

Extension Service promotes National Nutrition Month

MSU Extension Service Agent Betsy Padgett
 March is National Nutrition Month. During the month of March people are encouraged to make informed food choices and develop sound eating and physical activity habits that they can follow all year long. Why March? you might ask. Think about it. It would seem a good time since we will be coming out of the winter doldrums. Then, Spring is beginning to bloom, "green" is promising to stay green for a while, and the weather begins to encourage outdoor activity. Not to mention the fact that New Year's diets and resolutions have been broken and dispatched into forgottenness.

Having tried to "make a case" for March, let me also encourage you to call upon Mississippi State Extension Nutrition staff for ideas for some "happy healthy" habits and resources for a good "nutrition" based lifestyle for your future. Holmes County's staff includes Com-

munity Wellness Planner, Tracy Mallett, and EFNEP Nutrition Educator, Jacqueline Harmon-Gary.

Jacqueline and Tracy offer Cooking Matters hands-on cooking classes that meet for 2-hour weekly classes for 6 weeks where they teach meal preparation, grocery shopping, food budgeting and nutrition. Their students practice food preparation skills, including proper knife techniques, reading ingredient labels, cutting up a whole chicken, and making a healthy meal. Additionally, they take home a bag of ingredients at the end of the first 4 classes so that they can practice preparing the recipes taught in class. Cooking Matters goal is to empower families with the skills to prepare healthy meals. Students, also, tour a local grocery store to give them hands-on learning as they shop for food. The skills taught help them to compare foods for cost and nutrition. They learn how to plan and budget for healthy, afford-

able, and delicious meals for their families. Participants, also, take home a book with recipes and shopping tips.

Other opportunities abound with the Extension Nutrition staff. Food tasting is offered at local grocery stores at least once a month. This is where new ideas for preparation of old favorites is offered for tasting and recipes are given for trying at home. March's tasting was Sweet Potato Planks and the simple, easy recipe was also given out. During the summer months, youth will be treated to "Fun with Food". They will be exposed to new foods and flavors, use math skills to measure and reading skills to follow recipes. They will utilize time management and planning skills in meal preparation. They will be taught the importance of food safety and participate in games to promote learning and physical activity. For more information on "Fun with Food" contact: Tracy Mallett, 834 2795, or email tdj25@msstate.edu.



Jacki Gary, MSU Nutrition Educator, and Tracy Mallett, Community Wellness Planner, prepare for March's food tasting at Lexington's local grocery. The featured food is Sweet Potato Planks. (Photo submitted.)



Cooking Matters class is pictured in action from left to right: Raven Redmond-Johnson, Jacki Gary, Shirley Gibson and Marvie Redmond. The class was preparing roasted vegetables, pasta, and blackened catfish. (Photo submitted.)



Later that same day, James McGee and Joshua Taylor stop by the "food tasting" to sample the Sweet Potato Planks and learn about healthy food choices. They, also, took home the recipe and other educational materials. Jacki and Tracy are pictured serving and sharing nutrition tips. (Photo submitted.)



The finished catfish was displayed after coming out of the oven and was enjoyed by the class. (Photo submitted.)

WEST REPORT

by West Civic Club

The West Civic club met on Wednesday afternoon with one guest, Donna Hart and 11 members present. It was great having so many members with us again. Carol led in the prayer and Ms. Jean Aldridge led us in the Pledge of Allegiance. Hostesses for meeting were Lynn Hathcock, Merideth Fancher and Carol Black. Thank you ladies everything looked very much like Spring.

Our guest speaker for this meeting was Ms. Karen Kirckpatrick from Kosciusko. Ms. Karen owns her own shop, located on E. Jefferson Street, Kos-

ciusko. You may reach her at 662-582-2317. She is in the interior decorating business. Karen was showing us some of the drape materials she uses for different settings, how to take old picture frames and spray paint them to make them reusable, take old books and spray paint them to match the lamp shades. There were all kinds of suggestions and ideas. Not real complicated. She will come to your home to help with drape selections, window dressings and any other way she may be of assistance. There was a drawing for a fifty dollar

card towards her services, Ms. Mary Ann Stevens was the lucky winner. Congratulations Mary Ann.

Our business meeting was then began with our secretary report and treasurers report. The nominating committee reported that they are getting close to having candidates for all positions but, will have them by the April meeting so that they may be voted on and installed at the May meeting. The May meeting was discussed, which is usually our dinner trip, the ladies decided that we would make the trip this year. The school reunion was our next item of discussion. We decided because of the situation we would not have our school reunion again this year but, if you would like to donate toward the repair of the school building you may. We will be sending out a

IN AND AROUND LEXINGTON

BY LEONA (LENA) FIELDS



Second Sunday weeked, Goldia Landfair was real sick. She missed the online Sunday service for Rev. Lenoria Meekeye and Rev. John Williams. Goldia is the prayer warrior for the service. Praying is a part of her lifestyle. I talked to her last Thursday, she was feeling better.

I talked to Mrs. Ship together our Easter Baskets to various friends around our community that have not been able to get out and about for various reasons. The West Civic Club would also like to ask that everyone say a prayer for Paula Barnes, she is currently at the Merit Health Hospital under going surgery for some cat bites and scratches that have gotten seriously infected.. We certainly hope that she does well.

Wednesday the 24th the West Civic Club met to put

again about Lexington having a bus station. Now her friends believe her when she says Lexington had a bus station. I wish someone from the Courthouse would do a write up on Lexington's bus station. Anybody that knows Lexington had a bus station, please contact me at 662-834-1489.

The COVID-19 vaccine is available to anyone 16 and over in Mississippi. So please go get your vaccine. Call the hospital and Mallory Clinic to get an appointment.

I wonder how many of us thanked or praised God that the stormy weather did not get too bad in our area. The lights in the town area went off, I don't know how long they stayed off. One of my neighbors is on the same electric line as the city, that's how I know the lights went off.