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2022

FCH NEWSLETTER

ISSUE NO.
ONE

The Official Newsletter of the Haskell County Texas A&M
AgriLife Family and Community Health (FCH) Extension Agent

TEXAS A&M AGRI LIFE EXTENSION

HELPING TEXANS BETTER THEIR LIVES



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Diabetes Symposium

WHAT'S HAPPENING IN HASKELL CO AGRILIFE

HASKELL COUNTY 4-H FOOD & NUTRITION

Food Challenge is a 4-H competition designed after Food Network's show "Chopped." Kids from 3rd grade through 12th grade participate in a contest where they receive a mystery bag of groceries and are challenged to create a dish. Then they prepare a presentation to give their judges on the nutrition, food safety, and food preparation for the dish they created.

Kickoff Event - September 20th | 5:30-7PM
@ Haskell First Baptist FAC



Pictured from left to right:
Team Jammin with the 4 Js
Jolee Hodgin, Jessa Logan, Jaynia
White, Jaqx Smart

FOOD HANDLERS COURSE

TEXAS A&M
AGRILIFE
EXTENSION

October 4th | 3PM-5PM | \$20
Call Kelli to Register: 940.864.2658

LOCATION TBD

FOOD HANDLERS COURSE

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.
The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

DIABETES SYMPOSIUM

ROLLING PLAINS RURAL HEALTH COALITION
BAYLOR | HASKELL | KNOX

The Power of Prevention: Diabetes Symposium

save the date

Tuesday, November 1, 2022
9AM-3PM | FREE | lunch provided

Registration details coming soon!

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TEXAS A&M
AGRILIFE
EXTENSION

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WHAT'S HAPPENING IN HASKELL CO AGRILIFE

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FREEZER CLUB

Meal prepping has never been
SO MUCH FUN!

Join your friends to assemble {2 MEALS} that are
5-7 servings each!

I'll do the grocery shopping! You do the assembly!

No cooking skills required!

\$40 Registration Includes:

All Food!

All Supplies (cooking materials and freezer safe
containers)

Customized Recipes for Your Family!

Don't forget to bring your laughter! We will have
so much fun!

You come, relax, and enjoy!

I'm only accepting 10 people per {monthly} freezer
club, so turn on those notifications to be one of
the first to know!

FRESH START TO A HEALTHIER YOU

Each program equipped with a food demonstration:

Breakfast | Lunch | Snack | Dinner

Learn helpful tips:

Grocery Savings -

Tricks to Fight Bacteria -

Make Fruits & Vegetables Taste Great -

Meal Planning Tips -

A FRESH START TO A HEALTHIER YOU



Fresh Start

October 14th @ Haskell Housing Authority Meeting Room

TO RSVP:

CALL - 940.864.2658

EMAIL - KELLI.BROWN@AG.TAMU.EDU

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