

FAMILY & CONSUMER SCIENCES



FCS Agent – Maternity Leave!

FCS Agent, CatieJo Black, has been programming this past year with produce preservation and wild game processing & preservation classes, as well as various nutrition education classes throughout the year. She has worked in collaboration with Mattamuskeet School’s kindergarten class, 21st Century afterschool program for 5th-8th graders, and Pleasant Grove Missionary Baptist Church. She has also worked with Mattamuskeet School to reinvigorate their blessing boxes for personal hygiene and food for students. Recently, she connected with the Senior Center teaching More In My Basket classes, which covers the basics of SNAP benefits, how to apply and eligibility, household and food budgets, and creating a versatile pantry.

What's been happening with FCS:

- ♦ **Produce preservation**
- ♦ **Wild game preservation**
- ♦ **Nutrition education**
- ♦ **Family resource management**
- ♦ **FREE pressure gauge testing**

CatieJo Black

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Typically, the summer months are full of home food preservation classes with local produce and youth preservation and cooking classes. However, our agent will be out on maternity leave, intended to be all of June through August! If you have questions on food safety, home food preservation, financial resource management, or nutrition education, please contact a neighboring FCS agent during this time (their info is listed on page 2).

If you would like to have your dial gauge tested on your pressure canner, please contact the Hyde County Extension office at (252) 926-4486 and schedule a time to come in to meet with other staff who have been trained to do this for you. This is FREE and takes just a few minutes. It will help ensure your dial gauge is measuring correctly before you start pressure canning this season!



Produce Preservation Classes

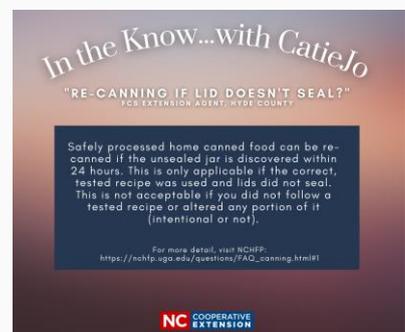
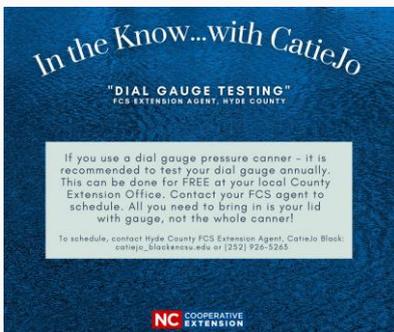
Are you interested in learning various methods for preserving produce? Maybe you have a home garden that provides a large bounty, have generous friends and family, or you just love to buy lots of fresh, local produce you want to safely preserve so you can enjoy them later in the year.

Even if you have been canning for years and years - research has advanced over the years to show what we used to think was safe, actually was not. We now know safer processes that reduce foodborne illness and allow foods to be safely canned and shelf stable.

If you would like to participate in preservation classes with neighboring counties this summer, please reach out to the county's FCS agent. You'll find their contact info right here!

In the Know...with CatieJo

This past year, we started a social media campaign to share simple but necessary information (FAQs) online. These are posted biweekly and cover topics such as home food preservation, food safety, and financial resource management. Check it out on our Facebook page! www.facebook.com/hydecountyfcs



Family Resource Management

Hyde County Extension has worked with Mattamuskeet School to renew their food and personal hygiene pantry boxes across their campus. The focus is to provide more nutrient dense options that students can take home and easily prepare for themselves. The school has been blessed with an abundance of food and hygiene donations, as well as monetary donations that is being managed by Hyde County Extension for additional donations, as needed. THANK YOU to all our community members and organizations for blessing the students so greatly.

There is no requirement to access these items, other than a personal need. Please be respectful and only take what is needed. And don't forget about the community's Blessing Box located in Engelhard, out front of the Department of Social Services building.



More In My Basket

MIMB is a program developed at North Carolina State University/Cooperative Extension that helps reduce food insecurity by connecting North Carolina residents to the Supplemental Nutrition Assistance Program (SNAP). SNAP is a federal food assistance program (formerly called Food Stamps), and in North Carolina, the program is called Food and Nutrition Services (FNS).

Extension Agents provide education about FNS through presentations to community groups and also share information at large-scale events, such as resource fairs. During programs, participants learn about FNS eligibility criteria, allowable food purchases, how to use an EBT card, myths, and ways to apply.

This spring, CatieJo offered three classes at the Mattamuskeet Senior Center that were open to the general public. They discussed the above information as well as how to create a household and food budget and stocking a versatile pantry.



Nutrition Education

Mattamuskeet School:

Nutrition education classes were offered to the kindergarten classes at Matamuskeet School in Fall 2022! We reached all 14 students and 2 adults for the school year.

"Education is the most powerful weapon which you can use to change the world." –Nelson Mandela

Some feedback comments included "he wants to help pick out the produce at the grocery store more often" and "she talks more about healthy choices". We are thrilled some of our youngest students enjoyed trying new foods and learning about basic nutrition education!

Mattamuskeet School, 21st Century Afterschool Nutrition and Health Class Series:

In collaboration with Mattamuskeet School's 21st Century Afterschool Program, Hyde County's FCS and 4-H agents offered a 6-week class series on a variety of ways to introduce or increase physical movement/health into their lives as well as a variety of nutrition topics relevant to this age group: portion distortion, healthy choices at fast food establishments, MyPlate guidelines and recommendations, substitutes for sugar sweetened beverages, food allergens vs. intolerances, and basic food safety.

They ended the series with a hands-on field trip to the Extension Teaching Kitchen to prepare a nutrient dense and easily-prepared-at-home meal, which included a main dish, vegetable side, snack, and sweet snack/dessert.

"Eat to fill your stomach, not your heart"





North Carolina P-EBT

Summer 2023 is the last cycle of Pandemic EBT. After the summer 2023 program is administered, the P-EBT program will draw to a permanent end after serving North Carolina families for 3 successful years. Since the Spring of 2020, NCDHHS has partnered with NC Department of Public Instruction to issue over \$2.3 billion in federal P-EBT benefits to over 1.6 million students and young children. These benefits have provided critical food assistance to North Carolina families, enabling them to purchase nutritious meals for their children.

To be eligible for Summer **2023** P-EBT:

1. A student **must** have attended an in-person school that participates in the National School Lunch Program (NSLP) in **May 2023** and
2. The student **must** be eligible for NSLP free or reduced-price meals **by May 31, 2023**. This can be met in one of the following ways:
 - Student applied through their school and was approved for NSLP free or reduced-price meals, ***or***
 - Student attended a Community Eligibility Provision (CEP) school as of May 2023 (where all students are eligible for free meals), ***or***
 - Student was automatically enrolled in free or reduced-price school meals for the 2022-2023 school year because of participation in the Food and Nutrition Services (FNS) program.

Young children, fully virtual students, and homeschool students will not receive the Summer P-EBT benefit; the P-EBT program for these children will end with the close of the school year, with May 2023 being the final benefit month.

Eligible students will get the **one-time summer benefit in July** on their family's current FNS EBT card or existing P-EBT card if they have received P-EBT before. If this is a student's first-time receiving P-EBT, they will get a new P-EBT card in the mail 2 – 3 weeks after issuance. Families can receive Summer P-EBT benefits and continue to receive any other benefits the household may have access to.

For questions about the Supplemental Nutrition Assistance Program or to receive Application Assistance contact the *More In My Basket* staff:

Visit: morefood.org

English Toll Free: 1-855-240-1451

Spanish Toll Free: 1-888-382-7105

Information Accessed at: <https://covid19.ncdhhs.gov/information/human-services/pandemic-electronic-benefit-transfer-p-ebt-program>