
SAVE THE DATES!

Kitchen Creations

Tuesdays, October 9, 16, 23, 30

9:00 AM-12:00 PM

THRIVE Wellness Conference

Saturday, October 20

9:00 AM-1:00 PM

Bernalillo County 4-H Fair

July 31-August 4

National Diabetes Prevention Program

Beginning January 2019

Pre-Registration Required for all classes

TWO EASY WAYS TO REGISTER:

- **EMAIL** bernalillo@nmsu.edu providing your name, address, email, phone numbers and which class(es) you would like to sign up to attend.
- **CALL** 505-243-1386 providing the above information to the receptionist.

LAB FEE PAYMENTS: You will be contacted two weeks prior to the class date for payments. Cash, check, or credit cards are accepted. Lab fees are non-refundable.

Inclement weather policy: BCCES classes follow the APS snow schedule. If school is closed, our classes will be cancelled. If there is a 2 hour delay, we will begin at 10:00 AM.

1510 Menaul Ext. Bvd NW
Albuquerque, NM 8710726
Phone: 505431386
Fax: 505431545
bernalilloextension.nmsu.edu

New Mexico State University is an equal opportunity/affirmative action employer and educator, NMSU and the U. S. Department of Agriculture cooperating.



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) 243386.

NMS Bernalillo County & R R S H U D W L Y H ([W

SPRING/SUMMER 2018
Family and Consumer
Sciences Programs

Savoring Summer's Bounty



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Kitchen Creations

***Tuesdays, April 17, 24 May 1, 8
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 or pre-diabetes from a registered dietician and get hands on experience in the kitchen from a Home Economist.

Health & Wellness

***Stress Management & Resiliency:
Training the Mind and Body to
Thrive in a Demanding World***

Thurs, May 17 9:00-11:30 AM

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

Would you like to live a better quality of life this summer? Managing your stress is a key component. How you choose to handle it can work for or against you. Learn how to train your mind and body to thrive in a demanding world.



Food

Discover a Mediterranean Diet

Wed, May 16 9:00 AM-12:00 PM

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

Are you interested in learning more about the Mediterranean Diet and how to eat and cook this way? Join us for this informational and delicious cooking class.

***Enjoying a Satisfying &
Protein Rich Plant Based Diet***

Wed, July 18 9:00 AM-12:00 PM

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

Are you confused when you hear about plant based, vegetarian, and vegan diets? What do these diets involve? Are they healthy options? Can you enjoy satisfying and delicious food? Is it possible to get enough protein in your diet? Join us for the second in our alternative diets series.



Food Preservation

Wed, June 13 Jam and Jelly

Wed, June 27 Water bath canning basics

Thurs, June 28 Pressure canning basics

Wed, Aug 8 Freezing and Drying

Tues, Aug 14 Jam and Jelly

Wed, Aug 15 Salsa

Wed, Aug 22 Pickles

Thurs, Aug 23 Fruit and Tomatoes

Wed, Aug 29 Pressure Canning

All classes 9:00 AM-12:00 PM

**Extension Office Lab Fee: \$15.00
(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.

Canning With Kids

Wed, July 25 9:00 AM-12:00 PM

Extension Office-Lab Fee: \$20.00 for 2

(Pre-registration is required for parent and children 8 years & older)

Enjoy a fun experience and make a great memory with your child by learning to preserve jam/jelly, pickles, and salsa.

