

Preserve your favorite fruits and vegetables this summer with UT Extension!



This summer, Rachel York, Family & Consumer Science Agent, will be providing several hands-on canning workshops. Participants will learn safe and easy methods for preserving fruits and vegetables at home. All ingredients and supplies will be provided!

Jams & Jelly Canning Workshop \$20	Monday June 5	6:00 PM	Mountain Harvest Kitchen
Pressure Cooker Canning Workshop \$20	Monday August 7	6:00 PM	Mountain Harvest Kitchen

No canning experience required! Everyone is welcome.



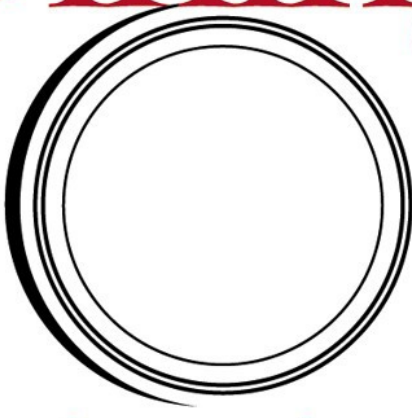
To learn more or sign-up, contact UT Extension Unicoi County.

Phone: (423) 735-1637

Website: unicoi.tennessee.edu

Facebook: www.facebook.com/unicoiextension

Dining



with Diabetes

August 3, 10, 17
12:00-1:00 PM

Town of Unicoi Tourist Information Center
\$10

For more information, or to register,
please contact
UT Extension Unicoi County at
735-1637.

Dining with Diabetes is a hands-on program designed for people with diabetes or those at risk for diabetes. Gain cooking skills and the tools needed to follow a healthy diet plan.

Participants will also learn:

- Practical skills for daily food choices
- Quick & healthy cooking techniques
- How to prevent food-borne illnesses
- How to monitor the amount of carbohydrates, sodium, & fat eaten
- How to use artificial sweeteners
- Types and importance of physical activity in managing blood sugar



Programs in agriculture and natural resource, 4-H youth development, family and consumer sciences and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.