



ONLINE WORKSHOP	DATE	TIME	LOCATION	REGISTER BY
Tech Talk: Best Practices to Using Zoom	Tues., May 3	10:00 - 11:00am	Webinar	4.29.22
Intro to Home Canning	Tues., May 17	10:00 - 11:30am	Webinar	5.13.22
Home Canning: Jams & Jellies	Tues., May 24	10:00 - 11:30am	Webinar	5.20.22
Eat Smart & Move More with MyPlate	Wed., May 25	10:00 - 11:00am	Webinar	5.20.22
Cooking Smart with Fresh Herbs	Thurs., May 26	10:00 - 11:00am	Webinar	5.20.22
Med Instead of Meds	Tues., June 7 - July 12	10:00 - 11:00am	Webinar	6.3.22
Cooking Smart with Local Summer Fruits & Vegetables	Wed., June 8	10:00 - 11:00am	Webinar	6.3.22
Cooking Smart with Fresh Herbs	Wed., June 15	10:00 - 11:00am	Webinar	6.10.22
Tech Talk: Best Practices to Using Zoom	Wed., June 22	10:00 - 11:00am	Webinar	6.17.22
Intro to Water Bath Canning	Thurs., June 23	10:00 - 11:30am	Webinar	6.17.22
Home Canning: Pickling	Wed., June 29	10:00 - 11:30am	Webinar	6.24.22
Eat Smart & Move More with MyPlate	Thurs., June 30	10:00 - 11:00am	Webinar	6.24.22
Cooking Smart with Local Summer Fruits & Vegetables	Wed. July 6	10:00 - 11:00am	Webinar	7.1.22
Cooking Smart with Fresh Herbs	Wed., July 13	10:00 - 11:00am	Webinar	7.8.22
Tech Talk: Best Practices to Using Zoom	Tues., July 19	10:00 - 11:00am	Webinar	7.15.22
Home Canning: Pickling	Wed., July 20	10:00 - 11:30am	Webinar	7.15.22
Eat Smart & Move More with MyPlate	Thurs., July 21	10:00 - 11:00am	Webinar	7.15.22
Intro to Pressure Canning	Wed., July 27	10:00 - 11:30am	Webinar	7.22.22
Cooking Smart with Local Summer Fruits & Vegetables	Thurs., August 11	10:00 - 11:00am	Webinar	8.5.22
Cooking Smart with Fresh Herbs	Thurs., August 18	10:00 - 11:00am	Webinar	8.12.22
Eat Smart & Move More with MyPlate	Wed., August 24	10:00 - 11:00am	Webinar	8.19.22
Intro to Pressure Canning	Thurs., August 25	10:00 - 11:30am	Webinar	8.19.22
Tech Talk: Best Practices to Using Zoom	Wed., August 31	10:00 - 11:00am	Webinar	8.26.22

Information about Better Living Series workshops:

- Sessions are held online and offered at no cost to participants.
- Ways to register:
 - **Online:** eventbrite.com - search event name/date or visit our events calendar: gaston.ces.ncsu.edu
 - **Contact instructor,** Linda Minges: linda_minges@ncsu.edu or 704.922.2127
- Most sessions are recorded and shared with participants - watch when its convenient for you.

WORKSHOP & MEETING DETAILS

Tech Talk: Best Practices to Using Zoom

Do you feel uncomfortable or perhaps not very tech savvy when it comes to using Zoom or participating in webinars? If so, this session is for you! Created specifically for older adults, you will be guided through the basic features and given an opportunity to try them out. We will also discuss key steps to help you make your webinar a good experience for you and other participants...or like what we call, "Zoom etiquette".

Facilitators: *Linda Minges & Emily Winfrey*

No cost to participants.



Intro to 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*

No cost to participants.



Home Canning: Jams & Jellies

Participants will be guided through the steps of safe water bath canning for processing jams and jellies. Also includes discussion of commonly used equipment and problems.

Instructor: *Linda J. Minges*

No cost to participants.

Eat Smart & Start Simple with MyPlate

Overview of MyPlate resources and tools to help you eat smart, cook smart, and move more.

Instructor: *Linda J. Minges*

No cost to participants.



Cooking Smart with Fresh Herbs

Summertime is perfect for enjoying the taste of fresh herbs. Come learn how to add great flavor to foods, while using less added salt and sugar. Recipes, storage tips, and much more to be provided.

Instructor: *Linda J. Minges*

No cost to participants.



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*

No cost to participants.



Source: Med Instead of Meds, 2017

Cooking Smart with Local Summer Fruits & Vegetables

Learn how to make tasty, delicious, and EASY meals using the bounty of

summer fruits and vegetables. Featured NC fruits and vegetables include: berries - blackberries, blueberries, and raspberries, corn eggplant, okra, peaches, summer squash. Includes recipes, preparation, and storage tips.

Instructor: *Linda J. Minges*

No cost to participants.



Intro to Water-bath Canning

Learn how to safely preserve foods with water-bath canning.

Guidelines on a variety of foods provided: jams, jellies, pickles, and fruits. Also includes discussion of commonly used canning equipment.

Instructor: *Linda J. Minges*

No cost to participants.

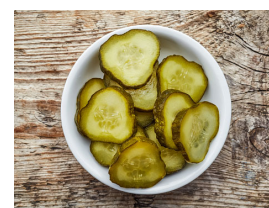


Home Canning: Pickling

Participants will be guided through the steps of quick process pickles, commonly used equipment, and processing guidelines.

Instructor: *Linda J. Minges*

No cost to participants.

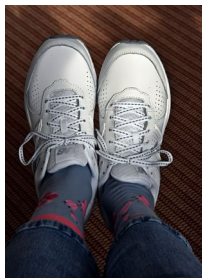


WORKSHOP & MEETING DETAILS

A Matter of Balance: Fall Prevention Workshop

This 8-session program focuses on fall prevention and increasing physical activity. Designed to improve balance, flexibility and strength. Includes activities to improve balance and strengthen muscles, as well as discussion about fall prevention steps to make throughout your home. All sessions are online and participants need a computer with internet and video access. Sponsored by the Centralina Area Agency on Aging.

Facilitators: Linda Minges & Ruth Murphy
No cost to participants.



Intro to Pressure Canning

Participants will be guided through the steps of safe pressure canning vegetables, meats, and mixed foods. Will discuss equipment and processing guidelines.

Instructor: Linda J. Minges
No cost to participants.



Source: National Center for

Gaston County Extension & Community Association (ECA)
Meets monthly at the Lucile Tatum Center. Volunteers support a variety of NC Cooperative 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)!

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 704.922.2111 or workshop instructor to confirm opening availability **before** submitting registration fees (if applicable).
- Pre-registration including payment of registration fees is required by registration deadline.
- Refunds for workshop cancellations made after the registration deadline will not be provided.
- Please note that workshop location, time, and fees vary with each workshop.

Registration Deadline

- Five business days prior to each workshop.
- For accommodations for persons with disabilities, contact workshop location no later than five business days before the event.

Learn more about Extension and upcoming events online:
gaston.ces.ncsu.edu

Follow us on Facebook:
@GastonExtension

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MAILING ADDRESS

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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)

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
- School Nutrition Programs

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.