



Family & Consumer Sciences

Tara Gregory, MPH, RD, LDN

Local Foods

Nutrition & Health

Food Preparation, Preservation & Safety



SNAP/EBT at Pittsboro Farmers' Market

- January 2024
- First market to accept EBT in Chatham



September 2024

Additional Sponsor:
bmc brewing



DOUBLE UP FOOD BUCKS

Starts **NOW!**

Thanks to our sponsors!



Opportunities

- ❑ Assist at least 2 other markets with USDA application process and operational set-up.
- ❑ Market to SNAP recipients in partnership with health department
- ❑ Hold market tours for current and prospective EBT customers



Local Foods in Programming

- Cooking demos at Centers for Aging
- Library classes
 - Family Cooking Class at Wren
 - Preserving Your Garden at Goldston



Local Foods in Programming

- Herb Symposium
- Farmers' market Tour
- Chatham Community Food Council



Nutrition & Health

Classes

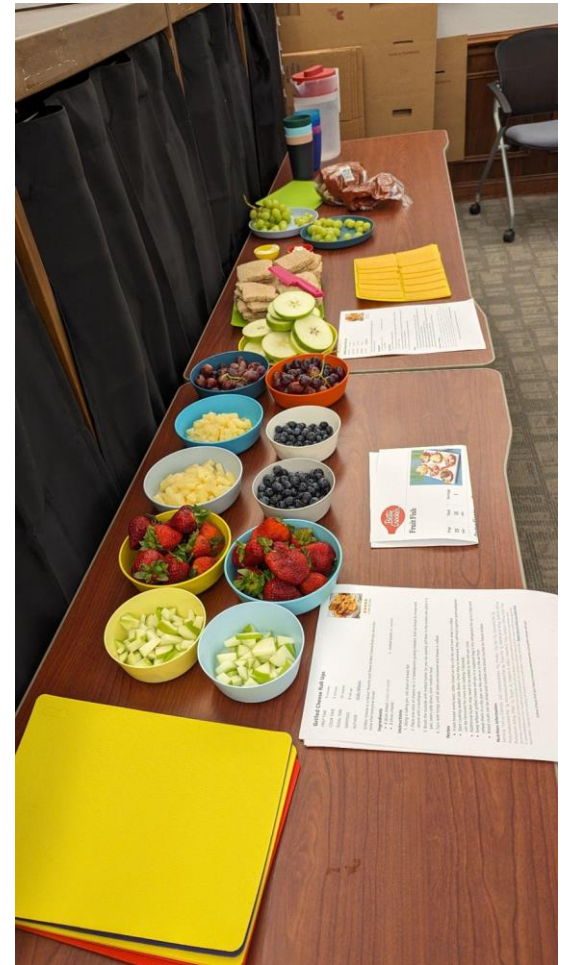
- Nutrition on a Budget
- Herbs & Spices for T2DM
- Savoring Healthy Video Series (county employees)

Projects

- Parenting Independent Eaters (PIE)
- Child Nutrition Professional Development Training
- PEAS



Food Preparation, Preservation & Safety



Home Food Preservation

- Canning
- Pickling
- Drying
- Freezing
- Fermenting



NC COOPERATIVE EXTENSION
2024

PRESERVE FOOD AT HOME

CANNING
Canning 101 5/2, 12-1pm *Virtual
Canning 101 8/20, 12-1pm
Water Bath Canning/Jam
5/10, 12:30-2:30pm
Pressure Canning
9/13, 11:30am-1:30pm

PICKLING
Pickling Workshop
6/18, 1:00-2:30pm

DRYING
Jerky Workshop
11/20, 2:00-4:00pm

IN THE COMMUNITY
Preserve Your Spring Garden: Drying, Freezing, & Quick Pickling
4/9 10:30-11:30am
Goldston Public Library

CHATHAM COUNTY COOPERATIVE EXTENSION
Ag & Conference Center
1192 US 64 W Bus.
Pittsboro, NC 27312

CLASS DETAILS & SIGN UP HERE!

<https://chatham.ces.ncsu.edu/>

FOR MORE INFORMATION: 919-542-8247
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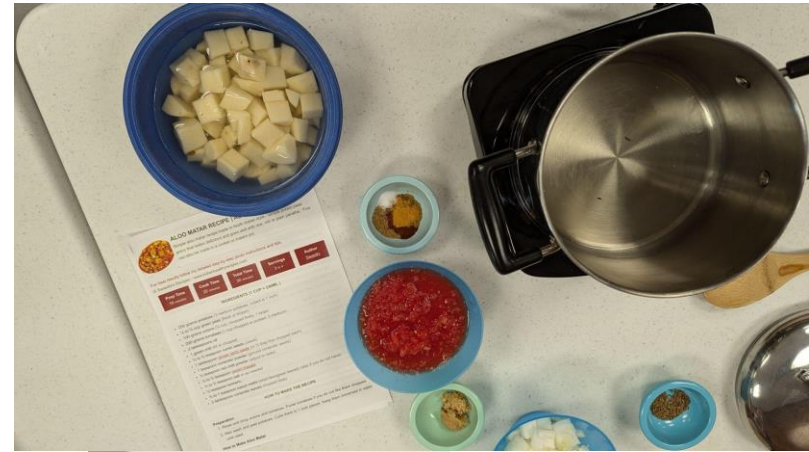
Kitchen Creators Summer Camp

8 days over 4 weeks

9:30-3:30

3-4 recipes/day

Cooking, baking, food
and kitchen safety



Food Preparation, Preservation & Safety

- Safe Plates for Food Managers
 - 2x/year
 - Remains a need
 - Trainings in Spanish
- Knife Skills Workshop



Extension Master Food Volunteers

EMFV Program Logistics

Application

- Volunteer application
- Screening (interviews and background checks)

Training

- 30 hours of core curriculum
- Mixture of web-based and in-person

Shadowing

- 30 hours internship with agent
- Assist agent with classes

EMFV

- Continue to assist agent with classes
- Perform some tasks independently (cooking demos at farmers' markets, etc.)

Continuing Ed

- 10 hours per year continuing education
- 20 hours per year volunteering

- February 2024
- 3 Volunteers
- Biyearly

Thank you!

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