FACS NEWS

http://www.fcs.uga.edu/ext/employees.php
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In this edition:
FACS Website
Nutrition Month
New Publications

FACS Website. In addition to our publications, we offer an online interactive set of lessons on diabetes self-management for clients called Focus on Diabetes.

March is National Nutrition Month. We have the resources to help consumers of all ages learn more about reducing risk for chronic diseases like heart disease, cancer, diabetes and high blood pressure, healthy weight control, physical activity and nutritious food selection and preparation. In addition to our publications, Choose My Plate information is available from USDA.

Information Sharing. FACS Publications can be downloaded and/or printed and given to clientele or highlighted on your county web page.

Spring is right around the corner and strawberries will be ripe for the picking. Strawberries, the third in the Farm Fresh & Fast series provides fun facts about strawberries, including nutrient content, storage, preservation and recipes.

The Pre-made Diabetes Uptown and Down Home Recipes have been updated.

**Anyone requesting these menus should be told to show them to their health care provider for his/her approval before they are used. This ensures that they are at the right calorie level for that individual and have the types of food recommended for his/her condition.

Did you know ...

Farmers and farmers' market managers who participate in Extension food safety programs learn best practices to keep produce safe from farm to market to reduce risk of foodborne illness and reduce risk of liability claims. This increases their potential to market safe food locally, increases consumers' confidence in purchasing local agricultural products and helps sustain local economies by increasing consumers' access to safe, local food products.