



# Food For Thought

APRIL, MAY, JUNE  
National Volunteer Week  
Older Americans Month

## WHEN LOVE IS NOT ENOUGH

This event is a community conversation to address underage drinking and substance misuse with a presentation by an Alcohol Law Enforcement agent. It will be held on Tuesday, April 12 from 6:30pm - 8:00pm at the Person County Office Building Auditorium.



## NC SAFE PLATES

Food establishments can register for our food safety course which is **Tuesday, April 26 - 28 from 1 p.m. - 5 p.m. each day and the exam on May 3.** This course is required for food safety managers. Registration is \$135 and is due to the Extension Office by April 11.



## TAKE CONTROL

Eat Smart, Move More, Take Control is an eight-week chronic disease program that provides strategies to help adults manage their health. It will be held on Thursdays, June 23 - August 11, 2022 from 2:00pm - 3:00pm at the Person County Senior Center. Call 336-599-7484 to register.



## National Volunteer Week

The third week of April is National Volunteer Week and our local Extension Office and Family & Consumer Science (FCS) program would like to thank all of the volunteers in this community. No matter which organization you volunteer with, your time and efforts are very appreciated. Personally, our Extension Office would not be able to do what it does without our very dedicated and highly trained volunteers. Some volunteers are able to give of their time to serve on a committee, while others lead a 4-H club, serve as a Extension Master Gardener (EMG), are a member of one of our Extension Community Association (ECA) clubs, or have been trained as an Extension Master Food Volunteer (EMFV). We have so many opportunities to volunteer and would love to have you join us.



FAMILY CONSUMER SCIENCE (FCS)  
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Check us out on social media  
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# Diabetes Prevention

To help people prevent diabetes, we are excited to announce that we want to start another Diabetes Prevention Program (DPP) soon. We are having several Information Sessions throughout May at the Person County Office Building. Pick just one of the following meetings to attend: Wednesday, May 4 at 10am; Thursday, May 5 at 2pm; Monday, May 9 at 12pm; Thursday, May 12 at 2pm; Tuesday, May 17 at 12pm. The DPP program is not for anyone who has already been diagnosed with type 1 or type 2 diabetes. We will give you all the details at the information sessions. To register for one of the DPP Information Sessions, call 336-597-2204 x2277 or register online at <https://go.ncsu.edu/diabetesinfo>



## Steps to Health

We just completed our 2<sup>nd</sup> grade nutrition program at at Stovall Shaw & CG Credle Elementary Schools in Granville County. We focused on teaching nutrition, MyPlate, physical activity, reading nutrition labels, etc. It was a 9-week program which each session lasting 30 minutes with the students completing a workbook, receiving a water bottle, a nutrition booklet, certificate of completion and even got to try some new foods. We are almost done with our 8-week Take Control program at the South Granville Senior Center.

*“Don't focus on the things you cannot change but the things you do have control over”*

## ANNOUNCEMENTS AND EVENTS

A Virtual Home Food Preservation Series will be held on every other **Thursday, April 14 - June 23, 2022 from 6:30pm - 8:30pm**. Weekly topics will include an Introduction to Canning, Water Bath Canning, Pressure Canning, Freezing, Sweet Spreads, and Fermentation.

Join us for a workshop on Healthy Eating on a Budget on **Tuesday, April 19, 2022** at 10:30am at the Person County Senior Center.

The North Central District Extension Community Association (ECA) will be hosting a Virtual District Day event on **Monday, April 25, 2022** hosted by Person County.

The Person County Farmers Market, located on Madison Boulevard, is planning to open up the **Saturday, April 30** from 8:00am - 12:00pm.

Check us out on Facebook, Instagram and YouTube @persongranvillefcs