

Volunteer Opportunities

If you have a passion for the various areas of FCS such as Nutrition, Health, Financial Education, and Gardening. And if you want to use your extra time to help meaningful programs, contact Lana Franceschini about volunteer opportunities concerning different community projects such as “Learn, Grow, Eat & Go!” “Walk Across Texas” and many more!

Dinner Tonight!



Learn about how to prepare easy, nutrition, cost efficient meals for you and your family by joining us for the Dinner Tonight

Cooking School Road Show! We

will be tasting and showing you how to prepare 9 different recipes. We understand that you have a very busy schedule, therefore we have teamed up with 8 counties in the area that are offering the same program on different dates to suit your schedule. Walker County will be hosting on September 23rd from 6-8pm. Fee is \$20/person, and please RSVP by September 16th. For dates, locations and to RSVP (for Walker County) contact Lana Franceschini.

Childcare Provider Training

The All Star Provider Training Camp committee invites childcare providers to register for their 2015 multi-county conference set for Saturday, October 3, 2015 from 8:00 a.m.-4:00 p.m. at the Brazos Center in Bryan, Texas. There will be an array of speakers and workshops dedicated for educators, early childhood teachers, and providers. Workshop topics include: The State of Childhood Obesity, Child-friendly Snack Demos, Using Learning Centers, SIDS/Shaken Baby, Anger Management in Child Care Settings. Early Registration is \$40, including breakfast, lunch, snacks, and 7 Clock Hours or .7 CEU (additional \$20 for CEU). Registration deadline is September 18th and available online at <https://2015allstarchildcareconference.eventbrite.com> and available by mail. Late registrations are an additional \$10/person. Mail registration information is available at <http://brazos.agrilife.org/events/>. Vendors should call (979)823-0129 to register. **For more information contact Brazos County Extension Agent, Flora Williams at 979.823.0129 or email fewilliams@ag.tamu.edu.**

Upcoming Events

September

- 12— 4-H Food Wrangler Project Leader Training
- 14—Leader Boot Camp application is due.
- 19— Leader Boot Camp
- 22—Chamber of Commerce Health Fair
- 23— Dinner Tonight

October

- 3— Child Care Training
- 10—One Day 4-H
- 17— Master Gardener Plant Sale

November

- 21—Heart Walk

Contact Information

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Family Meal Time

September is Family Meal Time month. Family meal time is simply eating meals together as a family. In the past 20 years the amount of times families have eaten dinner together has declined 33%. Family meal time is important because it increases quality time for child and adult interaction. This gives you time to share information and activities about your day and upcoming events. It help with a food health connection. By eating together, it provides an opportunity to talk about and model good nutrition and health behaviors. You pass down cultural and family identity. Eating dinner together as a family provides an opportunity for sharing family stories and creating memories.

Three Things You Can Do Now!

1. Make it your mission to have meals as a family three times a week or more.
2. Focus on family interactions during the meal by turning off all electronics and remove other distractions.
3. Use this time to connect with your family. Encourage conversations by having each family member talk about their day and share family stories.

Get Children Involved! Make it Fun!

- Let children help plan menu ideas and side dishes.
- Take them grocery shopping and let them pick out a new fruit or vegetable to try with dinner.
- Teach them about setting the table
- Guide them in basic food preparation (age appropriately).
- Have them help clean up and clear the table.

Program Information

Family and Consumer Sciences is a very broad field. It includes topics from how to live with diabetes and hypertension, basic nutrition and healthy living physically and mentally, child safety, family relations, caring for elderly and the young, financial training and budgeting. If you feel that there is a need in the community, your organization, school, company, or group to be educated in any of the various aspects of Family and Consumer Sciences, please contact Lana Franceschini, she would enjoy collaborating with you to help educate the community.

Recipe of the Month

Prep Time: 10 mins

Serves: 4

Sunny Breakfast Skewers

4 frozen whole wheat waffles, cooked according to package

1/2 cup natural nut butter

3 tablespoons sweetened shredded coconut

1 banana, cut into 8 pieces

1 mango, peeled, cut into 8 pieces

2 slices pineapple, cut into 8 pieces

1 tablespoon lime juice

Directions

1. Mix nut butter and coconut in small bowl.
2. Spread onto one side of each waffle and cut into 4 pieces.
3. Toss banana, mango, pineapple and lime juice in another bowl.
4. Thread pineapple, waffle and mango onto 6-inch skewers.

Nutritional Value

Calories 420	Fiber 7.39g
Fat 22.37g	Sodium 265mg
Protein 11.80g	Calcium 50mg
Carbs 46.71g	Iron 2.86mg

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