



FAMILY & CONSUMER SCIENCES

Tara Gregory, MPH, RD, LDN

Board of Commissioners
August 2023

OVERVIEW

 Food Safety

 Home Food
Preservation

 Nutrition Education

 Local Food

 Program
Development

 Summer Cooking
Camp

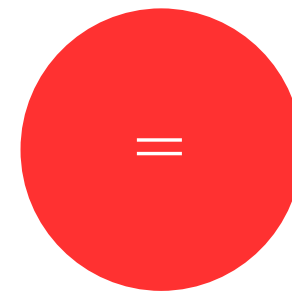


FOOD SAFETY

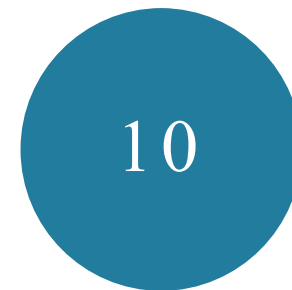
- Retail program
- Home Food Preservation
- General Education & TA



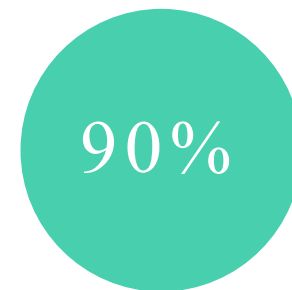
12-Hour
Training
Courses



Equivalent to
Serve Safe



Certified
Participants



Exam Pass Rate



HOME FOOD PRESERVATION

- Canning
- Fermentation
- Drying
- Canner Gauge Testing

1

Live Webinar

4

Hands-on Workshops

3

In-person Classes

100%

Learned New Info + Increased Confidence



PRESERVE FOOD AT HOME 2023 CLASSES

If you plan to attend an in-person workshop, it is strongly encouraged that you attend the corresponding virtual class ahead of time.

Intro to Canning April 11: 6:30-7:30 PM (Virtual)
Intro to Water Bath Canning April 18: 6:30-7:30 PM (Virtual)
Register for free on Eventbrite: go.ncsu.edu/preservingfood

Water Bath Canning 101 Workshop April 28: 12-1:30 PM
Alamance County Extension Office (In-Person)
Cost: \$10.00

Intro to Pressure Canning May 2: 6:30-7:30 PM (Virtual)
Register for free on Eventbrite: go.ncsu.edu/preservingfood

Pressure Canning 101 Workshop May 12: 11:30-1:30 PM
Chatham County Extension Office (In-Person)
Cost: \$15.00

Intro to Freezing May 16: 6:30-7:30 PM (Virtual)
Intro to Sweet Spreads May 30: 6:30-7:30 PM (Virtual)
Register for free on Eventbrite: go.ncsu.edu/preservingfood

Freezer Jam 101 Workshop June 9: 12:00-1:30 PM
Alamance County Extension Office (In-Person)
Cost: \$10.00

Intro to Fermentation June 13: 6:30-7:30 PM (Virtual)
Register for free on Eventbrite: go.ncsu.edu/preservingfood

Fermentation 101 Workshop June 23: 12:00-1:30 PM
Chatham County Extension Office (In-Person)
Cost: \$10.00

Contact Tara Gregory (tara_gregory@ncsu.edu or 919-542-8247) or Elisa Phillips (elisa_phillips@ncsu.edu or 336-570-6740) to register for an in-person workshop.

NC Cooperative Extension is an equal opportunity employer.



DRYING FRUITS & VEGETABLES



NUTRITION EDUCATION

Blood Pressure
Management Program

5

Weeks

12

Participants

\$20

Farmers' Market
Vouchers

100%

Reported improved
eating habits



NUTRITION EDUCATION

Library & Health Department
Partnership for Food Literacy Grant

8

Classes

3

Libraries

5

Food Topics

147

Total Program Participants



NUTRITION EDUCATION

Senior Center Cooking Demos
and Diabetes Support Group

5

Cooking
Demos

5

New Recipes

2

Centers

~90%

Recipe approval rating



Egg & Cheddar Quesadillas

Black Bean and Corn Salsa Recipe

An easy and flavorful salsa perfect for your next cookout, served with chips or as a condiment over grilled chicken or barbecue.

prep time 10 MINUTES total time 10 MINUTES

Ingredients

- 1 can (14 1/2 ounces) diced tomatoes, well drained
- 1 can (8 3/4 ounces) whole kernel corn, well drained
- 1 cup canned black beans, drained and rinsed
- 2 tablespoons chopped red onion
- 2 tablespoons fresh lime juice
- 1 tablespoon olive oil
- 1 teaspoon chile pepper
- 1/4 teaspoon salt
- optional- 1 tablespoon chopped fresh cilantro



EDUCATIONAL VIDEO SERIES

YouTube

Search



Tara Gregory
Hi, I'm Tara Gregory, the Family Extension Agent and Consumer Sciences Family and Consumer Sciences

Exploring the Versatility of Herbs and Spices with Family and Consumer Sciences Agent Tara Gregory

NC Cooperative Extension, Chatham County
218 subscribers

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YouTube

Search



1 cup rice, rinsed
1/4 cup water
1 can unsweetend
coconut milk

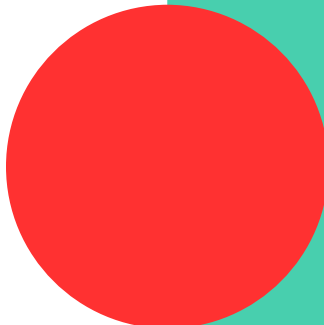
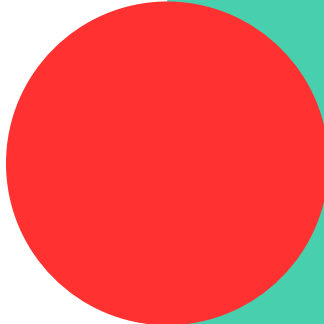
InstaPot/Pressure Cooker: Cooking Coconut Rice

NC Cooperative Extension, Chatham County
218 subscribers

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LOCAL FOOD



PROGRAM DEVELOPMENT

Safe plates

Pregnancy, Infancy & Early
Childhood Food Safety

Feeding Program

For parents and adults feeding
children age 1-5

Kitchen Creators Camp

Summer Cooking Camp 2023



KITCHEN CREATORS SUMMER CAMP

with Tara Gregory, FCS Agent

July 12th – Knife Skills and Cooking Methods Part 1

July 19th – Baking Part 1

July 26th – Knife Skills and Cooking Methods Part 2

Aug 2nd – Focus on Baking Part 2

9:30 am - 3:30 pm

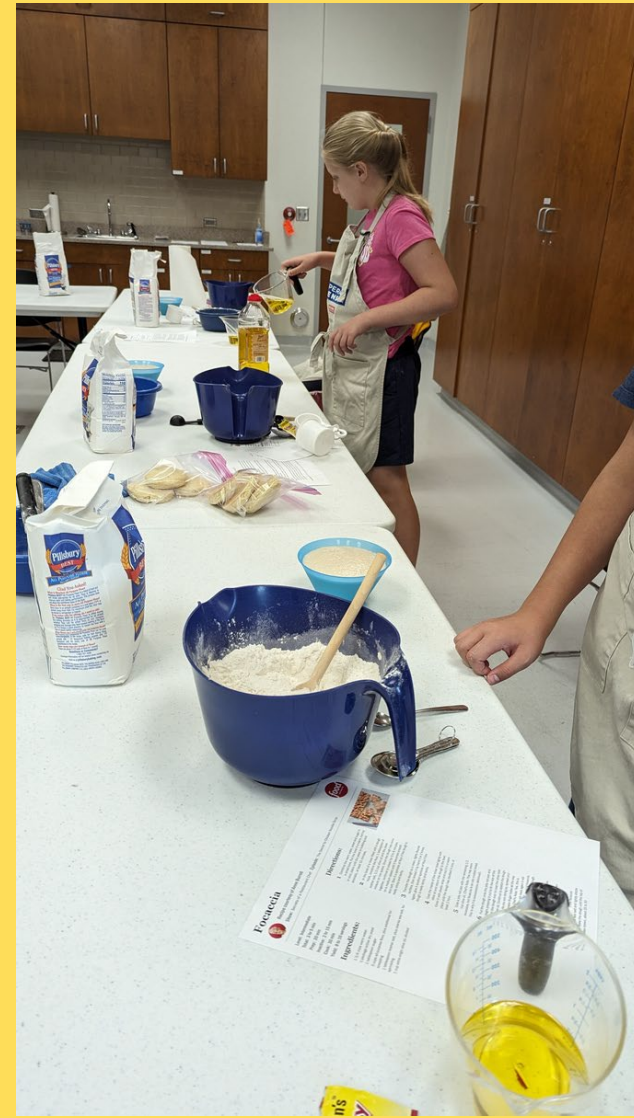
Ages

11-14

\$30/day

Register with
4-H Online







QUESTIONS

Thank you for your support!

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North Carolina State University
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