



NCCE MONTGOMERY COUNTY PRESENTS

# Falling For Local Foods Series

## Holiday Hosting

Saturday, November 2, 2019

10am - 4 pm

Does thinking about getting everything ready for Thanksgiving dinner make you nervous? Do you worry about how to cut the bird, or how to make sure it's cooked appropriately? Maybe this is your first year "hosting" dinner, or maybe you've been at it a while. Either way, we have a program that you are sure to enjoy! Join Jamie, Rhonda and Lori for a fun and interactive "Holiday Hosting" workshop where we will learn more about the basics of food safety (we sure don't want a foodborne illness to be the memory you create!); considerations for holiday meal preparation; how to eat nutritionally through the holiday season; how to correctly carve the meat; how to use local foods in your meal; and how to effectively manage your food budget. Fee: \$20 Age: 14 & up

## Crock Pot Meals

Thursday, November 7, 2019

12 pm - 1 pm

November ushers in the start of the "holiday rush" - when everybody's calendars fill up and there just isn't time to get everything done on the to-do lists. In fact, most people typically gain between 1-5 pounds from November to December. But you don't have to! Finding ways to plan and prepare healthy meals is easier than you might think. Join Rhonda, Lori and Jami for lunch and learn all about healthy meals you can make in the crock pot. Fee: \$10.00 Age: 14 & up

## Apple Butter Canning Class

Friday, November 8, 2019  
6-8 pm

OR

Saturday, November 9, 2019  
10 a - 12 noon

Is there anything more delicious than a yummy home-grown apple? Too bad apples aren't in season year - round! But wait.....they kinda can be! Preservation is all about finding a way to store food items in such a way that they can be enjoyed long after the growing season may have ended. Join Rhonda and Jamie for an Apple Butter canning class and learn the basics behind safe water-bath canning so you can enjoy the nutritional benefits of fresh fruit year round. Fee: \$10 Age: 14 & up

## Edible Christmas Gifts

Saturday, December 7, 2019

9 am - 2 pm

Ever notice that there's more people on your Christmas gift list than you sometimes have money to buy for? Gift giving on a budget can be a difficult task, but we can help! Join Jamie and Rhonda to learn how to make your Christmas budget stretch by giving homemade edible gifts in a jar. (Think - pepper jelly, peppermint bark, soups, brownies, etc). Fee: \$20 Age: 14 & up

**Receive a \$5.00 discount by registering for all four workshops!**

Please call (910) 576-6011 or email [Kim\\_Gibson@ncsu.edu](mailto:Kim_Gibson@ncsu.edu) to register.

All classes will be held at the NCCE Montgomery Center office, located at 203 West Main Street, Troy, NC 27371.

Minimum of 5 participants required, or class will be canceled.



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