

FOOD FOR THOUGHT

NC Cooperative Extension
Person & Granville Counties
October, November & December 2021



Lunch N' Learn Workshops

October 5th & 19th:

Cholesterol

Behaviors such as lack of physical activity, consuming an unhealthy diet, and smoking can contribute to negatively affect your cholesterol levels. Find out ways to improve your cholesterol levels.

12:00pm – 1:00 pm

November 9th & 16th :

Take Control of your Diabetes

Join us as we learn how to manage your diabetes during the holidays and how to make healthier holiday recipes.



PREVENT CHRONIC DISEASE AND SOME CANCERS
Don't dig your grave with your knife and fork. Good nutrition will prevent 95% of all disease. When you start eating food without labels, then you no longer need to count calories.

FREE Virtual Dining with Diabetes Program

Mondays, November 1st, 8th, 15th, and 22nd 1:30pm – 2:30pm

Dining with Diabetes is a cooking and nutrition education program designed for people with diabetes and their family members or caregivers. In a series of four classes on Mondays, November 1st - 22nd at 1:30pm each week, we will help you learn healthy techniques to use in your own kitchen. The program will include recipes and videos of healthy foods along with discussion about eating healthy while managing your diabetes. This event is FREE, but you must register online at go.ncsu.edu/fcsregistration

NC STATE

EXTENSION

Family & Consumer
Sciences Program

FOOD for Thought



Family Consumer Sciences (FCS) Extension Agent, Jennifer Brown Jennifer.brown@ncsu.edu
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WHAT DO YOU NEED FROM FCS?

Take a moment to fill out our survey to help us plan upcoming programs.

We want to help however we can and offer workshops that are of interest to you. If you are struggling with anything or have any nutrition, food safety, kitchen, parenting, financial, or health and wellness questions, please complete this survey.

<https://go.ncsu.edu/fcsneedssurvey>



Social Media

We are trying to increase our social media presence so please be sure to like and follow us on Facebook, Instagram and YouTube.

Check us out @persongranvillefcs or scan the QR Code



Extension Community Association (ECA)

October 12-13

The FCS Extension Agent and several ECA members will be attending the 2021 NCECA Conference virtually.

"DINE IN" WITH FCS ON DECEMBER 3

We challenge families to make and eat a healthy dinner because families benefit from mealtime by having better nutrition, improving communication, fostering traditions, and teach life skills.

Register for the Maintain, Don't Gain Holiday Challenge November 15 – December 31
[https://esmmweighless.com/holidaychallenge /](https://esmmweighless.com/holidaychallenge/)

CANCER/FAMILY FUN DAY

Person Family Medical Center will be hosting their annual Cancer Awareness/Family Fun Day event on Saturday, October 9th from 10:00am - 4:00pm at Huck Sansbury Park. There will be speakers, games, prizes, food and community booths, such as the Extension Office.



FIRE SAFETY DAY

Lowe's Hardware is hosting its annual Fire Safety Day event from 10:00 am to 4:00 pm on Saturday, October 9. There will be food, music, fire trucks, and plenty of community booths, such as the Forestry Dept and Extension Office.