

Extension's Better Living Series Gaston County

September - December 2021

WORKSHOP	DATE	TIME	LOCATION	HOW TO REGISTER
Basics of Home Canning	Thurs., 9/2	10:30am - 12:00pm	Dallas Library	Call 704.922.3621 by 8/26
Eat Smart & Start Simple with MyPlate	Thurs., 9/8	10:00am - 11:00am	Online	Call 704.922.2127 or email linda_minges@ncsu.edu by 9/1
Cooking Smart with Fall Foods	Tues., 9/14	10:30am - 11:30am	Union Road Library	Call 704.852.4073 by 9/7
Common Nutrition Myths of Diabetes	Thurs., 9/16	10:00am - 11:00am	Online	Call 704.922.2127 or email linda_minges@ncsu.edu by 9/9
Cooking Smart with Fall Foods	Fri., 9/17	10:30am - 11:30am	Cherryville Library	Call 704.435.6767 by 9/10
Matter of Balance (meets for 8 sessions)	Mon. & Wed., 9/20 - 10/13	9:30am - 11:30am	Lucile Tatum Center	Call 704.922.2127 or email linda_minges@ncsu.edu by 9/13
Med Instead of Meds (meets for 6 sessions)	Tues., 9/21 - 10/28	3:00pm - 4:00pm	Online	Call 704.922.2127 or email linda_minges@ncsu.edu by 9/14
Cooking Smart with Fall Foods	Thurs., 9/23	10:00am - 11:00am	Online	Call 704.922.2127 or email linda_minges@ncsu by 9/16
Cooking Smart & Safely with Slow Cookers	Thurs., 9/30	10:00am - 11:00am	Online	Call 704.922.2127 or email linda_minges@ncsu by 9/23
Eat Smart & Start Simple with MyPlate	Thurs., 10/7	10:00am - 11:00am	Online	Call 704.922.2127 or email linda_minges@ncsu.edu by 9/30
Common Nutrition Myths of Diabetes	Fri., 10/15	10:30am - 11:30am	Cherryville Library	Call 704.435.6767 by 10/8
Somethin' Pumpkin Virtual Festival: Awards Presentation	Sat., 10/23	1:00pm - 2:00pm	Online	Call 704.922.2127 or email linda_minges@ncsu.edu or visit Eventbrite.com for details
Cooking Smart with Fall Foods	Tues., 10/19	10:00am - 11:00am	Online	Call 704.922.2127 or email linda_minges@ncsu by 10/12
Common Nutrition Myths of Diabetes	Wed., 10/20	10:00am - 11:00am	Online	Call 704.922.2127 or email linda_minges@ncsu.edu by 10/13
Cooking Smart & Safely with Slow Cookers	Thurs., 10/28	10:00am - 11:00am	Online	Call 704.922.2127 or email linda_minges@ncsu by 10/21
Healthy Holiday Hints & Foods	Thurs., 11/4	10:30am - 11:30am	Union Road Library	Call 704.852.4073 by 10/28
Healthy Holiday Hints & Foods	Tues., 11/9	10:00am - 11:00am	Online	Call 704.922.2127 or email linda_minges@ncsu by 11/2
Eat Smart & Start Simple with MyPlate	Wed., 11/10	10:00am - 11:00am	Online	Call 704.922.2127 or email linda_minges@ncsu.edu by 11/3
Common Nutrition Myths of Diabetes	Mon., 11/15	10:00am - 11:00am	Online	Call 704.922.2127 or email linda_minges@ncsu.edu by 11/8
Cooking Smart with Fall Foods	Tues., 11/16	10:00am - 11:00am	Online	Call 704.922.2127 or email linda_minges@ncsu by 11/9
Healthy Holiday Hints & Foods	Fri., 11/19	10:30am - 11:30am	Cherryville Library	Call 704.435.6767 by 11/12

INFORMATION ABOUT WORKSHOP SCHEDULE

- All sessions are offered at no cost to participants.
- Online sessions are recorded and shared with registrants - watch when convenient for you.

WORKSHOP DETAILS

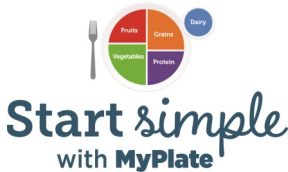
Basics of Home Canning

Learn how to safely preserve foods with water-bath canning and pressure canning. Guidelines on a variety of foods provided: jams, jellies, pickles, fruits, and vegetables. Also includes discussion of commonly used canning equipment. *Instructor: Linda J. Minges*



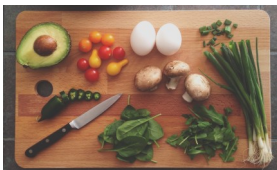
Eat Smart & Start Simple with MyPlate

Overview of MyPlate resources and tools to help you eat smart, cook smart, and move more. *Instructors: Linda J. Minges & Dietetic Interns*



Cooking Smart with Fall Foods

Have an interest in local foods? Want to learn how to make tasty, delicious, and EASY meals for using fall foods? If so, this session is for you! Participants will receive a variety of fall-featured recipes that's sure to help you eat smart all season long. *Instructors: Linda J. Minges & Dietetic Interns*

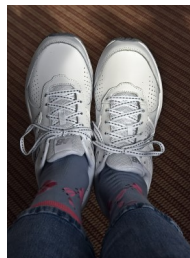


Common Nutrition Myths of Diabetes

When it comes to diabetes, there is a lot of misinformation about what you should eat. Join us for a discussion on the basics of healthy eating with diabetes and learn practical tips to better management. We'll explore common nutrition myths related to diabetes. *Instructors: Linda J. Minges & Dietetic Interns*

Matter of Balance

This 8-session program focuses on fall prevention and increasing physical activity. Designed to improve balance, flexibility and strength. Workshop includes activities to improve balance and strengthen muscles as well as discussion about fall prevention steps to make throughout your home. Program is sponsored by the Centralina Area Agency on Aging. *Instructor: Linda J. Minges*



Med Instead of Meds

Interested in eating the Mediterranean Way, but not sure where to start? If so, this program is for! The 6-session workshop will help you Go Med by exploring 7 simple steps to eating the Med Way. Learn Med tips, life hacks, and recipes that will help you eat the Med Way every day. *Instructor: Linda J. Minges*

Cooking Smart & Safely with Slow Cookers

Looking for ways to eat smart this season with your slow cooker? Need a refresher on food safety practices when using a slow cooker? If so, this session is for you. We'll discuss healthy tips, along with food safety guidance to help you cook smart with your slow cooker. Participants will receive a variety of slow cooker recipes designed to help you eat smart all season long. *Instructor: Linda J. Minges*

Somethin' Pumpkin Virtual Festival

From growing, cooking, and decorating, the 7th Annual Somethin' Pumpkin has "somethin' for everyone" during October. This virtual festival includes several contests designed for the whole family. Winners are announced during the virtual awards program, held on Saturday, October 23, 2021. Be sure to participate for a chance to win prizes – including money! N.C. Cooperative Extension and Gaston County Public Library are pleased to announce the slate of events that kick off in October. Rules apply for each contest. Check out all of our family fun contests below:

Cooking Contest – enter your pumpkin dish creations for the chance to win cash prizes (\$200 grand prize) in a range of categories including main courses, desserts, and miscellaneous dishes.

Pumpkin Decorating Contest – pick up a pumpkin from participating libraries and join in the decorating fun!

Pumpkin Photo Contest – submit your favorite pumpkin-themed photo for a chance to win prizes in

WORKSHOP DETAILS

the newest event for 2021.
Contact: Linda J. Minges



Healthy Holiday Hints & Foods

Do you struggle with the holiday season sabotaging your good health? Looking for healthier holiday recipes? Join us for a discussion on how to enjoy the holiday season, recipe makeovers, how to maintain your health goals.
Instructors: Dietetic Interns

WORKSHOP LOCATIONS

Cherryville Library

605 E. Main St.
Cherryville, NC - 704.435.6767

Dallas Library

105 S. Holland St.
Dallas, NC—704.922.3621

Lucile Tatum Center

959 Osceola St.
Gastonia, NC—704.865.3291

Union Road Library

5800 Union Rd.
Gastonia, NC—704.852.4073

BETTER LIVING WITH EXTENSION VOLUNTEERS

Extension volunteers support *Better Living* workshops and much more. If you're looking for opportunities to learn new things and meet people, then consider being a part of our volunteer groups:

Gaston County Extension & Community Association (ECA)

Volunteers support a variety of Extension and community

programs. *Contact Pam Bryson at 704.865.3291 for more information.*

Extension Master Food



Volunteer Program

*Have a passion for food, nutrition, and wellness? Enjoy helping others? If yes, then learn more about Gaston County's new Extension Master Food Volunteer Program (EMFVP)!
Next volunteer training will be held in 2022 - sign up now!*

Benefits to You

- Gain cooking and knife skills
- Receive nutrition and food safety training
- Participate in day trips to area food processing plants and research facilities
- Make connections to our local food system
- Be a part of NC Cooperative Extension's food, nutrition, and wellness workshops in Gaston County

Contact Linda Minges at 704.922.2127 for more information.



REGISTRATION INFO

- Contact instructor to confirm workshop opening **before** submitting registration fees.
- Pre-registration including payment, if applicable, is required by registration deadline.
- No refunds are provided except when a class is cancelled or full.
- Please note that class location, time, and fees vary with each class.
- In the event that minimum registration is not met, workshop may be cancelled at the discretion of the instructor.

Registration Deadline

- Five business days prior to most workshops.

For accommodations for persons with disabilities, contact workshop location no later than 5 business days before the event.

NC State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, national origin, religion, political beliefs, family and marital status, sex, age, veteran status, sexual identity, genetic information or disability. NC State University, N.C. A&T State University, U.S. Department of Agriculture, and local governments cooperating.

Contact Our Staff

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Contact Us

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Gaston County
PO Box 1578
Gastonia, NC 28053

Physical Address

Citizens Resource Center
1303 Dallas-Cherryville Hwy.
Dallas, NC 28034

Office Hours

Monday - Friday | 8am - 5pm

For More Information

Phone: 704.922.2111
gaston.ces.ncsu.edu

Follow Us on Facebook:

@GastonExtension
@ExtensionHealthyLiving
(nutrition, wellness, and
food safety programs)
@NC-EFNEP-Gaston-County

Available Services

In addition to workshops, Extension provides a variety of services and information such as:

Agriculture

- Commercial Horticulture
- Farm Start-ups, Production, & Marketing
- Farmers Market Grower Permits
- Livestock Production & Pasture
- Local Natural Resource Issues
- NC Farm School
- Pesticide and Waste Management Training

Community & Family

- Gaston Community Garden Network
- Triple P – Positive Parenting Program
- Volunteer Management

Homes & Gardens

- Beekeepers & Pollination
- Lawns & Gardening Advice
- Nuisance Wildlife
- Pest ID
- Soil Testing Kits

Nutrition & Wellness

- Food Safety Information
- Health & Wellness Information
- Home Canning & Food Preservation Resources
- Pressure Canner Testing

Youth

- 4-H Clubs
- 4-H Summer Youth Programs
- Healthy Harvest School Gardening
- School Enrichment Programs
- Nutrition Programs