



In an effort to Celebrate National Nutrition Month, Sharon Haynes-Regional Extension Agent for Nutrition, Diet and Health with Alabama Cooperative Extension System demonstrated various recipes that were easy, inexpensive, time-saving and healthy. Participants from the Senior Site in Stewartville got a chance to sample two recipes- Spring Vegetable Dip and No Cooking Required-Lemon Cake. In addition, participants learned about some of the Myths – Fact or Fiction regarding nutrition and received a cookbook “Six Ingredients or Less”. To obtain a copy of the recipes, contact the Coosa County Extension Office at 256-377-4713.



Sharon Haynes, Regional Extension Agent with ACES, assisted participant John Guy as he begins to sample the Spring Vegetable Dip Recipe. The demonstrations were conducted in part of celebrating National Nutrition Month and to encourage individuals to eat healthier.



Celebrating National Nutrition Month- participants from Senior Nutrition Site in Stewartville got a chance to sample recipes prepared by Sharon Haynes-Regional Extension Agent for Nutrition, Diet and Health with Alabama Cooperative Extension System.