

NC STATE

EXTENSION

Family & Consumer
Sciences Program

Chatham County Family & Consumer Sciences Program

Tara Gregory MPH, RD, LDN

Board of Commissioners Meeting

July 19th, 2021

Joining the Team

- ❖ Started September 1st, 2020
- ❖ Registered Dietitian with a Master's degree in Public Health
- ❖ Previously with the Chatham County Health Department
- ❖ Chronic disease management and prevention
- ❖ Nutrition education via community partnerships

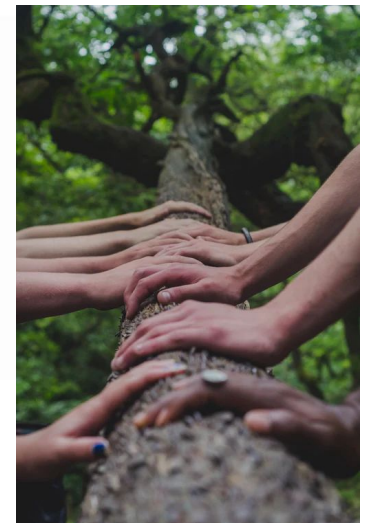


Getting Started!



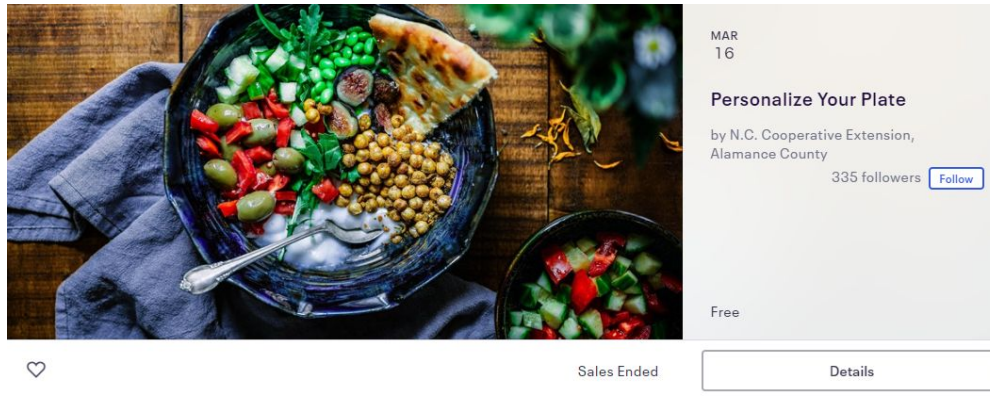
Home Food
Preservation

Extension Local
Food Program



Building an
Advisory Team

Collaborative Virtual Programming



Discover how the foods you love can build a nutritious meal. Personalize your plate!

About this event

Date and time

Tue, Mar 16, 2021, 12:00 PM -
Tue, Mar 30, 2021, 1:00 PM EDT

[Add to calendar](#)



Thursdays 12:00 – 1:00 PM (EST)
November 19, December 3 and 10, 2020
Free!

Find out ways to take care of yourself and others during this holiday season. Join us at any or all of these virtual sessions:

- November 19: New Holiday Recipes
- December 3: Holiday Tips and Tools for Money and Mental Stress
- December 10: Holiday Gifts from the Kitchen

Details and Registration at <https://go.ncsu.edu/holidays2020>

Brought to you through the collaboration of these Extension FCS Agents:



Community Initiatives



Kaleidoscope Play & Learn

Free Weekly Facilitated Playgroups

KALEIDOSCOPE is for parents and other caregivers with children birth to five years old who do not attend preschool or child care. Playgroups offer caregivers a space to connect with one another and build community.



Children will have fun activities and caregivers will learn:

- New Ideas for effective child guidance
- Tips on how children grow and learn at each age
- Ideas for better awareness of your child's needs
- FIRST TEACHER skills to support your child's early learning and kinder-readiness

Kaleidoscope Play & Learn group will meet every **Wednesday** from **10:00-11:30** at

Southwest District Park

(15124 Highway 902, Bear Creek 27207).
No advanced registration is required

For more information about Kaleidoscope Play & Learn, contact **Imani Sie-Duke** at imani@chathamkids.org or (919)410-3233

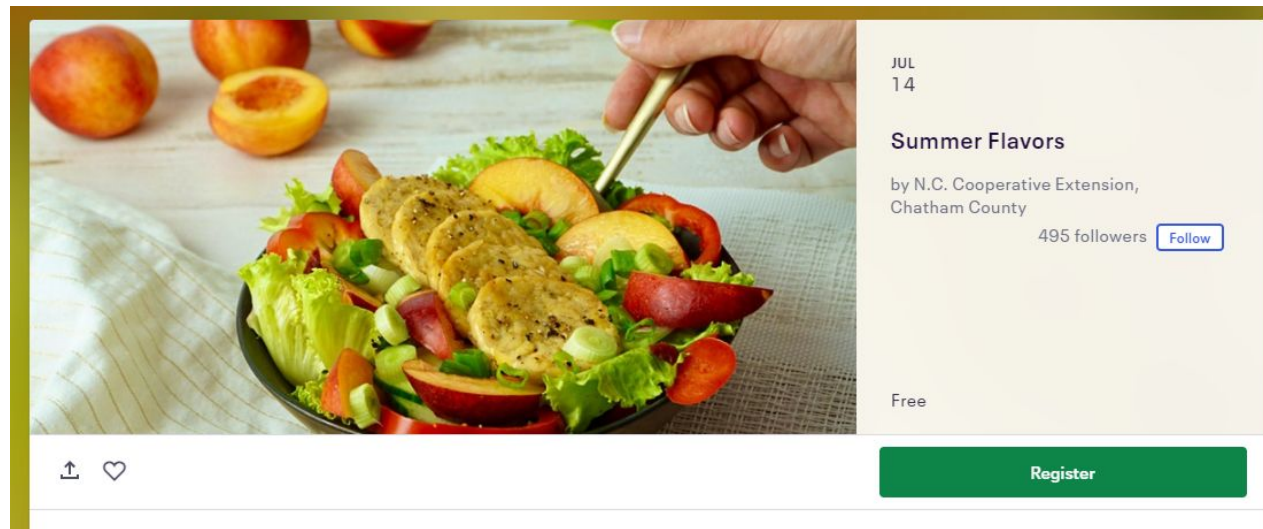
KALEIDOSCOPE is funded by the Chatham Education Foundation/CHATHAM READS!, Chatham County United Way, and Chatham County Government.



H.E.A.L
Subcommittee Chair



Summer Flavors



Wednesdays
12:00pm-1:00pm

July 14th
July 21st
July 28th



Future Plans

- Continue trainings in Home Food Preservation and Food Safety
- Food Access: partner with CORA and continue farmers' market/SNAP efforts
- Seek advisory team input and new members to represent the community
- Practical application of nutrition education and food preparation



THANK YOU!