Cooperative Extension Programs offered in August and September

“Dining with Diabetes”

North Carolina Cooperative Extension will offer a four-week series, “Dining with Diabetes” in August. Participants will learn how to plan and prepare meals that are healthy using less fat, salt, and sugar without cutting taste. Recipes will be demonstrated and participants will be served dinner each session and receive up-to-date information on nutrition, meal planning and physical activity. Recipe booklets and handouts will also be distributed.

The class will meet on four Mondays in August: 3, 10, 24, and 31 from 5:30-7:30 pm at the Extension office, 112 West Walker Avenue. The program is open to those with diabetes, their family members and caretakers. There is a $30.00 pre-registration fee per person and space is limited to twenty-five.

Diabetes is a very serious and costly disease, but research has shown that those who learn to manage their blood glucose (sugar) levels, eat healthy, and exercise regularly can lower their risk of complications and lead a healthier, more productive life.

Instructor for the class will be Susan Garkalns, Family and Consumer Sciences Agent. For additional information and to register, contact Wanda at the Extension office at 318-6000 (Asheboro); 819-3000 (Archdale); and 218-4000 (Liberty).

Eat Smart, Move More, Weigh Less

Eat Smart, Move More, Weigh Less, a weight management program developed by NC Cooperative Extension and NC Division of Public Health, will be offered on consecutive Wednesdays beginning, August 19, through November 4 from 4:00 – 5:00 pm at the North Carolina Cooperative Extension office. Location is 112 West Walker Avenue in Asheboro. The cost to participate in this 12-week program is a one-time fee of $30.00. Space is limited and pre-registration is required. For additional information and to register, contact the Cooperative Extension office at 318-6000.

Eat Smart, Move More, Weigh Less is part of the Eat Smart, Move More…NC movement to increase opportunities for healthy eating and physical activity wherever North Carolinians live, learn, earn, play and pray. For additional information visit the Eat, Smart, Move More website at www.EatSmartMoveMoreNC.com.
**Taking Care of You: Powerful Tools for Caregiving**

*Taking Care of You: Powerful Tools for Caregiving* is an educational program designed to provide family caregivers with the tools they need to take care of themselves while caring for a loved one. The program, offered by NC Cooperative Extension, will run for six consecutive Thursdays from 12:00 – 3:00 pm beginning September 10 and running through October 15, 2009. The course is made available through funding from the National Caregiver Support Act and is offered at no cost to caregivers. Each week a healthy lunch will be served. Registration is required and space is limited. Helen Milleson of Randolph Hospital and Susan Garkalns with North Carolina Cooperative Extension will facilitate the classes.

A caregiver can be anyone currently caring for a loved one in the home, a nursing facility, or long-distance as well as for anyone who anticipates becoming a caregiver in the near future. For additional information pertaining to course content, and/or to register, contact the Extension office at 318-6000 in Asheboro; 218-4000 in Liberty; or 819-3000 in Archdale.

**Presto Pressure Canner Lids**

If you have not had your pressure canner lid checked this season, it is not too late. Cooperative Extension will gladly check your dial gauge pressure canner if it is in the Presto family, free of charge. Brands that can be tested are labeled National, Maid of Honor, Magic Seal and Presto. We are not able to test canners labeled All American or Burpee. Testing is only necessary for dial-gauge pressure canners and does not apply to weighted gauge canners.

It is necessary to contact the office before bringing in your canner, just to be certain someone is available for testing. It is not necessary to bring the entire canner, just the lid with the dial attached. Should you have any questions regarding safe methods of food preservation for any food, please contact Susan Garkalns at 318-6000.

When you invest time and money in food preservation, be certain that you are doing it correctly and safely. Short cuts are not worth the potential risks!

**Raspberry Mock Margarita**

1 ½ cups cold water  
1 cup cold orange juice  
2 Tablespoons lime juice  
1 tub Crystal Light Raspberry Ice Low Calorie Soft Drink Mix  
1 quart (about 4 cups ice cubes)

Place water, orange juice, lime juice and drink mix in a blender container; cover. Blend until drink mix is dissolved.  
Add ice; cover. Blend on high speed until smooth.  
Garnish with slice of lime, or fresh strawberry

Nutrition Information: 6 servings (1 cup each)  
Calories 25  Total fat 0g  cholesterol 0g  Carbohydrate 5g  Sugars 4g  Vitamin C 35% DV  
Diet Exchange: ½ Fruit