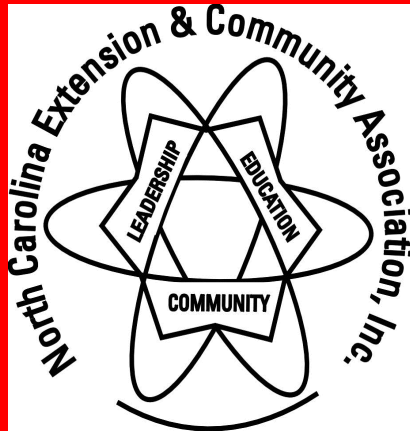


## December 2015 Program Highlights

### FOOD for Thought



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(FCS) Family &  
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Extension Agent

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# IMPACTS

- Held an Extension Community Association (ECA) Achievement Day program for 30 participants with a guest speaker talking about local foods and how they can volunteer to help the community
- Completed the last 3 weeks out of the 9 week Steps to Health nutrition program with fifty 2nd grade students at North Elementary with over 80% of the youth improving their attitude towards healthy foods, trying new fruits and vegetables, drinking more water and exercising more each day
- Attended our 4-day NC State Extension Conference in Raleigh receiving training on social media and website technology, food safety, bed bugs, and healthy schools from our state specialists from NC State University & NC A&T State University
- Organized the Holiday Bakeoff for County Employees with 7 entries submitted, judging the contest, and awarding the prizes at the annual County Holiday Luncheon
- Submitted three health program fliers to the county newsletter
- Completed additional planning for our upcoming 2016 Family & Consumer Sciences programs including a one-day Cook Smart, Eat Smart cooking school workshop to be held in the springtime