S E P T E M B E R 2 0 2 2

## 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 GRILIFE EXTENSION

HELPING TEXANS BETTER THEIR LIVES



#### WHAT'S HAPPENING IN HASKELL CO AGRILIFE

#### HASKELL COUNTY 4-H FOOD & NUTRITION

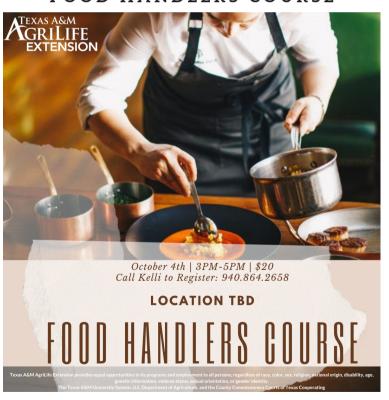
Food Challenge is a 4-H competition designed after Food Network's show "Chopped." Kids from 3rd grade through 12th grade participate in a contest where they receive a mystery bag of groceries and are challenged to create a dish. Then they prepare a presentation to give their judges on the nutrition,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

#### FOOD HANDLERS COURSE



#### **DIABETES SYMPOSIUM**





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#### WHAT'S HAPPENING IN HASKELL CO AGRILIFE



#### 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 -





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