

Jan.— Mar.
2022



PERSON & GRANVILLE COOPERATIVE EXTENSION

Family Consumer Sciences

Lunch N' Learns

Every month, the Person County Extension Service offers a Lunch N' Learn workshop focusing on topics such as nutrition, overall health and wellness, cancer screenings, food safety, etc.

We have gone back to offering in-person Lunch N' Learn workshops while still offering a virtual option later in the month.

Our in-person January workshop has already happened but our virtual workshop will be on **January 25**. The topic of the workshop is Disaster Preparedness and Recovery and will help people understand what to do to prepare, and what foods they can keep or need to toss out after losing power.

Our February workshop will focus on "Fall Prevention" and will be held in-person on **February 8** and virtually on **February 22**. We will discuss tips to prevent falling and how to complete a fall check in your home.

Our March workshop is in-person **March 15** and virtually **March 29**. We will be celebrating National Nutrition Month and learning how to "Celebrate the World of Flavors".

Each in-person Lunch N' Learn workshop is held from 12:00 p.m. - 1:00 p.m. at the Person County Office Building Auditorium. The cost for each of the workshops is \$5.00 and is due the Friday before.



Steps to Health

In 2022, the Family Consumer Sciences program will be offering the Steps to Health program in both Person and Granville County.

We will be starting with our 2nd grade Nutrition Program at a local Elementary School in Granville County. It is a free 9-week nutrition program with a 45 minute weekly class. The students will complete a worksheet in their class.

We will also be conducting a free 8 week chronic disease management program in both Person and Granville Counties. This program is for adults who want to learn how to take control of their health. We are still determining if this will be in-person, virtual or a hybrid program. Watch out for more info.



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Upcoming Dates To Remember

- *Lunch N' Learns: 2nd & 4th Tuesdays of each month throughout 2022*
- *Steps to Health 2nd grade: Starting in March & April*
- *ECA Pinto Bean Fundraiser: Postponed until later this year*
- *Check us out on Facebook, Instagram, and YouTube @persongranvillefcs*

Cooking 101 Series

Cooking 101 is a 9-week virtual series through Zoom that would be helpful for someone who is leaving home and setting up their kitchen or someone who is downsizing. We will be using a curriculum from North Dakota State University Extension discussing new topics every week such as kitchen equipment, meal planning, grocery shopping, snacks, and much more. The workshops will be held each week on Wednesdays, **January 5 - March 9** at 10 a.m. Register online for 1 or all 9 workshops at go.ncsu.edu/fcsregistration

One of our first lessons was on "Equipping Your Kitchen" making sure you had all of the tools you need to cook. Check out part of our lesson where I show you my kitchen and what I use. <https://youtu.be/3m2yRqGGEgo>

QUICK AND EASY MENUS, RECIPES AND TIPS
FOR SINGLES AND COUPLES

**9 Week Series on Wednesdays,
January 5 - March 9 at 10:00am**

1: Equip Your Kitchen 	2: Food Storage 	3: Eating On The Run 
4: Grocery Shopping 	5: Quick Meals 	6: Prepackaged meals 
7: Cook with a microwave 	8: World of Snacks 	9: Vegetarian Meals 

Want to Be An Extension Volunteer?

The Extension Office has several opportunities for you to become an Extension Volunteer whether you want to work with 4-H or become a Extension Master Gardener. But the Family Consumer Science (FCS) program also has opportunities. You even have the opportunities to join one of the 3 clubs in each county. Those clubs get together to conduct community service, leadership programs, learn a lot of stuff and have a lot of fun. This past year, between the two counties, our Person County Extension Community Association (ECA) and Granville County Extension Volunteer Association (EVA) gave out youth scholarships, made donations to local civic groups, helped provide masks to those who needed them, collected books and canned food, gave out free school supplies, provided Meals in a Mug and cards to our older citizens in the community, and so much more. We are always looking for new members. Also, we have the Extension Master Food Volunteer (EMFV) program. These individuals complete a 30-hour training to learn how to assist the FCS Extension Agent in food programming, conduct cooking demos, provide taste tests and lots of information at various health fairs.

Join us and help others!!

Food for Thought Workshops

The Family Consumer Science (FCS) program of the Person & Granville County Extension Offices provides workshops throughout the two counties at a variety of locations such as libraries, senior centers, churches, etc. These workshops are mainly free to attend and topics include food, nutrition, food safety, meal planning, diabetes, physical activity, etc. We also offer a variety of virtual workshops and you can find those listed on our Extension Eventbrite website. Scan the QR code or visit go.ncsu.edu/fcsregistration to see what is scheduled. To be included on the email list to be informed of upcoming workshops, please send an email to Jennifer.brown@ncsu.edu

