



# Welcome to the Team!

In January we welcomed a new addition to the N.C. Cooperative Extension Guilford County Team.

[Carolina Vielma-Molina](#) will serve as an EFNEP Educator, working with our FCS and EFNEP staff to reach local communities with healthy eating and physical activity programs with resources for both youth and adults.



## Contact Us:

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## Agriculture – Upcoming Small Farm Boot Camp

Learn how to take the next step towards building a successful farming operation. Designed for **new and beginner farmers** and agricultural operations, this free 8-week all inclusive program will help individuals gain the confidence and understanding to take their garden into the commercial arena. Please contact Ben at [ben\\_grandon@ncsu.edu](mailto:ben_grandon@ncsu.edu) for more information.

### Guilford County Small Farm Boot Camp

March 7th – May 2nd, 2024

Thursdays 6–8pm at the Ag Center



## Food Security – Upcoming Workshop

### Racial Equity 101 with Focus on the Food System

March 26th, 2024

9–3pm at the Ag Center

If you work in and around the food system, please join us for this free training hosted by Seeds of Change Consulting. Seats are limited – register early! Visit our website to register.

## Family & Consumer Sciences – Upcoming Programs

### Cook with Ease

March 12th, 2024

12–1pm; Virtual

Learn about tips, tools and gadgets to help make cooking easier and healthier at this free virtual workshop.

### Bread In a Bag

March 28th, 2024

5:30–7pm at the Ag Center

Learn to make homemade bread in a bag using various types of flours to compare results.



## 4-H Happenings

4-H hosted 2 workshops for NC 4-H volunteers during their annual conference. Sarah and Meredith presented a workshop on **Trauma-Informed Practices for Youth** and Meredith presented on **LEGO Robotics** with Toni Newby, 4-H Agent in Bladen County.

4-H partnered with Guilford County Family Justice Center for a **STEM Workshop** on Saturday, 02/17. Participants built a LEGO vehicle and coded their creations to move.

