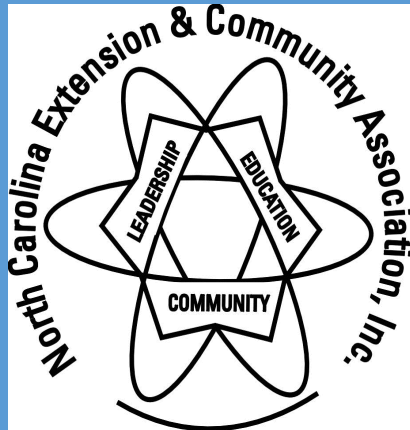


April 2016 Program Highlights

FOOD for Thought



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IMPACTS

- Had 11 people successfully pass their Nationally Certified Food Safety Course “NC Safe Plates”, which is a requirement of the NC Food Code for their local county health inspection
- Co-facilitated a Falls Prevention program, Matter of Balance, at Cambridge Hills Assisted Living Center for 15 people for 8 weeks
- Taught an 8-week nutrition program for older adults at the Person County Senior Center on the grains food group
- Continued teaching a 15-week Eat Smart Move More Weigh Less program with so far 62 pounds lost
- Had 8 people participate in the Cooking Matters At The Store program providing a free 90-minute guided tour around the grocery store and each received a \$10 Food Lion gift card for healthy food
- Held monthly Lunch N’ Learn with 27 participants, focusing on Herbs and Spices and how to reduce salt in the diet
- Had 10 Extension Community Association (ECA) members participate in the North Central ECA District Day in Winston-Salem
- Helped organized the County Employee Screening Day and manned a booth at the all day event promoting health and wellness, cancer screenings and food with 79 people in attendance.