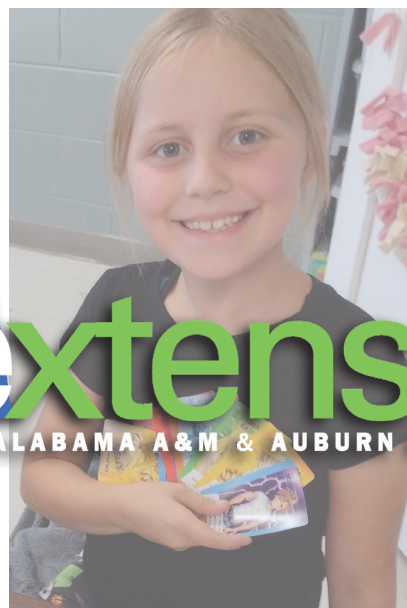




LIVE WELL ALABAMA

Calendar 2025



Welcome to SNAP-Ed



FY24 Annual Report

Join us as we look back on Alabama Extension at Auburn University SNAP-Ed's successes during the last year!

Our team is committed to improving the environment around health and well-being for Alabamians, focusing on limited-resource communities. Bettering dietary and physical activity behaviors of individuals and families and building partnerships to improve the health of communities are among key SNAP-Ed efforts to

Make the Healthy Choice the Easy Choice.

30

Educators

10

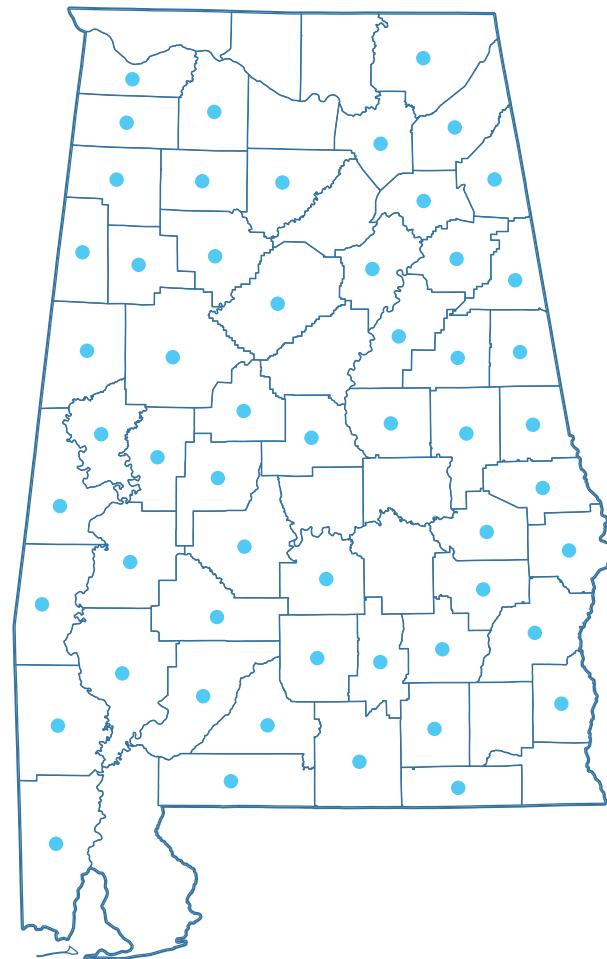
Regional
Extension
Agents

54

Counties

EDUCATORS

Alexis Cooper, *Cherokee and DeKalb*
Arkaya King-Pace, *Jefferson*
Bernadine McCaskill-Ransom, *Mobile*
Carolyn Rothschild, *Monroe and Wilcox*
Cheri Huff, *Tuscaloosa*
Christina Drummond, *Etowah*
Cindy Harper, *St. Clair*
Debbie Beverly, *Conecuh and Covington*
Della Bramley, *Cullman and Marshall*
Dominguez Hurry, *Bullock and Macon*
Elizabeth Kohen, *Henry and Barbour*
Genesis Welch, *Washington and Clarke*
Gina Nimmo, *Lee and Russell*
Haley Wilson, *Jackson*
Jennifer Palmer, *Lawrence and Colbert*
Joshua Berryhill, *Marion and Walker*
Kara Hall, *Chambers and Randolph*
Katie Kirkland, *Escambia*
Kayla Sanders, *Crenshaw and Pike*
Kaylie Denny, *Winston and Franklin*
Leslie White, *Lamar and Fayette*
Meaghan Robertson, *Clay and Talladega*
Shalong Hamilton, *Hale and Greene*
Sherita Hale, *Sumter and Pickens*
Sherry Carter, *Chilton and Bibb*
Sicily Yarbrough, *Geneva and Coffee*
Tabatha Glassburn, *Coosa and Tallapoosa*
Tammy Glass, *Marengo and Choctaw*
Tammy Hall, *Calhoun*
Terronda Fields, *Butler and Lowndes*



REGIONAL EXTENSION AGENTS

Antionette Hamilton, *Mobile*
Camille Minaya, *Escambia*
Desiree Hutcherson-Bates, *Jefferson*
Ginger Eatman, *Marion and Walker*
Jacob Bailey, *Lee and Russell*
Kristen Sanders, *Crenshaw and Pike*
Michelle Puckett, *Henry and Barbour*
Sanquetta Thompson, *Sumter and Greene*
Sherri Mulder, *Randolph and Chambers*
Torie Ennis, *Etowah*

STATE STAFF

Sondra M. Parmer
Katie Funderburk
Erin Reznicek
Kyra Hutchinson
Sofia Sanchez
Mitch Carter
Janice Hall
Kelly Mailen
Beth Reeves
Melanie Smith



LIVE WELL ALABAMA

SNAP-Ed uses an evidence-based, multilevel approach to support the health of Alabamians, especially those with limited resources. In 2024, SNAP-Ed provided nutrition education to **44,401 individuals** across a wide variety of settings, such as schools, food pantries, grocery stores, and many more.

SNAP-Ed also partnered with local communities to facilitate **989 policy changes, systems changes, and environmental improvements** to make it easier for **73,474 people** with limited resources to choose healthy foods, healthy beverages, and physically active lifestyles.

SNAP-Ed works in partnership with more than **740 state and local organizations** to positively impact Alabama.



JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOTABLE CELEBRATIONS 6 • National Bean Day 19 • National Popcorn Day			1 <i>New Year's Day</i>	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 <i>Martin Luther King, Jr. Day Inauguration Day</i>	21	22	23	24	25
26	27	28	29	30	31	



Set a small health goal for the month.

Setting a small health goal is a powerful way to create lasting, positive changes because small, focused actions can gradually build into healthier habits over time.

Pick one small, healthy change to focus on, such as swapping a sugar-sweetened beverage for a glass of water or adding one extra serving of fruits or vegetables to your meals.

Write it on your calendar to stay on track!

BODY QUEST

During the 2023–2024 school year, SNAP-Ed educators provided Body Quest (BQ) to **7,328 third graders** in **109 schools**. Classes included a mix of educator-led discussions, guided vegetable tastings, and hands-on activities.



Parents Getting Involved

BQ engaged parents in nutrition and physical activity education alongside their children.

- Weekly text messages encouraged **2,091 parents** to make healthier choices.
- Healthy recipes were provided for parents and children to prepare and test together at home.



Healthy Eating

After BQ, students ate more fruit, vegetables, protein, dairy, and whole grains.



Beverage Consumption

After BQ, students drank more water, fewer sugary beverages, and more low or reduced fat milk.



Attitudes

After BQ, students said they actually liked eating fruits, vegetables, and whole grains more.



Physical Activity

After BQ, most students began engaging in at least 60 minutes of physical activity per day.

FEBRUARY

Parents responded to a text message survey to measure additional changes after BQ:

- 80%** used tips provided in text messages.
- 88%** noticed their child ate more fruits and vegetables, tried new foods, or both.
- 95%** kept fewer sugary beverages in their homes.
- 96%** found more ways to be active with their 3rd grader.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOTABLE CELEBRATIONS <i>American Heart Month</i> <i>16 • National Almond Day</i> <i>27 • National Strawberry Day</i>						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 <i>Washington's Birthday</i>	18	19	20	21	22
23	24	25	26	27	28	

What's for DINNER?

Want to try one of our BQ recipes? It is the perfect addition to your weeknight dinner plans.



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Food Smarts Participants Learn

to choose whole foods whenever possible

the importance of eating a balanced plate with a variety of foods

smart shopping tips to stretch food dollars

SNAP-Ed connects with families in places they visit every day, offering hands-on, easy-to-follow nutrition education. SNAP-Ed taught **6,549 adults** using Food Smarts curriculum lessons in grocery stores, food pantries, libraries, farmers markets, community centers, and more.





Increase in Healthy Eating Behaviors

After completing a four- to six-lesson Food Smarts education series, 112 participants reported significant improvements in their eating habits, including increased fruit and vegetable intake and higher water consumption.

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOTABLE CELEBRATIONS <i>National Nutrition Month</i>						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

March Is National Nutrition Month

Be inspired to stick to a healthy goal this month. Use MyPlate to plan your meals and stay on track.



Scan the QR code to download the Start Simple with MyPlate app. With this app, you can set simple daily food goals and find easy-to-follow recipes.

Give menu planning a try.

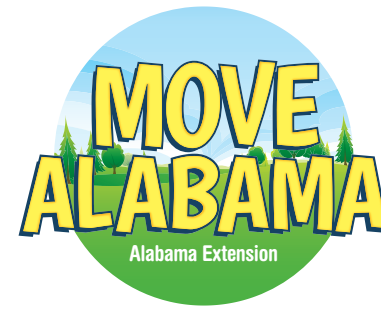
Use the calendar to organize meals and learn how planning can help you save money and enjoy healthier meals.

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Move Alabama encourages Alabamians to stay motivated and physically active through statewide challenges, social media engagement, text message education, and community pop-up challenges.

During the 2024 one-month challenge, **1,900 Facebook followers** engaged in more than **270 posts** of photos and comments with more than **14,000 views, 235 comments, and 3,091 reactions.**

JOIN US!



Scan this QR code to follow Move Alabama on Facebook. Share the ways you are moving more this month.



Pop-Up Challenges

Move Alabama pop-up challenges create demand for environmental enhancements to physical activity in Alabama communities. In 2024, county teams worked closely with more than **275 community partners** to organize **62 pop-up challenges**, engaging more than **4,004 individuals** in physical activity.

A participant survey revealed these positive outcomes:



APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOTABLE CELEBRATIONS <i>Move Alabama Month</i> <i>14 • National Pecan Day</i>		1 	2 	3 	4 	5
	6 	7 	8 	9 	10 	11
	12 	13 	14 	15 	16 	17
	18 	19 	20 	21 	22 	23
24 	25 	26 	27 	28 	29 	30

Add Movement to Your Celebrations

Terronda Fields in Butler County introduced the Move Alabama Pop-Up Challenge as part of the school nutrition program. At Greenville Elementary, students and teachers enjoyed an exciting Color Run and Healthy Celebration. This event was designed not only for fun but also to encourage lifelong healthy habits among participants.

Torie Ennis and Christina Drummond from SNAP-Ed in Etowah County turned up the excitement with a community-wide Move Alabama Color Run. People of all ages joined the run, getting splashed with vibrant colors at every step. The festivities continued after the race with booths from community organizations offering engaging activities for children.

Try this simple change!

Take a 15-minute exercise break during the workday. Color in the shoe when it is completed.



Live Well Alabama encouraged Alabamians to Eat Better, Move More, and Choose Water. Messages reached people year-round through media: billboards, digital ads, social media, and texting. Four new Choose Water messages were developed with input gathered through an online survey with **203 adult** SNAP-Ed participants.

Billboards made **86 million** impressions in **44 counties**.

Digital advertisements made more than **12 million** impressions and drove viewers to visit the Live Well Alabama Facebook page more than **21,000 times**.

The Live Well Alabama text messaging campaign shared weekly educational tips with more than **6,300 people**.

During the summer,
423 adult SNAP-Ed participants
 took an online survey about the
 Choose Water campaign.

89%
 had heard
 of Live Well
 Alabama.

70%
 recalled at
 least one
 Choose Water
 message.

Of those,
77%
 said they drank
 more water after
 seeing one of
 the messages.

Of those,
77%
 were taking
 steps to drink
 fewer sugary
 beverages.

The most popular billboard design was our baseball player.

MAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTABLE CELEBRATIONS

13 • National Hummus Day

1


2


3


4


5


6


7


8


9


10


11


12


13


14


15


16


17


18


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24


25


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28


29


30


31


Memorial Day



Track Your Water!

Pause for a water break during the day.
 Sip a full glass of water to rehydrate
 and recharge your mind.

Shade in the water drops
 each time you complete a break.
 It is a great way to stay hydrated
 and improve focus.

Make it a family challenge. Wrap it
 up with a fun and healthy water
 celebration—think outdoor water
 balloons, squirt guns, or a sprinkler
 party to cool off and enjoy.

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SNAP-Ed supported **49 school and community gardens** in 2024. SNAP-Ed used gardens for conducting nutrition education, tastings, and cooking demonstrations; supplying school meals and snacks with produce; and increasing access to produce for individuals and families.



The gardens produced more than **1,580 pounds** of produce valued at **\$3,784**. This equaled **6,174 servings** of fruits and vegetables, which is enough for **1,235 adults** to meet the USDA daily recommendations.



JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	NOTABLE CELEBRATIONS 3 • National Egg Day 17 • Eat All Your Veggies Day 21 • National Smoothie Day				

Juneteenth National Independence Day

Growing Helping Hands

Led by Bullock and Macon County SNAP-Ed educator Dominguez Hurry, students learned about the nutrition of grains such as wheat, rye, and oats. They gained hands-on experience measuring the length of the plants and learning how these grains grow.



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SNAP-Ed partnered with **16 local food** stores and farmers markets

to provide nutrition education to shoppers

to promote healthy items through
improved store layouts and signage

to increase accessibility and affordability
of healthy options through promotion
of SNAP EBT payments, pricing specials,
voucher programs, and improvements
in days and hours of operation

to connect local food stores with health
promotion efforts in their communities



VOUCHER PROGRAM

Cindy Harper, SNAP-Ed educator in St. Clair County, took nutrition programming full circle and partnered with the local Piggly Wiggly in Ashville to encourage shoppers to purchase fruits and veggies. After receiving 15 weeks of nutrition education, students were rewarded with \$5 produce vouchers to select their favorite fruits and veggies. *More than \$400 in produce vouchers* were donated to the students, showing the store's strong commitment to the Ashville community.

DOUBLE UP FOOD BUCKS

SNAP-Ed collaborated with Auburn University's Hunger Solutions Institute to promote the Double Up Food Bucks program, allowing SNAP participants to double their fruit and vegetable purchases at participating stores. In 2024, SNAP-Ed helped *919 individuals* at these sites make their food dollars go further with nutrition programming.

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 <i>Independence Day</i>	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	NOTABLE CELEBRATIONS 8 • National Blueberry Day 20 • Tomato Sandwich Day 31 • National Avocado Day	



Visit a Farmers Market

July is the perfect month to stock up on in-season produce from your local farmers market. Try bell peppers, cantaloupes, cucumbers, eggplant, okra, snap beans, squash, corn, tomatoes, and watermelons.



Scan the QR Code for tips on buying, storing, and preparing fresh vegetables, courtesy of Alabama Extension.



SNAP-Ed facilitated **598 positive changes** in **107 schools**, creating healthier environments for more than **38,000 students**.

Policy changes encouraged the establishment of new food distribution sites, such as food pantries, and supported healthy nutrition in schools.

Systems changes increased the availability of local fresh produce in school cafeterias and healthy beverage options for various school events.

Environmental improvements established or sustained edible school gardens, improved opportunities for physical activity, and provided tastings and signage throughout the school encouraging students to make healthy choices.



HEALTHY COMPETITION

Students at Nathaniel H. Stephens Elementary had fun with an exciting Hacky Sack competition led by SNAP-Ed educator Tabatha Glassburn from Coosa and Tallapoosa Counties. After sharpening their skills during Body Quest lessons, the third graders were ready to show off their moves in a friendly competition organized by Tabatha and the school's gym teacher.

WALKING FIELD TRIP

Sherri Mulder and Kara Hall, SNAP-Ed educators in Randolph and Chambers Counties, teamed up with local leaders and community volunteers to create a successful outdoor learning event for second and third graders. The goal was to introduce school administrators to a fresh perspective on field trips. Students walked along a trail, stopping at various stations to learn about sun safety, hydration, and nutrition and to engage in physical activities.

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOTABLE CELEBRATIONS <i>Back to School Month</i> <i>National Peach Month</i> <i>3rd • National Watermelon Day</i> <i>8th • Zucchini Day</i>					1 ⚡	2 ⚡
3 ⚡	4 ⚡	5 ⚡	6 ⚡	7 ⚡	8 ⚡	9 ⚡
10 ⚡	11 ⚡	12 ⚡	13 ⚡	14 ⚡	15 ⚡	16 ⚡
17 ⚡	18 ⚡	19 ⚡	20 ⚡	21 ⚡	22 ⚡	23 ⚡
24 ⚡	25 ⚡	26 ⚡	27 ⚡	28 ⚡	29 ⚡	30 ⚡
31 ⚡						

107 SCHOOLS
36 COUNTIES
38,202 STUDENTS
598 POSITIVE CHANGES



Back to School

Accept the Healthy Snack Swap Challenge and help your children begin the school year energized. Partner with your children and commit to swapping out one unhealthy snack for a healthier alternative. Fill in the lightning bolt icon each day you successfully complete the challenge.

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Healthy Food Pantry PROGRAM

SNAP-Ed partnered with *50 food pantries* to facilitate *158 positive changes* and help improve nutrition security for more than *21,000 pantry clients* per month in 2024.

Changes included offering on-site nutrition education, enhancing the visual display of healthy options, connecting pantries to sources of fresh produce, and assisting with fundraisers and food drives to increase healthy food offerings.

Donate Health!

When donating to your local food pantry, consider providing nutritious options to support the health and well-being of families in need. Healthy foods nourish the body and mind, helping individuals thrive.

Your thoughtful donations make a big difference.

Donation Ideas

Canned vegetables (low sodium)
Whole-grain pasta or rice
Canned tuna or chicken
(packed in water)
Peanut butter (low sugar or natural)
Dried or canned beans
(no added salt)
Unsweetened applesauce
or dried fruit

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <i>Labor Day</i>	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	NOTABLE CELEBRATIONS <i>National Fruits and Veggies Month</i> <i>5 • National Food Bank Day</i> <i>13 • National Peanut Day</i> <i>25 • National Cooking Day</i>			



Find a Food Pantry

Visit
feedingalabama.org/need-help
to find food pantries in
your area for donations
or resources.

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or check us out on social media.





Literacy & Physical Activity through Book Walks

In 2024, SNAP-Ed took part in a project that provided funding for the installation of weatherproof signage displaying book pages and physical activity prompts. This initiative supported **12 sites** across Alabama.

SNAP-Ed agents Desiree Hutcherson-Bates and Arkaya King-Pace from the Jefferson County Extension office collaborated with the city of Irondale to install these signs along a half-mile walking trail.

SNAP-Ed is actively involved in partnering with local communities to create easy and engaging opportunities for residents to be physically active.

The partnerships resulted in **185 improvements** to physical activity facilities, outdoor spaces, walking paths, roadways, and parks, serving **17,665 Alabamians** every day.

"This location is perfect for a book walk, its proximity to the school gives students more opportunities to take walking field trips."

Desiree Hutcherson-Bates
SNAP-Ed Agent in Jefferson County

Leaping Like Frogs, Walking on Tightropes with Sensory Paths

In 2024, seventeen communities across Alabama introduced sensory paths—colorful, stencil-painted pathways designed to inspire families to move in fun and creative ways. These paths encourage full-body engagement as kids and adults follow along, leaping like frogs, walking tightropes, crawling like crabs, marching like ants, or pausing to relax like trees.

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOTABLE CELEBRATIONS 4 • National Taco Day 29 • National Oatmeal Day			1	2	3	4
5	6	7	8	9	10	11
12	13 <i>Columbus Day</i>	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



SNAP-Ed in Active Transportation

Traffic gardens and bike rodeos are among the creative approaches SNAP-Ed uses to offer fun environments where participants can develop safety skills and explore active transportation. SNAP-Ed REAs Jacob Bailey, Desiree Hutcherson-Bates, and Ginger Eatman partner with community organizations to initiate these pop-up events. Kids and adults ride their bikes on a realistic racetrack while learning important bike and street safety practices.

The Goal

Walking and biking practices are integrated into school curricula and community recreation.



Farmers Walk

Michelle Puckett and Elizabeth Kohen from SNAP-Ed in Barbour and Henry Counties celebrated Farm City Month by involving students in an annual Farmer Walk. Children from the Eufaula Early Learning Center walked from station to station while reading *Right This Very Minute* and learning how farmers grow food. At each station, they received different foods to learn about, culminating in a complete lunch to enjoy. Regional Extension agents, agent assistants, Future Farmers of America, a local hardware store, and volunteers joined forces to support the Farmers Walk stations.

"So many partners and volunteers helped make all these events happen. I think it is so cool to see that many people working together to make something happen."

- Michelle Puckett,
REA in Barbour & Henry Counties



Let's Play!

Jacob Bailey, a SNAP-Ed regional Extension agent for Lee and Russell Counties, introduced the magic of loose parts—a treasure trove of what some might call junk. It is all about diving back into the heart of childhood: creativity, imagination, and the joy of unstructured play. Bailey's initiative is more than fun and games. It is about nurturing young minds to think big, build resilience, and prepare for life's adventures. Here, kids develop social skills, tackle problem-solving, and build emotional intelligence while having a blast.

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOTABLE CELEBRATIONS <i>Native American Heritage Month</i> <i>9 • National Greek Yogurt Day</i>						1
2	3	4	5	6	7	8
9	10	11 <i>Veterans Day</i>	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30				<i>Thanksgiving Day</i>		

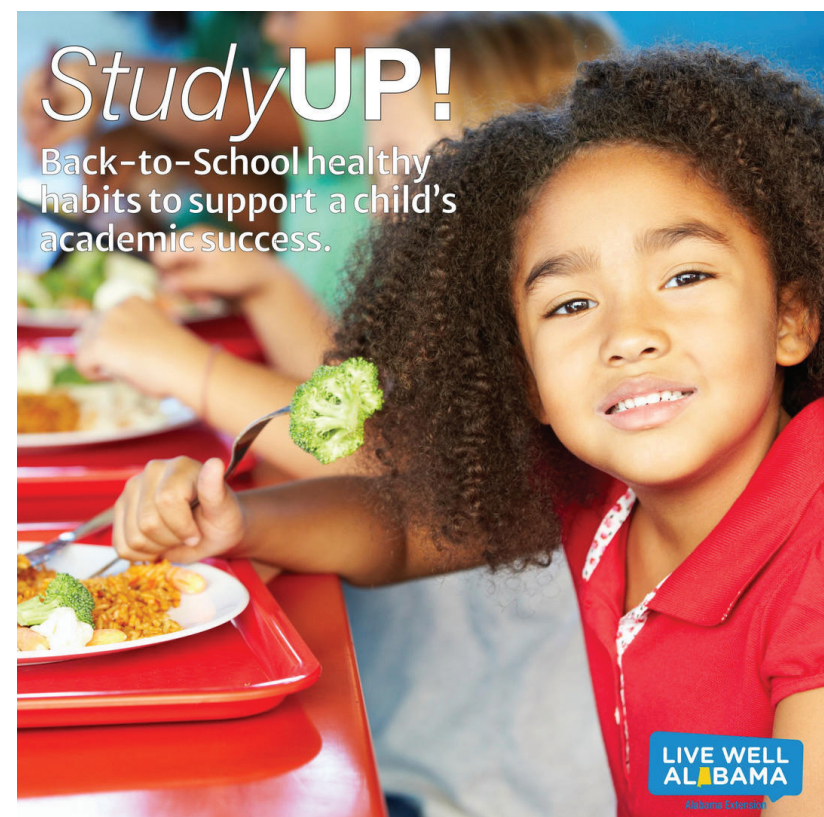


Read more about
Loose Parts by scanning
this QR Code.



The Live Well Alabama Facebook page encourages healthy eating and active living by sharing easy recipes, practical tips, and community success stories to help all Alabamians improve their well-being.

Social media following and engagement grew across all platforms from the previous year. Facebook posts reached more than **580,000 accounts**. The Live Well Alabama audience **grew 36%** this year. Engagement by followers on posts **increased more than 110%**.





Follow Us!



DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	<div>NOTABLE CELEBRATIONS</div> <div>14 • National Alabama Day</div>		



Scan the QR code to join the fun!



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