

March 2023- Newsletter

INTRODUCTION TO CANNING

Canning season is right around the corner. Are you ready? Join us to learn the basics of canning.

Date: April 11, 2023

Time: 6:00 p.m.-7:30 p.m

Location: NC Cooperative Extension,
Davidson County Center

301 E. Center Street, Lexington, NC 27292

Register on Eventbrite:

<https://www.eventbrite.com/e/introduction-to-canning-tickets-549535534577>

Or

Date: April 18, 2023

Time: 10:00 a.m.-11:30 a.m.

Location: NC Cooperative Extension
Davidson County Center

301 E. Center Street, Lexington, NC 27292

Register on Eventbrite:

<https://www.eventbrite.com/e/introduction-to-canning-tickets-549537660937>

COOKING THE MEDITERRANEAN WAY

Eating like those who live in the Mediterranean region has been shown to promote health and decrease risk of many chronic diseases. Eating the "Med Way" is healthy, delicious and satisfying. Learn to prepare and taste several Mediterranean dishes.

Date: March 14, 2023

Time: 6:00 p.m.-7:30 p.m.

Location: NC Cooperative Extension,
Davidson County Center

301 E. Center Street, Lexington NC 27292

Register on Eventbrite:

<https://www.eventbrite.com/e/cooking-the-mediterranean-way-tickets-549533719147>



MARCH IS NATIONAL NUTRITION MONTH®

Weekly Messages

Week One: Eat with the environment in mind.

1. Enjoy more plant-based meals and snacks.
2. Purchase foods with minimal packaging.
3. Buy foods in season and shop locally when possible.
4. Start a container or backyard garden to grow food at home.

Week Two: See a Registered Dietitian Nutritionist (RDN).

1. Ask your doctor or a referral to a RDN.
2. Find a RDN who specializes in your unique needs.
3. Learn how nutrient needs may change with age.
4. Receive personalized nutrition information to meet your health goals.

Week Three: Stay nourished and save money.

1. Plan your meals and snacks.
2. See what food you have at home before purchasing more.
3. Use a grocery list and shop sales when purchasing food.
4. Learn about community resources such as SNAP, WIC, and local food banks.

Week Four: Eat a variety of foods from all food groups.

1. Include your favorite cultural foods and traditions.
2. Eat foods in various forms including fresh, frozen, canned and dried.
3. Avoid fad diets that promote unnecessary restrictions.
4. Practice gratitude for your body by giving it the fuel it needs.

Week Five: Make tasty foods at home.

1. Learn cooking and meal preparation skills.
2. Try new flavors and foods from around the world.
3. Find creative ways to use leftovers rather than tossing them.
4. Create happy memories by eating with friends and family when possible.