



## ◆◆ Upcoming Events ◆◆

### **Cook Smart, Eat Smart Cooking Classes**

Tuesdays and Thursdays, 6pm-9pm

April 20, 22, 27, 29

Guilford County Ag Center



**Cook Smart | Eat Smart**

Cooking school for beginners! Get back to the basics and learn how to prepare simple meals that are quick, easy and healthy! This hands-on cooking class is for those who need a little help finding their way around in the kitchen. We'll have a blast preparing a complete meal each evening! Great class for girlfriends, newlyweds, singles, men, widowers, parents, college students, or anyone who wants to learn how to cook! Cost: \$35 for the 12-hour series. Register by April 9 on the attached form.

### **2010 Food Preservation Classes**

Thursdays, 10am to Noon

Guilford County Ag Center



**May 6 Canning Fruits, Tomatoes, and Salsas**

**(Boiling Water Bath Canner)**

**May 13 Canning Vegetables (Pressure Canner)**

**May 20 Drying and Freezing**

**May 27 Jams and Jellies**

**June 3 Pickles**

Hands-on workshops for beginners. COST: \$10 non-refundable fee per session. Registration deadline: One week prior to class date. *Interested in an evening class?* A repeat session may be added on the same day from 6pm to 8pm if there is adequate interest. Register on the attached form.



**Vegetable Cooking Class**  
**Wednesday, June 9, 2pm-4pm**  
**Guilford County Ag Center**

Beginners will learn to cook local veggies so they taste great and are good for you: steam, roast, microwave, stir-fry and much more in this hands-on class! COST: \$10 non-refundable fee. Registration deadline: June 2. Register on the attached form.



***Project FIT***

March 20-April 24, 2010  
Hayes-Taylor YMCA  
1101 East Market Street  
Greensboro, NC 27401

6 weeks of interactive family fitness and fun for families with children ages K-8!!! Families will improve overall health and fitness levels and reduce risks of developing life-threatening illnesses later in life while having fun together!!! Gaming stations featuring Nintendo Wii and Dance Revolution! Nutrition education, healthy snacks and recipe preparation, and more! COST: Only \$10.00 per family for 6 week session (6 person maximum) includes full use of the Hayes-Taylor YMCA facilities!!! What a deal!!! *Registration begins March 1. To register contact Andrea Wright at (336) 272-2131 or [andrea.wright@ymcagreensboro.org](mailto:andrea.wright@ymcagreensboro.org).*

**FREE CANNING PUBLICATIONS!!! Let us know if you need up-dated canning , freezing, or other food preservation information BEFORE you get in the kitchen. Help is just a phone call or click away. Contact Geissler Baker at 375-5876 or [ggbaker@ncsu.edu](mailto:ggbaker@ncsu.edu) or stop by the Extension office.**

**FREE CANNER CHECKING!!! Dial gauge pressure canners should be checked for accuracy annually. Bring your lid by the Extension office on Tuesday mornings for checking or call for an appointment. If you want your lid checked while you wait *be sure to call ahead-375-5876!***

# REGISTRATION FORM

To register for the classes below please complete this form and mail it with your check to:  
NC Cooperative Extension, 3309 Burlington Road, Greensboro, NC 27405, Attn: Darby. Make  
checks payable to: Nutrition and Wellness Fund. All fees are non-refundable. For more information  
call: 375-5876.

NAME \_\_\_\_\_ DATE \_\_\_\_\_

ADDRESS \_\_\_\_\_

E-MAIL \_\_\_\_\_ PHONE \_\_\_\_\_

**Classes registering for: (please circle)**

**Class Fee:**

Cook Smart, Eat Smart	\$35
Canning Fruits, Tomatoes, and Salsas (Boiling Water Bath Canner)	\$10
Canning Vegetables (Pressure Canner)	\$10
Drying and Freezing	\$10
Jams and Jellies	\$10
Pickles	\$10
Vegetable Cooking Class	\$10

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Total Amount Enclosed: \$ \_\_\_\_\_

Check Number \_\_\_\_\_



*North Carolina A&T State University and North Carolina State University commit themselves to positive action to secure equal opportunity  
Regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without  
Regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local  
governments cooperating.*