

VOLUME 22 FEBRUARY 2023

# *Scoops of Information & Inspiration!*



DURHAM COUNTY DEPARTMENT OF SOCIAL SERVICES



## **TAKE A LOOK!**

Check out this edition of SCOOPS the 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](mailto:DCoDSSPublicInformation@dconc.gov)

## **All We Need is Love**



The late legendary songwriter Burt Bacharach wrote the famous song, "What the World Needs Now Is Love". Let's spread LOVE, KINDNESS & JOY all year long! We need it! ❤️

## We Know and We Care

The pandemic federal emergency allotment for food & nutrition will end February 28th. We know that losing the extra allotment will be an adjustment for many households. We care and want to provide you with resources to potentially supplement your family's needs. Please scan the QR code to gain access to food organizations that can offer you assistance.



SCAN HERE



Social Services

## BAKED SPICY CHICKEN TACOS

Recipe courtesy of **Becky Hardin-The Cookie Rookie**

How to make the best baked chicken tacos for a crowd! Lots of tacos made in one baking dish for family dinners, Cinco de Mayo, and more.

### Instructions with Ingredients

1. Preheat oven to 400°F. Spray a 9×13 baking dish with nonstick spray.
2. Heat olive oil over medium heat in a medium skillet.
3. Add onion to skillet and cook for 2-3 minutes, or until the onion is translucent and fragrant.
4. Stir in the chicken, taco seasoning, tomatoes (FULLY DRAINED), and green chiles (FULLY DRAINED) \*see note. Stir to combine fully. Reduce to simmer and allow to cook for 5-8 minutes.
5. Place the taco shells in the baking dish, standing up. I was able to fit 10 taco shells in the dish by adding 2 on each side.

Everyone is wondering HOW to stretch their food dollars!

We found this helpful video from CBS News.

Visit:

[https://youtu.be/0tlhyQS\\_rUY](https://youtu.be/0tlhyQS_rUY)







## **BAKED SPICY CHICKEN TACOS (CONTIN)**

**TIPS!** To prevent soggy taco shells, first bake the shells for 5 minutes prior to loading them. Put refried beans at the base of the shell before putting on the chicken mixture. Make sure you fully drain the green chiles before combining them with the chicken. ENJOY!

Check out this video for this delicious recipe:  
[bit.ly/3uVaqXL](https://bit.ly/3uVaqXL)

6. Bake the taco shells for 5 minutes by themselves to allow them to crisp up. Remove from the oven.

7. Spoon 1 tablespoon of beans into the bottom of each taco shell. Top with the chicken mixture, almost to the top of each shell.

8. Sprinkle each shell generously with shredded cheese, the more the better!

9. Bake for 7-10 minutes or until cheese is fully melted and the edges of the shells are browned.

10. Remove from the oven and top with your favorite items such as jalapenos, sour cream, cilantro, and salsa

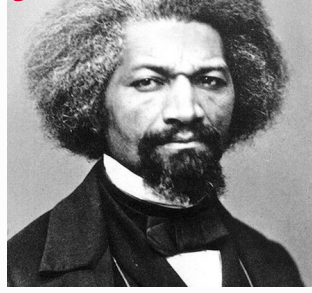
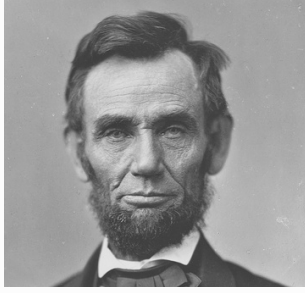


**Need Help With Your Heating Bill?**  
Apply for the LIEAP program for assistance.

We have LIEAP Specialists to answer your questions, call us @ 919-560-8192. You can also apply online: <https://www.ePass.NC.gov>

We will serve you with  
**#CompassionateCare**

## The Month of February Full of Celebrations!



L to R: George Washington, Abraham Lincoln, Frederick Douglass, & Carter G. Woodson, PhD.

The month of February holds so many acknowledgements and celebrations! The 1st President **George Washington** and the 16th President **Abraham Lincoln** of our nation were born in February, and we celebrate **President's Day** as a nation. February is widely recognized as **Heart Health Month**, specifically the American Heart Association targets women with their messages.! **Valentine's Day**, and the spirit of LOVE is celebrated too! Throughout the country, February is recognized as **Black History Month**. The creator of what was once Black History Week, is **Carter G. Woodson, PhD**. He was a scholar and historian. He chose the month of February due to **Abraham Lincoln**, who abolished slavery with the Emancipation Proclamation, and Abolitionist and former slave, **Frederick Douglass** shared birthday's in the month of February.



**Susan B. Anthony** is another history-maker born in the month of February. She was an American social reformer and women's rights activist who played a pivotal role in the women's suffrage movement. She was born into a Quaker family committed to social equality, it is said that she collected anti-slavery petitions at the age of 17.



Follow us on Social Media



@DCoDSS



/DurhamDSS

**LinkedIn**

/DurhamCountyDepartmentOfSocialServices

## A Few Helpful Tips & Some Inspiration



### Are You Spring Cleaning?

The City of Durham has a wonderful service to pick up bulky items. You can have up to 3 items picked up curbside if you make an appointment, Call (919) 560-1200 to make your request. Yes it's FREE of charge! There are restrictions. To learn more, visit: <https://www.durhamnc.gov/855/Bulky-Services>



Are you a Millennial? Our favorite money publication has an article on how inflation is impacting your generation the most. They also offer some helpful solutions that we all can use! <https://www.thepennyhoarder.com/save-money/fight-price-inflation/>

*"There are two ways of spreading light. To be the candle or the mirror that reflects it."*

*Edith Wharton*

*"Happiness often sneaks in through a door you didn't know you left open."*

*John Barrymore*

### Please Share!

**988** SUICIDE & CRISIS  
**LIFELINE**

No matter where you live in the U.S., you can easily access 24/7 emotional support.

Call or text 988 or visit [988lifeline.org/chat](https://988lifeline.org/chat) to chat with a caring counselor.

We're here for you.





**Candice Leathers**  
**A DCoDSS Star**



*"Working with Candice is a dream. She is always positive, helpful, and understanding. She is a Franklin Covey trainer who uses the rules and principles of Franklin Covey every day. Candice is very worthy of the DCoDSS Star Award."* -**Sheila Dorsett, CWFI-Supervisor Program Integrity**

*"Candice is passionate about Quality Assurance & Training as shown in her daily interactions with her team. She contributes to a positive work environment by leading QAT/FEI & PI with integrity and respect. Effective communication skills, the ability to motivate and problem solve are some of her most valuable leadership qualities"* -**Shamekia S. Davis, Staff Development Supervisor QA Team**