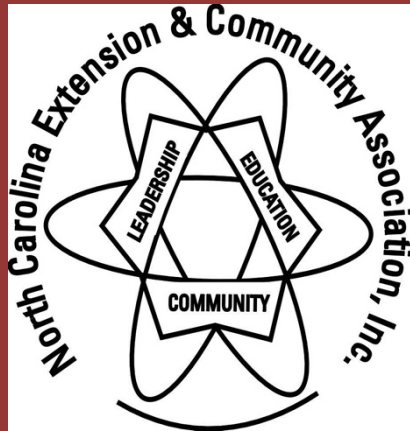


# November 2021 Program Highlights

## FOOD for Thought



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# IMPACTS

- Helped Extension Volunteer Association (EVA) to prepare 36 hygiene kits for the low-resourced youth
- Attended the Community Health Assessment meeting with GVPH
- Helped administer Walk-A-Weigh creating a nationwide FCS Walking Challenge with 8 other state for 30 days, creating social media posts and teaching weekly lessons
- Held an in-person and virtual Lunch N' Learn workshop on how to "Take Control of Your Diabetes for the Holidays" with 20 people
- Attended the virtual 4-day National Extension FCS Conference
- Attended a 1-day virtual Diabetes Management Conference
- Held a 4-week virtual Dining with Diabetes series for 10 people
- Attended a training session with the Healthy People, Healthy Carolinas coalition as part of the Working on Wellness committee
- Co-taught a Granville Public Schools Parent Academy workshop on Living a Healthy Lifestyle
- Attended a 3-hour More in My Basket curriculum training
- Wrote 4 articles, recorded 4 5-minute radio spots, and recorded two 1 hour-long TV/Radio spot for local newspapers & radio station