Happy Fall from OSU Extension Family & Community Health!

Did you know we are now on Instagram? Follow us @OSUExtFCH and we’ll follow you back! We’d love to highlight how you are encouraging health in your homes, schools, and communities in Clackamas County!

A great Food Hero Monthly to share this time of year is our edition on Healthy Snacks. Find it at these links in English and Spanish to read, print, and share. There are also bilingual posters with healthy snack suggestions available here.

FCH Program Updates:
• Nutrition Education is back in schools for the 2018-19 school year: Trost Elementary, Molalla Elementary, Sandy Grade, Clackamas River Elementary, River Mill Elementary, and Estacada Middle School. Order free curricula for teachers here.

• We have new and improved BE Physically Active kits for schools! The kits come with a booklet of games and will help schools reach the new PE requirements with supplemental active classroom time. Videos of some of the games are available online here.
• You know what they say about an apple a day, but you might not know how many apples you have to choose from! On **Saturday, October 6th from 9:30 am – 12 noon** we will be at the Annual Apple Cider & Apple Tasting Event at the Oregon City Farmers’ Market.

• SNAP-To-It at the Oregon City Farmers Market wraps up this month. Check out [this video](#) to see SNAP-To-It in action this summer and catch the last “Know Your Farmer, Know Your Food” Market Tour on **Saturday, October 13th at 9:00 am**!

• **Saturday, October 13th** is also the date for Canning & Preserving 101 at the North Plains Library from **1:00-2:00 pm**.

• The Spanish-language Cooking Matters Course at the Providence Milwaukie Community Teaching Kitchen is starting up again on Monday evenings next week on **October 8th**.

• Find us at the Estacada Public Library on **Saturday, October 6th** for Lotería at **3:00 – 4:00 pm** and **Saturday, November 3rd 1:00 – 3:00 pm** for the Día de los Muertos celebration.

This summer, OSU Extension rolled out a [brand new website](#)! Our full calendar of public events for all Extension programs can be found at the bottom of the webpage.

[Connect with us on Facebook](#) to find out about even more events and opportunities.

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*All our best, The Clackamas FCH Team: Kelly, Buffy, Stephanie, Elena, and Erin*

*October 2019*