



New Year, New Way with ECA

Online learning series on 1st
Thursday of each month at 11 AM

July 1st: Red White and Blue -Good for You!



**Scan code or call Ashe
Cooperative Extension to
register: (336)-846-5850**

Want to learn more about Extension and
Community Association (ECA) and how to get
involved in your county?

A new year means a new way of connecting
with the ECA. Come join us for these fun
learning sessions!

Did you know the color of your food can tell you
about its nutrition benefits? In this session, we'll
explore three famous Independence Day colors
in two different recipes; popsicles for summer,
and soup for the colder months. Come "eat the
rainbow" with us and get your 4th of July
celebration started early.

MEET YOUR INSTRUCTORS:



JAMI LAWHON
DAVIDSON COUNTY



JEANNIE LEONARD
RANDOLPH COUNTY



ASHLEY BEARD
YADKIN COUNTY



CARMEN LONG
SURRY AND ALLEGHANY
COUNTIES



COURTNEY TEVEPAUGH
WILKES COUNTY



AMANDA BUTALLA
ASHE COUNTY



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