
SAVE THE DATES!

Garden Grilling and More

Wed, July 26

Food Preservation

Tues, August 8 Freezing & Drying

Thurs, August 10 Jams & Jellies

Tues, August 15 Salsas

Thurs, August 17 Fruit & Tomatoes

Tues, August 22 Pressure Canning

My Chronic Disease: Diabetes

Dates: TBA

FCS Conference

Sat, Sept 23

Kitchen Creations

Wed, Sept 27 & Oct 4/11/25



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If you are an individual with a disability who is in need of an auxiliary aid or service to participate in any event, please call (505) 243-1386.

**NMSU Bernalillo County
Cooperative Extension Service**

**SPRING 2017
Family and Consumer
Sciences Programs**



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FOOD

Eat Healthy: Kitchen Creations
4 weeks

Wednesdays, April 5, 12, 19, 26
9:00 AM-12:00 PM

Extension Office Lab Fee: FREE
(Pre-registration is required)

This informative and very practical series of cooking classes is helpful and fun! Learn how to effectively manage your diabetes from a registered dietician and get hands on experience in the kitchen from a Home Economist.

Eat Healthy: Diabetic Dining
Growing & Cooking with Herbs

Tuesday, June 13 9:00-11:30 AM

Extension Office Lab Fee: \$10.00
(Pre-registration is required)

Growing and using herbs is a great summer pleasure! Join Graeme Davis, our horticulture agent, to learn how to grow herbs. Home Economist, Dianne Christensen will give ideas on how to cook with and preserve herbs.

FITNESS

Slim and Strong

Tuesdays, April 4 and June 6
9:30-11:00 AM

Extension Office

Losing your grip on life, literally? Tired of dieting? Want to be more active and enjoy a better quality of life? Attend this series to get practical ideas on how you can craft a healthier lifestyle. Enjoy the informal community of others on the same journey.

Green Clean

Tues, April 18 9:00 AM-12:00 PM

Extension Office Lab Fee: \$10.00
(Pre-registration is required)

Interested in learning how to make more natural and environmentally friendly cleaning and personal hygiene products? Plan to join us for this informative and fun class.



FUN!

Tea Parties!

Wednesday, May 17
9:00 AM -12:00 PM

Enjoying tea with good friends is a wonderful experience! Come get ideas and recipes for both formal and informal teas. We will be preparing the tea foods for the Annual Extension Volunteer Appreciation Tea.



Food Preservation

Wed, June 14 Jams & Jellies
Wed, June 21 Fruit & Tomatoes
Thurs, June 22 Salsa
Wed, June 28 Pressure Canning

Extension Office Lab Fee: \$10.00
(Pre-registration is required)

Preserving the harvest is a rewarding and fun experience! Plan to attend to learn how to easily and safely preserve summer's bounty of fruits and vegetables.