

*OSU Extension*

# FAMILY & COMMUNITY HEALTH



The holidays are just around the corner! See this month's Food Hero Monthly on Sweet Potatoes in [English](#) and [Spanish](#) to find healthy and creative ways to prepare this holiday staple!



Concerned about food safety during the holidays? You should be! Stay tuned for our social media campaign around food safety this month.

Connect with us on [Facebook](#) and [Instagram](#)!

### FCH Program Updates:

- 20 Clackamas County teachers opted in for a Healthy Harvest Celebration in lieu of a candy-filled party on Halloween. We are grateful to those teachers for prioritizing health in their classrooms at a challenging time!



- The last Field to Market Workshop will be held this Saturday November 11<sup>th</sup>, at our office in Oregon City from 9:00 am-1:00 pm. The topic is Acidified Foods with Betsy Walton, Extension's Kelly Streit, and Will Fargo from the ODA.



# SHARE OUR STRENGTH'S COOKING MATTERS

- Cooking Matters classes continue to be offered at the Providence Milwaukie Community Teaching Kitchen on Mondays in Spanish and Wednesdays in English. This round of classes is wrapping up, get in touch for future opportunities!



- **Calling for nominations for 2018 Healthy Place Awards!** We will be recognizing places in Clackamas County that have made steps toward a healthier environment. If there is a place or organization that you would like to nominate, please respond with their name and a brief reason why you are nominating them **by November 30, 2018.**

All our best,

The Clackamas FCH Team: Kelly, Buffy, Stephanie, Elena, Katlyn, and Erin