



MPAC

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(FCS) Family &

Consumer Sciences

Extension Agent

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October 2015 Program Highlights

- Trained and certified 11 food bank workers on food safety curriculum
- Served as a judge for NC State Fair judging about 75 food entries
- Served as a member of the Person County Wellness Team helping to organize and plan a Holiday Bakeoff event
- Attended Caregiver Conference hosted by Alzheimer's NC
- Taught 75 high schoolers at RCS about Soft Skills needed for jobs
- Attended Very Important Parents board planning meeting
- Retested individual for NC Safe Plates food safety certification with a person who had failed 5 times before finally successfully passing with a grade of 91.



- Hosted a monthly Lunch N' Learn workshop with 22 people in attendance on the topic of Carb Counting and meal planning with a Registered Dietician serving as our guest speaker.
- Started the 9 week Steps to Health nutrition program with the 2nd grade students at North Elementary
- Organized a Health Fair food demonstration at Beulah Baptist
- Attended the NC Extension Community Association (ECA)
 Conference with 2 ECA club members in Concord, NC
- Helped volunteer with the Person County Halloween Festival