



## 2003 Programs of the Month

**January - The Soup's On!** - Get the year off to a good start with this fun program on soup and how to make it healthy!

**February - Matters of the Heart** - Learn the latest information on cardiovascular health during National Heart Month.

**March - National Nutrition Month** - This program will feature a nutrition update with research-based information to help families with their nutrition goals.

**April - Make Food Fun!** - A light-hearted look at food and life. It will be a fun-filled program!

**May - Spice It Up** - Learn how to season your food with herbs and spices!

**June - Healthy Family Month** - An overview of health needs for the entire family.

**July - Eat Less & Move More** - An interesting look at America's need to consume less food and exercise more often.

**August - Get The Skinny On Fad Diets** - Americans spend an enormous amount of money on weight loss programs. Learn what works and what programs are based on proven research.

**September - Add Some Color To Your Diet** - Participants will learn some great and creative ways to add more fruits and vegetables to their diets.

**October - Eat Dinner Together** - A fun look at why families should sit down together at the table.

**November - Diabetes - Keep It In Check** - Learn what you can do now to prevent diabetes later.

**December - Gifts From The Kitchen** - Learn how to package some healthy gifts you can make in your own kitchen.

*To schedule any of the above programs, contact Texas Cooperative Extension in Dallas County at 214-904-3050.  
Ask for: Susan Richey, County Extension Agent, Family & Consumer Sciences, [sg-richey@tamu.edu](mailto:sg-richey@tamu.edu)*