

## MAIL REGISTRATION AND PAYMENT TO:

DEKALB COUNTY EXTENSION/4-H  
ATTN: Homeowners Series/FACS- 2018  
4380 MEMORIAL DR., STE. 200  
DECATUR, GA 30032

NAME: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

AMOUNT ENCLOSED: \_\_\_\_\_

### FORMS OF PAYMENT ACCEPTED:

In addition to cash, check, and money order, we accept the following debit/credit cards over the phone and in person:



### QUESTIONS?

Contact Our Office

Phone: (404) 298-4080

Email: [uge1089@uga.edu](mailto:uge1089@uga.edu)

[ugaextension.org/county-offices/dekalb.html](http://ugaextension.org/county-offices/dekalb.html)

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# Family and Consumer Sciences Homeowner Series 2018

*“A kick-start to healthy living”*



Classes hosted by DeKalb County FACS Agents:

Pamela Burnett

Zoe Soltanmammedova

Breanna Williams



**Wednesday**

**February 21, 2018**

Extension  
Training Room  
6:30pm-8:00pm

**Tuesday**

**March 20, 2018**

Extension  
Training Room  
6:30pm-8:00pm

**Tuesday-Thursday**

**April 3-5, 2018**

Extension  
Training Room  
8:30am-5:00pm

**Thursday**

**April 12, 2018**

Extension  
Training Room  
6:30pm-8:00pm

**Tuesday**

**May 15, 2018**

Extension  
Training Room  
6:30pm-8:00pm

**Thursday**

**June 14, 2018**

Extension  
Training Room  
6:30pm-8:00pm

**Saturday**

**June 23, 2018**

Extension  
Training Room  
10:00am-12:00pm

**Let's Go "Green" in 2018**

Every family is faced with financial decisions. Learn how you can plan to spend your money so it will provide you with security and a way to save for future purchases.

**Cost: \$5 per person**

**Eating Better and Where to Start**

Have you been wanting to make better food choices but don't know where to start? Join us to learn about eating and preparing nutritious, balanced meals for you and your family.

**Cost: \$5 per person**

**\*Kids Spring Break Cooking Camp**

In this fun, interactive 3-day camp, kids between the ages of 9-12 will learn about nutrition, food science and the essential skills of cooking. **Limit: 20 participants**

**Cost: \$60 per person; Lunch and snacks are provided**

**Green "Spring" Cleaning: Make and Take Workshop**

Learn how to make your own household cleaning products that are better for your health and the environment, less expensive, and more versatile alternatives to commercial products.

**Cost: \$5 per person**

**Summertime Food Safety**

Join us for a workshop to learn the essentials to ensuring your food is safe this summer at outdoor events such as picnics and barbecues.

**Cost: \$5 per person**

**Decoding Food Nutrition Labels**

Learn how to read nutrition food labels with ease and confidence, so that you know what is in the food you buy and can make healthier food choices.

**Cost: \$5 per person**

**Coupons and Shopping on a Budget**

Shopping on a budget can sometimes be a challenge. Attend this workshop to learn simple ways to make the most out of your shopping experience and save money along the way.

**Cost: \$5 per person**

**Saturday**

**July 14, 2018**

Extension Kitchen  
9:30am- 12:00pm

**Saturday**

**August 25, 2018**

Extension Kitchen  
9:30am- 12:00pm

**Thursday**

**September 20, 2018**

Extension  
Training Room  
6:30pm-8:00pm

**Friday**

**October 26, 2018**

Extension Kitchen  
9:30am- 12:00pm

**Thursday**

**November 8, 2018**

Extension  
Training Room  
6:30pm-8:00pm

**Tuesday**

**December 11, 2018**

Extension  
Training Room  
6:30pm-8:00pm

**\*Pickling—Food Preservation Series**

Join us for a hands-on workshop to practice your canning skills and pickle seasonal vegetables that you get to take home and enjoy with family and friends.

**Limit: 15 participants**

**Cost: \$15 per person**

**\*It's Freezing!—Food Preservation Series**

Freezing is a quick and convenient way to preserve food at home. Come learn how to produce high quality frozen foods with maximum nutritional value.

**Limit: 15 participants**

**Cost: \$15 per person**

**Eating to Prevent and Control Chronic Disease**

If you could do something to reduce your risk of chronic disease, would you do it? Join us to learn how your food choices can prevent chronic disease such as heart disease, diabetes and stroke.

**Cost: \$5 per person**

**\*That's My Jam!—Food Preservation Series**

Sweet spreads such as jams and jellies add zest to any meal. Learn the basics of making jams and jellies in this workshop and take your finished product home with you to share and enjoy.

**Limit: 15 participants**

**Cost: \$15 per person**

**Holiday Food Safety**

One of the best ways to celebrate the holidays is by eating delicious food in the company of friends and family. Join us for a food safety workshop to ensure your dinner is a hit this holiday season for all the right reasons!

**Cost: \$5 per person**

**Herbs, Spice and Everything Nice!**

We all want our favorite foods to taste just how we like them but have a difficult time making them healthier. Learn how to add flavor with herbs and spices to reduce saturated fat, sodium and sugar in your favorite recipes.

**Cost: \$5 per person**

**Class fees will cover the cost of supplies, materials and light refreshments.**

**\* Pre-registration is required at least one week in advance.**