

# OCTOBER HIGHLIGHTS

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## Family & Consumer Sciences



Food was on our minds for the month of October. This month Family and Consumer Sciences programs included Dining with Diabetes, Navigating Life with Diabetes, Canning for Youth, and Food Budgeting with the Head Start families.

Dining with Diabetes is a three- week class focusing on eating healthy and trying new recipes. We had 7 participants complete the course. They reported being able to better plan healthy meals and practicing healthier mealtime habits. Our Navigating Life with Diabetes group continues this series with a once a month support meeting. Three participants that have been engaged with this group over the past few months have reported lowering their AC1 to 6.4 or lower. One member reported that she feels more confident that she can manage her diabetes due to this group.

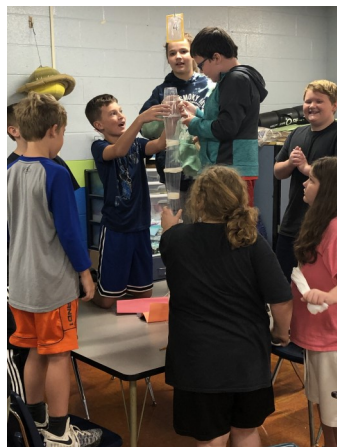
We took advantage of fall break by offering a one day canning class for our youth. We had five participants enjoy canning Strawberry Jam and Salsa. The students enjoyed the hands-on experience and have asked for further classes in the future.

Fourteen moms joined Ashley Clinard, Health Educator, and I for a workshop on Nutrition, Physical Activity and Food Budgeting. We looked at ways to cut their food bill such as coupons, making a list and shopping sales. I also demonstrated how to make a tuna burger for a healthier and cheaper alternative to hamburgers. After a few turned up noses, they discovered how delicious the burgers were and many came back for seconds!

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# 4-H Youth Development



October was a very busy month for Cheatham County 4-H!

- In school 4-H clubs began with enrollment of 1994 youth in the 4-H program. During the enrollment process youth learned about 4-H, elected officers, participated in teambuilding activities and learned how to conduct a meeting using parliamentary procedure. All youth also learned about how to write and deliver a speech. There will be a public speaking contest in November.
- In addition to 4-H enrollment, the 4-H Honor Club had a big celebration to recruit new members. 4-H Honor Club is organized statewide and provides recognition of junior high 4-H members who have demonstrated consistent leadership ability and have been active members in their clubs and communities. Fifteen new members were approved to join Honor Club.
- Youth Leadership Cheatham County spent the day touring the agriculture industries in Cheatham County. They learned about beef cattle, tobacco, hemp, and the impact agriculture makes in Cheatham County.

## Agriculture

Each October the UT/TSU Extension office serves as host and educational leader for the Leadership Cheatham County Program's Agriculture/Natural Resources Day tour. This year's class began their day at our office where they received an overview of the economic and social impacts that agriculture plays in our county. Extension Director, Ronnie then lead the group on tours of various local farms, which included beef cattle, row crops, tobacco and even the our newest industry, hemp. The Pleasant View Milling Company sponsored a farm to table meal which was served at KLD Farm. Tours of a new Industrial Hemp processing plant and new state-of-the-art lumber processing plant (sawmill) wound up the day for class participants.

