

# Eastland County

Family & Community Health  
Newsletter

April 2023

TEXAS A&M  
**AGRILIFE**  
EXTENSION



## Childcare Training Courses

<https://childcare.tamu.edu/>

Welcome to Texas A&M AgriLife Extension's **online childcare training** website. We offer a wide range of online childcare training courses with certificates for workers looking to complete state-mandated training requirements, professional development, and CDA renewal requirements. Choose a course category below to get started and complete courses at your own pace. Retrieve and print your course completion certificates at any time from your account. Free online childcare training with certificates is available.

While you check out other available schedule est.



are there the various courses to fit your and inter-

## GETTING READY FOR CANNING SEASON?



GET YOUR PRESSURE CANNER TESTED BY A TRAINED FCH AGENT AT EXTENSION OFFICE FOR \$10.00. CALL THE OFFICE AT 254-629-2222 TO MAKE AN APPOINTMENT TO LEARN MORE.

## Food Preservation Class Water Bath & Pressure Canning Class

Thursday, May 18th

10:00 a.m.

County Extension Office

102 N. Lamar

Suite 307

Eastland, Texas

Call Amy O'Brien-Glenn  
254-629-2222 for more information

# Better Your Days, The Mediterranean Way Class

June 15, at 12:00 noon

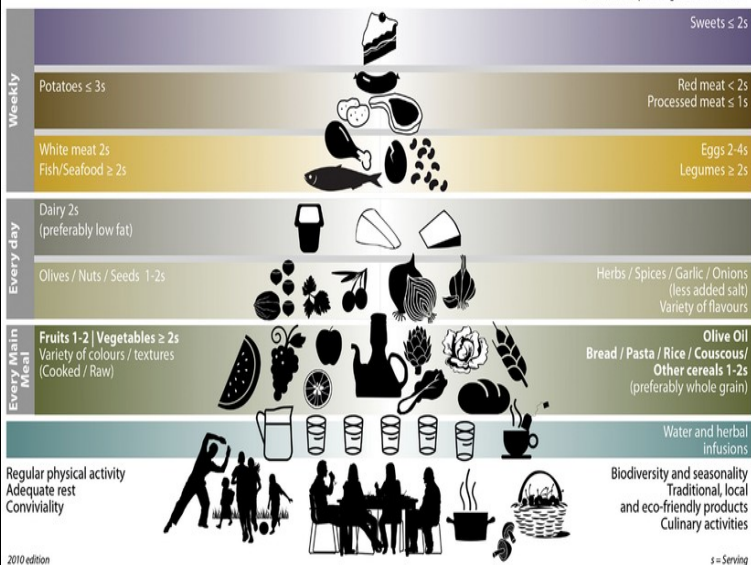
An eating and lifestyle approach to reduce risk for diet-related chronic disease

- A Mediterranean-style eating pattern may promote longevity and help prevent cognitive decline as well as some chronic diseases like cardiovascular disease, hypertension, certain cancers, and type 2 diabetes - To build a plate according to the Mediterranean-style eating pattern using MyPlate - To include lifestyle modifications like physical activity and culinary activities to benefit fully from this lifestyle approach

**Mediterranean Diet Pyramid: a lifestyle for today**  
Guidelines for Adult population

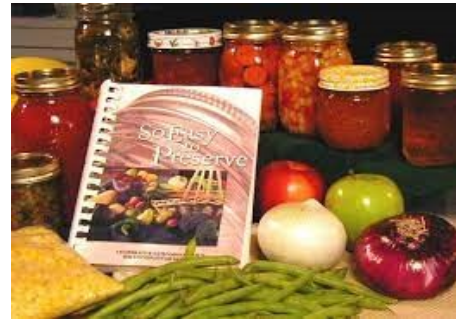
Serving size based on frugality and local habits

Wine in moderation and respecting social beliefs



## RESERVE YOUR COPY OF 7th edition of "SO EASY TO PRESERVE CANNING BOOK " " THE BIBLE OF CANNING"

Recommended by Texas A & M AgriLife Extension Specialist



This book is a must-buy for all home food preservation projects. While Preserving So Easy, you will find information on proper canning, pickling, preservation, freezing and drying instructions. All recipes are researched tested for safety. A must for every canner. Call 254-629-2222 to order

Keep up to date with program announcements and follow Eastland County AgriLife Extension on Facebook @AgriLife Extension-Eastland County or check our website at [eastland.agrilife.org](http://eastland.agrilife.org)

If you are not on our email list and would like to be, give me a call at 254-629-2222  
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