

Better Living Series

WORKSHOP	DATE	TIME	LOCATION	REGISTRATION	COST
Webinar: Med Instead of Meds	Tues., Sept. 5 - Oct. 10 (meets for 6 sessions)	10 - 11AM	Webinar	Online: Eventbrite.com	N/A
Cooking Smart with Instant Pots & Electric Cookers	Thurs., Sept. 7	2 - 3PM	Gastonia Main Branch Library	andrew.pierce@gastongov.com or 704.868.2164, dial 1	N/A
Webinar: Cooking Smart with Instant Pots & Electric Cookers	Thurs., Sept. 14	10 - 11AM	Webinar	Online: Eventbrite.com	N/A
Cooking Smart with Instant Pots & Electric Cookers	Fri., Sept. 22	10 - 11AM	Kiser Senior Ctr.	SRamsey@BessemerCity.com or 704.729.6465	N/A
Home Canning: Apple Butter	Tues., Sept. 19	6 - 8PM	Lucile Tatum Ctr.	704.922.2127 or linda_minges@ncsu.edu	\$10
Webinar: Eating Smart with Local Fall Produce	Thurs., Sept. 21	10 - 11AM	Webinar	Online: Eventbrite.com	N/A
Extension Master Food Volunteer Training Program	Tues., Oct. 3 - Nov. 28 (meets for 9 sessions)	2 - 4PM	Lucile Tatum Ctr.	704.922.2127 or linda_minges@ncsu.edu	\$40
Matter of Balance	Wed., Oct. 4 - Nov. 29 (meets for 8 sessions)	10AM - 12PM	First Baptist Church of Gastonia	704.922.2127 or linda_minges@ncsu.edu	N/A
Eating Smart with Local Fall Produce	Thurs., Oct. 5	2 - 3PM	Gastonia Main Branch Library	andrew.pierce@gastongov.com or 704.868.2164, dial 1	N/A
Webinar: Cooking Smart with Instant Pots & Electric Cookers	Thurs., Oct. 12	10 - 11AM	Webinar	Online: Eventbrite.com	N/A
Webinar: Eating Smart with Local Fall Produce	Thurs., Oct. 19	10 - 11AM	Webinar	Online: Eventbrite.com	N/A
Eating Smart with Local Fall Produce	Fri., Oct. 20	10 - 11AM	Kiser Senior Ctr.	SRamsey@BessemerCity.com or 704.729.6465	N/A
A Taste of the Mediterranean Diet	Thurs., Nov. 2	2 - 3PM	Gastonia Main Branch Library	andrew.pierce@gastongov.com or 704.868.2164, dial 1	N/A
Home Canning: Cranberries	Wed., Nov. 8	6 - 8PM	Lucile Tatum Ctr.	704.922.2127 or linda_minges@ncsu.edu	\$10
Webinar: Basics of Dehydrating Foods	Thurs., Nov. 9	10 - 11AM	Webinar	Online: Eventbrite.com	N/A
Webinar: Eating Smart with Local Fall Produce	Thurs., Nov. 16	10 - 11AM	Webinar	Online: Eventbrite.com	N/A
A Taste of the Mediterranean Diet	Fri., Nov. 17	10 - 11AM	Kiser Senior Ctr.	SRamsey@BessemerCity.com or 704.729.6465	N/A
Webinar: Cooking Smart with Air Fryers	Tues., Dec. 5	10 - 11AM	Webinar	Online: Eventbrite.com	N/A
A Taste of Healthy Holiday Foods	Thurs., Dec. 7	2 - 3PM	Gastonia Main Branch Library	andrew.pierce@gastongov.com or 704.868.2164, dial 1	N/A
Eating Smart with Local Winter Produce	Tues., Dec. 12	10 - 11AM	Webinar	Online: Eventbrite.com	N/A
A Taste of Healthy Holiday Foods	Fri. Dec. 15	10 - 11AM	Kiser Senior Ctr.	SRamsey@BessemerCity.com or 704.729.6465	N/A

WORKSHOP DETAILS

Matter of Balance

This 8-session program focuses on fall prevention and increasing physical activity. Designed to improve balance, flexibility and strength. Workshop includes activities to improve balance and strengthen muscles as well as discussion about fall prevention steps to make throughout your home. No cost to participants. Program is sponsored by the Centralina Area Agency on Aging.

A Taste of Healthy Holiday Foods

Do you struggle with the holiday season sabotaging your good health? Looking for healthier holiday recipes? Join us for a discussion on how to enjoy the holiday season, recipe makeovers, how to maintain your health goals. *Instructors: Extension Master Food Volunteers*

A Taste of the Mediterranean Diet

Interested in eating the Mediterranean Way? If so, this workshop is for! Taste one of our Med Instead of Med recipes, learn about Med tips/life hacks, and featured recipes. No cost to participants. *Instructors: Extension Master Food Volunteers*

WORKSHOP LOCATIONS

First Baptist Church of Gastonia
2650 Union Rd.
Gastonia, NC

Gastonia Main Branch Library
1555 E. Garrison Blvd.
Gastonia, NC
704.868.2164, dial 1

Kiser Senior Center
123 W. Pennsylvania Ave.
Bessemer City - 704.729.6465

Lucile Tatum Center
959 Osceola St.
Gastonia, NC - 704.866.3607

BETTER LIVING WITH EXTENSION VOLUNTEERS

Extension volunteers support *Better Living* workshops and much more. If you're looking for opportunities to learn new things and meet people, then consider being a part of our volunteer groups:

Gaston County Extension & Community Association (ECA)
Volunteers support a variety of Extension and community programs. *Contact 704.866.3607 for more information.*



How to Register for workshops:

- Online: eventbrite.com - search event name/date or visit the Extension events calendar: gaston.ces.ncsu.edu or contact instructor, Linda Minges: linda_minges@ncsu.edu or 704.922.2127
- Webinars are recorded and shared with participants - watch when it's convenient for you.



REGISTRATION INFO

- Contact instructor to confirm workshop opening **before** submitting registration fees.
- Pre-registration including payment, if applicable, is required by registration deadline.
- No refunds are provided except when a class is cancelled or full.
- Please note that class location, time, and fees vary with each class.
- In the event that minimum registration is not met, workshop may be cancelled at the discretion of the instructor.

Registration Deadline

- Five business days prior to most workshops.

For accommodations for persons with disabilities, contact workshop location no later than 5 business days before the event.

NC State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, national origin, religion, political beliefs, family and marital status, sex, age, veteran status, sexual identity, genetic information or disability. NC State University, N.C. A&T State University, U.S. Department of Agriculture, and local governments cooperating.

WORKSHOP DETAILS

Extension Master Food Volunteer Program

Have a passion for food, nutrition, and wellness? Enjoy helping others?

If yes, then learn more about Gaston County's new Extension Master Food Volunteer Program (EMFVP)!



Benefits to You

- Gain cooking and knife skills
- Receive nutrition and food safety training
- Participate in day trips to area food processing plants and research facilities
- Make connections to our local food system
- Meet new people who share your interest in food and nutrition - locally and statewide
- Be a part of NC Cooperative Extension's food, nutrition, and wellness workshops in Gaston County
- Make a difference throughout your community

Program Requirements

- 30-hrs educational training
- 30-hrs "shadowing" an agent
- 20-hrs volunteer service annually
- 10-hrs continuing education annually

Registration Process

1. Contact Extension agent, Linda J. Minges, for complete details to determine if this program is right for you:

linda_minges@ncsu.edu or 704.922.2127

2. Complete application form - available online: gaston.ncsu.edu and by mail.
3. Complete the EMFVP training (30-hrs).

Cost: \$40

Instructor: Linda J. Minges

Basics of Dehydrating Foods

Learn about the basics of dehydrating a variety of foods (fruits, vegetables, herbs, jerky) and overview of equipment.

Instructor: Linda J. Minges

Cooking Smart with Instant Pots & Electric Cookers

Participants will learn how to use an electric pressure cooker, commonly referred to as an "Instant Pot," to get meals on the table quickly. You'll learn the terminology used in recipes specific to electric pressure-cooking methods, proper care, and handling.

Instructors: Linda J. Minges & Jana Ramirez

Cooking Smart with Air Fryers

Participants will learn basics of air fryers, best practices, and healthy recipes.

Instructors: Linda J. Minges & Jana Ramirez

Eating Smart with Local Fall Produce

Have an interest in local foods? Want to learn how to make tasty, delicious, and EASY meals for using fall foods? If so, this session is for you! Participants will receive a variety of fall-featured recipes

that's sure to help you eat smart all season long. No cost to participants.

Eating Smart with Local Winter Produce

Have an interest in local foods? Want to learn how to make tasty, delicious, and EASY meals for using winter foods? If so, this session is for you! Participants will receive a variety of wintered-featured recipes that's sure to help you eat smart all season long. No cost to participants.

Med Instead of Meds

Interested in eating the Mediterranean Way, but not sure where to start? If so, this program is for! The 6-session workshop will help you Go Med by exploring 7 simple steps to eating the Med Way. Learn Med tips, life hacks, and recipes that will help you eat the Med Way every day. No cost to participants.

Home Canning: Applebutter

Fall is the perfect time to home can with apple butter. Join us for this hands-on canning workshop while we work in small groups to make and process apple butter.

Cost: \$10

Instructor: Linda J. Minges

Home Canning: Cranberries

Fall is the perfect time to home can with cranberries. Join us for this hands-on canning workshop while we work in small groups to make and process a cranberry product perfect for the holidays.

Cost: \$10

Instructor: Linda J. Minges

Contact Our Staff

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Lara Worden

Interim County Extension Director/
Agriculture Agent
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lara_worden@ncsu.edu

Available Services

In addition to workshops, Extension provides a variety of services and information such as:

Agriculture

- Commercial Horticulture
- Farm Start-ups, Production, & Marketing
- Farmers Market Grower Permits
- Livestock Production & Pasture
- Local Natural Resource Issues
- NC Farm School
- Pesticide and Waste Management Training

Community & Family

- Triple P – Positive Parenting Program
- Volunteer Management

Homes & Gardens

- Beekeepers & Pollination
- Lawns & Gardening Advice
- Nuisance Wildlife

- Pest ID
- Soil Testing Kits

Nutrition & Wellness

- Food Safety Information
- Health & Wellness Information
- Home Canning & Food Preservation Resources
- Pressure Canner Testing

Youth

- 4-H Clubs
- 4-H Summer Youth Programs
- Healthy Harvest School Gardening
- School Enrichment Programs
- Nutrition Programs



Contact Us

Mailing Address

NC Cooperative Extension
Gaston County
PO Box 1578
Gastonia, NC 28053

Physical Address

Citizens Resource Center
1303 Dallas-Cherryville Hwy.
Dallas, NC 28034

Office Hours

Monday - Friday | 8am - 5pm

For More Information

Phone: 704.922.2111
gaston.ces.ncsu.edu

Follow Us on Facebook:

@GastonExtension
@ExtensionHealthyLiving
(nutrition, wellness, and
food safety programs)
@NC-EFNEP-Gaston-County