MAFCS Fall Meeting

FCS Guides Healthy & Sustainable Families

Friday, October 17, 2015 9:30-2:00

University of Maryland 4-H Center

8020 Greenmead Drive, College Park, MD 20740 Phone: (301) 314-9070

Registration

Name _____ Name on Badge _____

First Last

Address _____

Number Street City State Zip Code

Phone _____ email _____

Practice Setting: ☐ K-12 Teacher ☐ Extension ☐ University ☐ **B**usiness ☐ Retired ☐ Student

Program:

9:30-10:00	Meet & Greet
10:00-10:15	Welcome
10:15-10:45	St. Louis Update and AAFCS Resources – Bev Card, CFCS
10:45-11:15	India: A Trip to Remember – Jacqueline Holland, CFCS
11:15-11:30	Networking Break
11:30-12:00	Breakouts ***(Choose one)***
	☐ Financial Literacy – Mia Russell, 2014 MAFCS Extension Scholarship Winner
	☐ FACS & STEM – Chrissy DeSimone, CFCS
	☐ FACS and 4-H – Amanda Clougherty and Sandy Corridon
12:00-12:30	Lunch
12:30-1:00	Best Practices Showcase; ☐ **Check if you will participate** (3 foot table space)
1:00-1:45	Herbs & A Healthy Lifestyle – Thomas Wolfe, Smile Herb Shop
1:45-2:00	Evaluation and Announcements

Lunch from Potbelly's – Bread Choices: Original - regular or multigrain wheat bread
Flat – thin multigrain bread
Skinny – less meat & cheese; thin cut bread – 25% less fat

Choose One:

☐ Grilled Chicken & Cheddar Cheese – circle one: original regular, original wheat or flat

☐ Turkey Breast & Swiss Cheese – circle one: original regular, original wheat, flat or skinny

☐ Smoked Ham & Swiss Cheese – circle one: original regular, original wheat, flat or skinny

☐ Mediterranean *(zippy humus, feta cheese, cucumbers, artichokes & roasted red pepper)* – circle one: original regular, original wheat or flat

Circle toppings: mayo, mustard, hot peppers, lettuce, onion, tomato, pickle, oil and/or Italian seasoning

Cost: $10.00 – adults
$7.00 – students Make check payable to MAFCS

Send by **October 10, 2014** to: Bev Card, 8126 Pinelake Court, Alexandria, VA 22309