

Celebrating 40 years of Nutrition Education...



The following classes are sponsored by the Alabama Cooperative Extension System and are a phase of the Expanded Food and Nutrition Education Program (EFNEP). There is no cost to participate.

## **Food Smart**

Food Smart targets limited-resource individuals and families enrolled in a group setting.

Foods are cooked and tasted at most lessons.

A certificate is awarded upon completion of classes.

Lessons 1-10 are required for each enrolled participant.

You and your family will be healthier and happier.

## **Today's Mom**

Today's Mom targets limited-resource pregnant teens and adults who are at greatest risk for delivering low birth weight babies.

Foods are cooked and tasted at each lesson.

A certificate is awarded upon completion of classes.

Baby gifts are given at some of the lessons.

You will get free handouts and educational publications.

You and your baby will be healthier.

## **4-H Dot (Diet's Our Thing)**

4-H D.O.T. targets limited-resource youth, ages 6-19.

Foods are cooked and tasted at each lesson.

You will get free handouts and educational publications.

A certificate is awarded upon completion of classes.

Boys and girls are taught in small, community groups and have fun as they learn.

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## Hot Peas and Corn Bread

### Ingredients

1 (16 ounce) can black-eyed peas with jalapenos  
1 (16 ounce) can stewed tomatoes, slightly drained  
1 pound ground beef  
1 medium onion, chopped  
1 teaspoon salt  
½ teaspoon pepper  
1 ½ cup cheese, grated  
1 (8 ounce) package Mexican corn bread mix

1. Brown meat in skillet over medium heat.
2. Drain off excess fat and put meat aside until needed.
3. Chop onion, using a chopping board.
4. Mix peas, tomatoes, meat, onion, salt and pepper together in a mixing bowl.
5. Pour into a 2 quart baking dish.
6. Sprinkle with grated cheese.
7. Mix corn bread according to directions on package. (Use separate bowl.)
8. Pour corn bread mixture over the cheese.
9. Bake at 350° for approximately 30 minutes.

Serves 6