

# **Program Update**

## **Family & Consumer Sciences**

Tara Gregory, MPH, RD, LDN

Board of Commissioners  
December 19th, 2022

# Overview

- Food Safety
- Nutrition
- Home Food Preservation
- Local Food
- Community Presentations
- Boards and Memberships

# Food Safety

- Trained in **Safe Plates for Food Managers** certification course
- Provided first in-person training course in 3+ years
- Regularly proctor exams



# Home Food Preservation

- Canning Series
  - High interest
  - New and seasoned home canners
  - 100% of attendees learned something new
- Freezing Webinar
  - Live with demonstration
- Canner Gauge Testing
  - ongoing

**Canning Series**  
NC Cooperative Extension - Chatham County Center  
1192 US 64W Business, Suite 400, Pittsboro, NC 27312



**Home Canning 101 FREE** September 13, 2:00-3:30 pm  
Learn or refresh your knowledge of safe food preservation at home.  
*\*required for hands-on sessions\**

**Hot Water Bath Canning \$15** September 20, 2:00-4:30 pm  
Hands-on session for high acid or acidified foods like fruits, salsa, jams and jellies. Space is limited.

**Pressure Canning \$15** September 27, 2:00-4:30 pm  
Hands-on session for low acid foods like meats, poultry, seafood, and vegetables. Space is limited.

Register on Eventbrite  
<https://www.eventbrite.com/e/home-canning-101-tickets-385126603037>

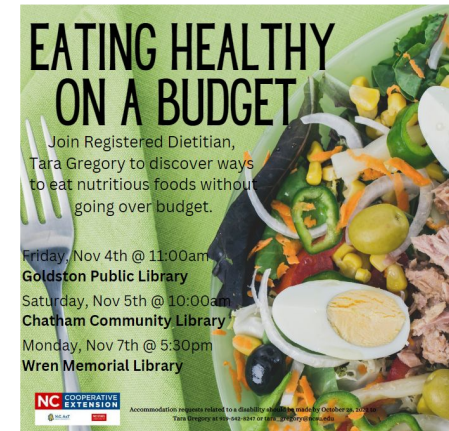
Accommodation requests related to a disability should be made by 08/31/2022 to Tara Gregory at 919-542-8247 or tara.gregory@ncsu.edu

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# Nutrition Education

- Raising Good Eaters
  - Piloted self-paced video lessons and live Q&A sessions
  - Partnered with health department to offer continuing education for childcare staff
  - 100% of attendees agreed that they will use a new feeding strategy
  
- Eating Healthy on a Budget
  - Presentations at each library branch
  - Budget Recipe Challenge



# Nutrition Education

- Blood Pressure Management Series
  - 5 educational classes
  - Cooking demonstrations
  - Farmers' market vouchers
  
- More in My Basket
  - Connecting residents to SNAP



# Local Food

- Food Council
  - 3 new members
  - Action plan development
- Tri-COG FEEDS
- Small Farm Boot Camp
  - Regional collaboration
  - Post-harvest food safety



# Community Presentations

- Virtual Health Fair with NC A&T
- Childcare staff holiday nutrition workshop
- Council on Aging Conference  
Speaker
  - Food Safety in your Home Kitchen
- Local Food presentation for high school students
- Guest speaker for Kaleidoscope Play & Learn
- Video series
  - Knife skills
  - Food safety
  - Instant Pot use



# Boards & Memberships

- Chatham Health Alliance
  - Healthy Eating, Active Living (HEAL) Subcommittee Chair
  - Advisory Board
- Student Health Advisory Committee (SHAC)
- Family Self-Sufficiency Program Board Member





**Thank you for  
your support!**