Ordinary Women, Extraordinary Service For Sale!!!
This book "highlights 100 years of the Family and Consumer Sciences program which began as Home Demonstration and the work of the Extension and Community Association which began as Home Demonstration Clubs. The stories are based on recollections of ECA members and agents, current reports from all 100 counties in the state."

Cost $25.00

**If you were involved in past Hyde County Home Demonstration Clubs, this book may be of interest to you**

Call our office to purchase one or come by to check it out

Save the Dates!

August 9th (Tuesday) ~ Strawberry Fig Preserves @ 2pm

August 23rd - December 6th ~ Eat Smart, Move More, Weigh Less *Tuesdays 6-7pm @ The Ole Store ~ Nebraska

August 25th (Thursday) ~ Peach Jam @ 6pm

September 1st, 8th, 15th, 22nd (Thursdays) ~ Cook Smart Eat Smart 6-8pm @ The Ole Store ~ Nebraska

October 6th (Thursday) ~ Maple Walnut Syrup @ 6pm

October 15th (Saturday) ~ Ocracoke Health Festival 10am-2pm

October 27th (Thursday) ~ Apple Butter & Cranberry Apple Preserves @ 6pm

November 17th (Thursday) ~ Cranberry Conserve @ 6pm

Every Fourth Thursday of the Month Each Month ~ ECA Club Meeting 1pm @ Mattamuskeet Senior Center

** Canning classes cost $15 for the first class you attend which includes the Ball Blue Book: Guide to Preserving and $10 for following classes**

** Call 252.926.4487 or email stacey_midgett@ncsu.edu to sign up and for more information**

100 copies of this public document were printed at a cost of $20.00 or 20 cents per copy
*Summer Canning Series*

*Thanks to all that participated in the Summer Canning Series!

*Tuesday, August 9th ~ Strawberry Fig Preserves @ 2pm. Call us to sign up!*

**Check out the back page for Fall Canning Classes**

If there is something your interested in canning, call us!

---

**Eat Smart, Move More, Weigh Less**

- This 15 week program will teach you lifelong habits of eating healthy, being physically active and achieving / maintaining a healthy weight
- The program includes keeping track of the foods you eat and your physical activity.
- Includes a magazine with helpful tips and recipes and a journal to track your progress

Cost is $40 for all meetings

Meetings are every Tuesday 6-7pm

August 23rd-December 6th

The Ole Store ~ Nebraska

---

**Cook Smart / Eat Smart**

- This program will teach you how to prepare simple, healthy meals for your family on a budget with simple preparation, simple ingredients and simple equipment
- Each session contains basic cooking techniques and other healthy topics related to eating and preparing meals at home
- Provides tips for stretching your dollar while eating healthy

Cost is $30 for all four meetings

Meetings are Thursdays September 1st, 8th, 15th & 22nd

6-8pm

The Ole Store ~ Nebraska