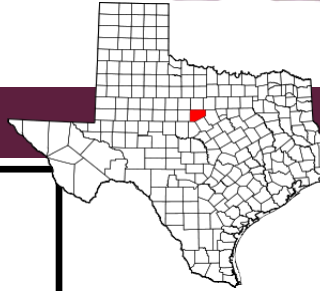


Eastland County

Family & Community Health Newsletter

FALL 2024

TEXAS A&M AGRILIFE EXTENSION



DINNER TONIGHT HEALTHY COOKING SCHOOL

Let's continue to make family mealtime a priority, one meal at a time.

Visit <https://dinnertonight.tamu.edu/recipes/> for recipe inspiration for future family meals!

Healthy cooking classes & recipes & tips for reducing chronic health issues

amy.obrien-glenn@ag.tamu.edu

Eastland County Pecan Pie & Delicacies

Contest—Dec. 2

Mark your calendars for Dec. 2 for the Eastland County Pecan Pie & Delicacies Contest.

Entries will be accepted that morning from 7:30 a.m.-9:00 a.m. Please contact Amy O'Brien-Glenn at 254-629-2222 for more information & guidelines

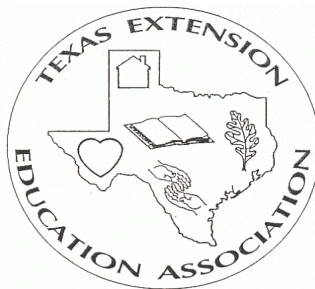


GET INVOLVED IN YOUR COMMUNITY

JOIN A TEXAS EXTENSION EDUCATION CLUB

Morton Valley TEEA Club—Meets 1st Thursday of Month
2:00 p.m.

Star of Texas TEEA Club—Meets the 1st Tuesday of Month
5:30 pm.



Interest groups from TEEA include many diverse topics and skill sets such as...gardening, quilting, crochet, art, knitting, cooking, canning, shopping, cheese making, cultural explorations, and many other educational & community opportunities.

For more information about TEEA

Call 254-629-2222

COOKING WELL FOR HEALTHY BLOOD PRESSURE

Cooking Well for Healthy Blood Pressure is a program designed to prevent and manage high blood pressure through healthy eating and lifestyle changes

Nov. 14th 10 a.m.—12 p.m.

Love Oak Pharmacy—Café Area

Lesson 1—*DASHING Your Way to Improve Health*

Lesson 2—*A Virtual Grocery Store Tour*

Lesson 3—*Cooking Well for Healthy Blood Pressure*



Need your pressure canner gauge tested ?

Recommend to test gauge annually

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

LEARN MORE.



WHAT'S FOR DINNER TONIGHT?

Do you ever struggle to come up with a healthy dinner after a long day of work, errands, or school activities? We know we could drive through another fast-food restaurant to save time, but is that meal meeting the nutritional needs of your family?

The Dinner Tonight program was developed provide busy families with quick, healthy, cost effective recipes that taste great. Not only does the Dinner Tonight program provide recipes, it also gives you weekly video demonstrations on cooking tips and techniques, nutrition topics, menu planning basics and information on healthy living. Sign up today <https://dinnertonight.tamu.edu/>

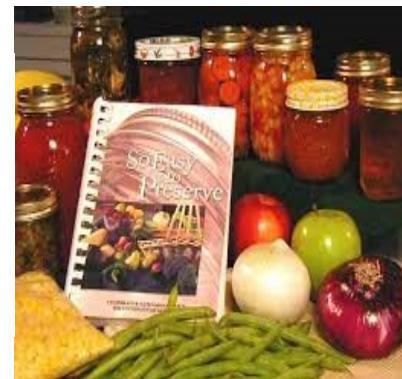
Amy O'Brien-Glenn, CEA, FCH
amy.obrien-glenn@ag.tamu.edu
Texas A&M AgriLife Extension Service
Eastland County
102 N. Lamar Suite 307
Eastland, Tx, 76448
(254) 629-2222

RESERVE YOUR COPY 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 reserve your copy today
Making a bulk order to be picked up at AgriLife Office

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

If you are not on our email list and would like to be, give me a call at 254-629-2222 or email amy.obrien-glenn@ag.tamu.edu

TEXAS A&M
AGRI LIFE
EXTENSION

Members of Texas A&M AgriLife Extension provide equal opportunities in programs, education, & employment without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.

The Texas A&M AgriLife Extension—Eastland County will make reasonable accommodations for persons with disabilities who wish to participate in all educational programs with prior notice.