

***Let's Talk About Spanking***

Explore your position on spanking without being judged or threatened. Share ideas and examine alternative ways to discipline children effectively. Positive discipline for children ages 2-12 is the focus.

***Communicating with Children***

Good communication is the basis of strong family relationships. Learn techniques that will encourage conversation with your children and others. (English only)

***Have You Done Your Chores?***

Children learn to be responsible and feel the family needs them when they assist with household tasks. Learn about age-appropriate chores. Explore your own expectations and determine appropriate consequences when results do not measure up. (English only)

***Developing Positive Eating Habits***

Picky eaters, overeaters, healthy eaters – what makes the difference? Through activities and discussions you will learn ways to help your children develop positive eating habits.

***Fight BAC - Keep Food Safe***

If you've had the "24-hour flu" chances are it was actually food poisoning. Learn how to avoid common mistakes and the tricks to packing a safe sack lunch. The challenges of preparing holiday food and feeding a crowd safely are examined in the 90-minute class. (Holiday Food Safety is also available as a separate 60-minute lesson.)

***Cleaning Products: Simple, Cheap, Safe***

Spending too much on household cleaning products? Learn to make homemade cleaners that are not only less expensive, but safer to use. Test their effectiveness. Enter a door-prize drawing for a bucket filled with all these homemade cleaners. (English only - 60-minutes)

***Fast Foods – Healthy Choices***

Learn about the nutritional content of fast foods and how to make healthier choices. Gain an understanding of the health problems associated with a high intake of fat.

***Vary Your Veggies***

Explore the benefits of having vegetables in your diet. Taste samples and learn simple ways to include more vegetables in meals and snacks.

***Family Meals: Easy, Tasty and Healthy***

Learn how to use the new *MyPyramid* as a guide when preparing meals. Discover which foods are more nutrient dense and ways to make quick, low-cost meals more nutritious. (60-minutes)

***Meals in Minutes Demonstration***

Short on time? This lesson demonstrates how you can prepare a quick, low-cost meal that includes almost all the food groups. We'll bring the ingredients and prepare a meal using a recipe that can be adapted to please almost any palate. You'll even get to taste it! (60-minutes)

***Insider Tips***

Explore how food is merchandized and what gimmicks are used to influence consumer buying. Learn to make more informed choices when shopping. (English only)

***Winning the Grocery Store Game***

Explore the nutritional value and cost of foods. Learn to make nutritious choices based on the Food Pyramid. Examine a variety of food packages to learn how to read labels and use unit pricing to get the most nutrients for the dollar.

***Making Time***

Never enough time to do it all? Explore how you currently use time and discover new techniques for time management. Creative activities illustrate the benefits of prioritizing tasks and taking advantage of peak energy levels to maximize productivity. (English only)

***Winning the Money Game***

Determine how to negotiate spending priorities and establish a budget on a fixed income. Try out simple methods for tracking expenses and planning for emergencies. This class is designed for those just learning to budget.

***Preventing Type 2 Diabetes***

One in 10 people in the U.S. has diabetes. The good news is that it can be prevented or the onset delayed. How "at risk" are you? Evaluate your risk factors. Learn how to reduce your risk through simple life style changes. Develop a plan that you can easily put into action.

***All classes are available in 60 or 90-minute versions in both English and Spanish, except as noted. To schedule a class call (360) 428-4270 ext. 239; or send your request via e-mail to: [billd@co.skagit.wa.us](mailto:billd@co.skagit.wa.us).***