to provide a trauma-sensitive and therapeutic learning environment dedicated to the treatment of the whole student, specifically Durham's students of color, while delivering a uniquely rewarding martial arts program that includes social-emotional support, self-advocacy and supportive coaching for Durham County's youngest rising leaders.

Making the Connection
At DCoDSS, we're all about making connections, & collaborating with Community Partners and Durham citizens. If you have some tips for better living, or celebrations-- send us the SCOOP! 
DCoDSSPublicInformation@dconc.gov



Our Motto: "Working to Shift Students Away from the 'School-to-Prison Pipeline' and Toward One of 'School-to-Success.'"

Our Overview and Approach: Durham County's communities of color are in desperate need of a program that will provide its youth with opportunities to succeed. Therefore, SIDEKICKS Academy is working to stand in that gap by committing to reducing disparities among some of Durham County's most marginalized communities, and strengthening the leadership qualities in Durham Public Schools' Black and brown students impacted by the realities of community violence, trauma, and homelessness.

Established in 2019, SIDEKICKS stands for Students Involved in Discipline Education, Keyed Into Claiming Knowledge and Success, and is a behavioral health intervention program that takes the principles of academic success, respect, and social justice, and combines them with the teaching of the basic skills of the Korean martial art of taekwondo.

Visit: [Facebook.com/sidekicksacademy](https://www.facebook.com/sidekicksacademy) to learn more about the organization!



Money Matters



Our Maria Santiago Cruz was featured a few months back for her money tip of saving coins in a jar for your Christmas fund. How's your fund growing?

Keep In Touch!

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Durham County Department
of Social Services