

EVENTS *in* Davis County

December 2017



Davis County

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Bloomfield, IA 52537
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Holly Jolly Jars

Date: Wednesday, Dec 20th

Time: 6pm-8pm

Location: ISU Extension and Outreach of Davis County

Place Jar Order by Dec 14th

641-664-2730

sknox@iastate.edu

Learn how to make 6 different recipes for soups in a jar—perfect for gifting or to stock your pantry! Make 2 recipes for \$10 or all 6 for \$25.

From 6-7pm, dietitian Becky will briefly discuss the health benefits of pulses. Pulses are the edible seeds of plants in the legume family. Both economical and sustainable, pulses are a great way to add filling protein and fiber into your diet. Everyone will make their own jar of chicken noodle and jar of holiday bean soup. Becky will also demonstrate how to decorate your jars. The cost of this first hour is \$10.



From 7-8pm, you can make additional soups. You may pick any up to 4 soups to make from Italian Barley, Coconut Curry, Spicy Black Bean, Chicken Noodle, Holiday Bean, or Friendship Soup. The cost of this part of the class is \$5 per jar or you can make 4 soup jars for \$15.

Let us know your soup selections by December 14th. Soup order forms are available at the office and on our website. If you are unable to email us the form or come by the office, you can call us with your order and we will fill out the form for you.

Our presenter for this workshop is Becky Graeve, RD, LD, from Hy-Vee. Becky received her Bachelor of Science degree in dietetics from Iowa State University.

IOWA STATE UNIVERSITY
Extension and Outreach

Ouch! Stereotypes Hurt

Date: Wednesday, November 29

Time: 6pm-7pm

Location: ISU Extension and Outreach of Davis County at 402 E. North Street in Bloomfield

Cost: Free

Register at 641-664-2730 or sknox@iastate.edu

Stereotypes Hurt! "Have you ever heard someone say something biased or demeaning and you didn't know whether to speak up? Have you ever said something unintentionally offensive and wished you could take it back? How we respond in these situations is important," says Joy Rouse, Human Sciences Specialist in Family Life for Iowa State University Extension and Outreach.

The workshop, based on the book by Leslie C. Aguilar, will help participants understand the impact of stereotypes and biased statements, identify the most common reasons people sit silently in the face of bias and

stereotypes, and enhance skills for speaking up against stereotypes. During the one-hour course, participants will learn six specific techniques to use when responding to difficult situations.



Nest classes are educational parenting classes and support group for Davis County families.

Please note that the dates and times of Nest have changed to:

Wednesdays
11am-12pm

&

Wednesdays
6pm-7pm



Davis County Council for the Prevention of Child Abuse

Date: Monthly meetings on the first Wednesday of the month.

Time: 4:30pm-5:30pm

Location: Davis County Hospital, Conference Room D

Cost: Free

www.facebook.com/DCpreventchildabuse

Davis County Council for the Prevention of Child Abuse began in 1982 and is made up of professionals and community members working to keep the children of Davis County safe. The council is funded by local donations and Community Partnership for Protecting

IOWA STATE UNIVERSITY Extension and Outreach

... and justice for all

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Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.