

Nancy Carol Roberts Library & PVAMU Cooperative

Extension Presents:

HEALTHY LIVING Summer 2022



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MAY 26: EAT THE RAINBOW!



Stay healthy by eating all the colors of the nutrition rainbow! When someone says "eat the rainbow," they're trying to explain, in a simplified way, that the color of your food can tell you a lot about its nutritional value, and eating a variety of colors is one sure method to get as many of those vitamins and minerals as possible. By eating all the colors of the nutrition rainbow, you'll harness the power of these immune-boosting foods.

10:am

JUNE 23: FOOD SAFETY



Right now, there may be an invisible enemy ready to strike. He's called BAC (bacteria) and he can make people sick. In fact, even though consumers can't see BAC or smell him, he and millions more like him may already be invading food products, kitchen surfaces, knives and other utensils. BUT, we have the power to fight BAC!

10:am

July 14th & 28th: Tips and Tricks to use in the kitchen

Accidents happen in homes kitchens and there are more potential dangers if small children or pets are underfoot. But the same rule applies....Its better to avoid injury than worry about how or when to rush to the emergency room. Preparation and focus is EVERYTHING. Here are a few tips to ensure you and your children are safe this summer and on a daily basis while in the kitchen.

10:am



AUGUST 4TH + 18TH: FALL PLANTING

WHO KNEW?..... Fall planting-which is the "cool" season - you have to start planting in the late summer. To get plants that produce in cool weather - you have to start planting early. Depending on where you live, you can plant in September, October, or even November as long as it's about six weeks before the first frost in your area. LET'S GET TO PLANTING!!!! 10:am



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