

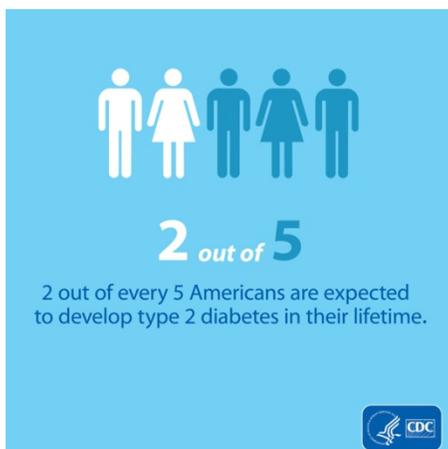


BY FAMILY CONSUMER SCIENCE (FCS) EXTENSION AGENT, JENNIFER BROWN



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# Family Consumer Science (FCS) Programs Offered



Reaching and maintaining a healthy weight contributes to your overall health and well-being. Losing even a few pounds or preventing further weight gain has health benefits. The main things people can do to help make themselves and their family healthier is cooking better. Simple things like using less salt, sugar, and fat in your cooking process helps. Therefore, we offer the following programs.

**Lunch N' Learns:** We offer monthly lunchtime workshops on topics of nutrition, health and wellness, chronic illnesses or other food and health related topics.

**Diabetes Prevention Program:** This is a 24-session program for pre-diabetics or those at risk for diabetes that is completed over the course of a year to help them lose weight, increase their physical activity and prevent or delay diabetes.

**Aging with Gusto:** This is our annual conference that is full of workshops, guest speakers and vendor booths from local organizations.

**Steps to Health:** This is our nutrition and chronic disease program. The 9-week Steps to Health or SNAP-Ed program is taught to 2<sup>nd</sup> and 3<sup>rd</sup> graders in the school system. The 8-week older adult chronic disease program, called Take Control, is taught to help people better take control of their health.

**Safe Plates Food Safety:** This is our food safety curriculum created by NC State University to help train managers of food establishments. This is a mandatory course to receive 2 points on their restaurant ratings.

**Cook Smart Eat Smart:** This program teaches cooking techniques to encourage preparing and eating more meals at home. There is an emphasis on healthy preparation techniques, simple ingredients and limited use of prepared foods.

**More in My Basket:** This program is for those who are suffering from food insecurity and struggling to put food on the table. We teach individuals about SNAP benefits and how to develop a household and food budget as well as determine if they are eligible to receive food assistance.

**Chronic Disease Self-Management program:** These are 6-session interactive workshops to help people who have on-going health conditions better manage their illnesses.

## Your Food: Fibs and Facts



## Upcoming Lunch N' Learn

Join us for a presentation on hot topics concerning the food we eat, such as information about food labels, organic foods, GMOs and so much more.



## More In My Basket Resources

The Extension Office can provide information for individuals that think they may qualify for Food Nutrition Services. Or call 1-855-240-1451.

NC Cooperative Extension  
Person & Granville Counties  
Family & Consumer Sciences (FCS)

Person County Center - 336-599-1195  
304 South Morgan St, Roxboro, 27573

Granville County Center - 919-603-1350  
125 Oxford Outer Loop Rd. Oxford, 27565

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# ECA & EMFV??? What Do All of the Letters Mean?

## FOR MORE INFORMATION

ECA – Extension Community Association

EMFV – Extension Master Food Volunteer

There are numerous ways for individuals to volunteer with the NC Cooperative Extension programs. The Family Consumer Science (FCS) Extension Agent currently serves both Person & Granville Counties. In order for this to be able to happen, we need volunteers to help us with our programming efforts as well as simply be another avenue for Extension to help serve the community.

Many years ago, our volunteers were simply known as Extension Homemakers, or members of our Home Demonstration Clubs. However, over the years, we have slightly changed our names because everyone is welcome to join and participate. In Person County, the members are known as Extension Community Association (ECA) club members. These individuals are members of 3-4 clubs in the community and they tackle a variety of issues helping provide community service and education to the community. In Person County, our volunteers have helped organizations such as the Ronald McDonald House, Christian Help Center, Boys & Girls Club of NC, Caswell House, Roxboro Reunion Scholarship program, etc.

Our main program focus is food and nutrition so we have started recruiting individuals to help serve as Extension Master Food Volunteers which help us prepare and serve meals at events, teach nutrition to local school children, set up educational booths at local events or health fairs, etc. These individuals have to complete 30 hours of training in order to become certified and help conduct programs with the Extension Office as well as conduct programs by themselves out in the community.

## Volunteers Are Always Needed & Appreciated!!

