FACS NEWS
November 1, 2012

Zero Weight Gain Holiday Challenge
FACS has a new program offering for ALL COUNTY EXTENSION OFFICES. Registered participants will receive 14 different messages for 7 weeks between Thanksgiving and the first week of January via email, Facebook or Twitter. The flyer to promote the program and recruit participants can be personalized to your county. Contact Connie Crawley, Nutrition and Health Specialist for more information.

FACS Website. The Extension FACS website places research-based information at your fingertips and your clientele for the many facets of life. Check out the UGA GreenWay site and the new YouTube Videos for tips on living a green and healthy life.

November is National Diabetes Month
When clients call your office wanting information about diabetes, you can refer them to our online self-study course, Focus on Diabetes, as well as the many Diabetes Publications available, including fact sheets, menus and recipes to help one understand and manage their diabetes.

Information Sharing. As the holiday season approaches, the calls about cooking the turkey and other food safety questions increase. These fact sheets will answer many of those questions.

Safe Holiday Turkey
Food Safety Tips for Preparing A Holiday Turkey
Don't Let Foodborne Illness Be A Guest at Your Holiday Table
Safe Holiday Buffets
Storing Leftovers Safely

Did you know ....

When you support UGA Family and Consumer Sciences Extension basic financial education programs, participants increase control over their personal finances, write goals, and organize their financial records which lead to reduced financial stress and increased success in reaching financial goals. This benefits other community members by lowering costs for public assistance programs, reducing the amount of time financially distressed workers spend focusing on financial issues at work, and reducing employee absenteeism and turnover.

Please let us know what information would be helpful to you in FACS NEWS.