

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

ugaextension.org/county-offices/dekalb.html

The University of Georgia * College of Agricultural and Environmental Sciences * Cooperative Extension. The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. Cooperative Extension offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, gender or disability. We are an equal opportunity/affirmative action organization committed to a diverse work force.

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.**