

Extension News on the go...

INFORMATION AND UPCOMING EVENTS FROM THE UF/IFAS EXTENSION OFFICE FLAGLER COUNTY
150 SAWGRASS ROAD, BUNNELL, FL 32110 PHONE: 386-437-7464

FEBRUARY 2014

ADULT "DAY CAMP"

Do you want to learn more about our coastal environment? "Exploring our Environment—from the ocean to the river" might be for you! The class will be offered March 31—April 4, 2014 in the town of Marine-land. For more information or to register (\$100), see <http://OceanToRiver.eventbrite.com>

HAVE A HEALTHY 2014

Some tips from www.ChooseMyPlate.gov:

1. Make half your plate fruits and vegetables (frozen or canned ones are fine!)
2. Make half your grains whole grains
3. Switch to fat-free or 1% milk (and/or yogurt!)
4. Vary your protein foods (beans, nuts, meat, eggs...)

WANT MORE INFORMATION
ON ANY OF THESE TOPICS?
ASK AT THE FRONT DESK...

WELCOME, AMY!

We are happy to welcome Amy Warwick as our new 4-H Agent!

If you have any questions about 4-H clubs, projects or activities, stop by or give Amy a call!



FINANCIAL MANAGEMENT WEBINARS

Two free financial management webinars are being offered this month. Each one runs from 12:30 to 1:30 pm EST. Pre-register online.

Feb 24: How to save \$500
(<http://bit.ly/Save500dollars>)

Feb 26: Women & Money
(<http://bit.ly/WomenMoney>)

SPRING GARDENING WORKSHOPS

Each workshop will run from 10 am to 3 pm. \$15 registration fee includes morning refreshments, lunch and program materials. To register for one or more workshop, contact Ruth at 386-437-7464.

March 14: Alternatives to Citrus in the Landscape. Learn about tropical and deciduous fruits you can grow.

March 28: Go Native! Wildlife and Butterfly Gardening.



Programs feature presentations by university, agency and industry specialists. Plant and supply vendors will be on site at each event