2015 FCE Lesson Schedule for Washington & Clackamas Counties

All lessons are held from 9:30 – 11:30 am on the 3rd Tuesday in Washington County and the 4th Tuesday in Clackamas County, unless otherwise noted.

Parliamentary Procedure
Parliamentary procedure update and refresher.

Oregon Cranberries
OSU Lesson
February 17 (Washington County) November 24 - (Clackamas County)
The North American cranberry has a long and distinguished history. Native peoples used cranberries as food, in ceremonies and medicinally. Famous for their bright red color and characteristic taste, Cranberries are a significant Oregon crop. Learn about the history, harvest and uses of these nutritious little jewels. Today cranberries are farmed on approximately 58,000 acres (23,470 hectares) across the northern United States, Canada and Chile.

Whole Grains
OSU Lesson
March 17 (Washington County) February 24 (Clackamas County)
Discover the awesome variety of whole grain foods you can eat for every meal of the day. Learn the basic facts about a “Kernel of Wheat”, 10 Tips for choosing whole-grain foods, how to cook whole grain foods, become a “Food Hero” by using and sharing these recipes using whole grains! We want everyone to see how easy it can be to add whole grains to daily choices. We hope this lesson, tip sheets, whole grain resources and recipes; will have everyone wanting to add more whole grain foods as a natural part of every meal of the day!

Walk with Ease
This is a September lesson for groups who don’t meet in May
April 21 (Washington County) March 24 (Clackamas County)
Walking is a simple form of exercise that has proven benefits from weight loss to stress control for people at all fitness levels. Walking is particularly beneficial for people with chronic conditions such as arthritis. Although walking is a simple form of exercise, there are a number of factors to consider when starting a walking program to ensure your safety and obtain the greatest health benefits. This lesson will share the health benefits of walking as a form of physical activity and introduce the Walk With Ease program developed by the Arthritis Foundation to provide techniques to develop and maintain a walking program.

Sugar, Sugar
September 15 (Washington County) September 22 (Clackamas County)
These days, sugar is pretty much everywhere in the American diet. Do you know how much sugar is hiding in your food? Learn tips and tools to help monitor and regulate your sugar consumption.

All Sorts of Soups
October 20 (Washington County) October 27 (Clackamas County)
Myrna Loucks Jean Baker and Elizabeth Howley
Tis the season of soups. This lesson will feature easy to make and nutritious soups to be enjoyed all winter long.

Gardening for Bees
November 17 (Washington County) January 27 (Clackamas County)
Master Bee Keepers- Bob Falconer Phyllis McIntire
Bees pollinate a significant majority of the world's food. In North America alone, honey bees pollinate nearly 95 kinds of fruits, including almonds, avocados, cranberries and apples. In fact, we can thank honey bees for one in three bites of food we eat.

We all rely on bees – and the pollination services they provide – every day.