

Gibson County Family & Consumer Sciences (FCS)

September 2026

**Family & Consumer Sciences (FCS) at UT Extension helps Tennesseans
learn essential skills in nutrition, relationships, money, and health.**

National Food Bank Day is the first Friday in September. Our office is a drop off site for a statewide food drive to support our local food pantries from Sept. 21-Oct. 10. Drop off unexpired non-perishable food at our office in Trenton or host a drive at your location & I'll come pick it up! Hope to see you soon around Gibson County! - Deanna

Water Bath Canning Class

September 10 6-8 p.m.

at Gibson County UT/TSU Extension Office
(1252 Manufacturers Row, Trenton)

Learn to make PEPPER JELLY in this hands-on canning class! You will take home a jar that you made. Class fee is \$10. Must be paid in advance, spots in the class are limited! Sign Up Here: tiny.utk.edu/gcpepperjelly26

Chair Yoga

**Join us for a free chair yoga classes! All
movements will be done seated in a chair.**

Wear comfortable clothing.

**10 a.m. - Tuesdays & Thursdays in
September & October taught by Michale**

at Gibson County UT/TSU Extension Office
(1252 Manufacturers Row, Trenton)

Peanut Butter Protein Balls

½ cup peanut butter 1 ½ cup cereal flakes

½ cup dry milk powder

2 Tbs honey or corn syrup

¼ cup raisins (optional)

Mix all ingredients except cereal in a large bowl. Put cereal in a bag & crush. Form peanut butter mixture into 1-inch balls & roll in crushed cereal. Store in airtight container.

Recipe Makes: 24 balls

Source: uthealthyfamilies.org

Dolly Workout 9/25!

at Gibson County UT/TSU Extension Office
(1252 Manufacturers Row, Trenton)

10-11:30 a.m.

**Join us for Chair Yoga & Cardio
Drumming**

to some of Dolly's greatest hits!

Prizes will be given out for the best Dolly attire!

**West TN River Walk 6-week
walking challenge coming
soon...Oct. 5-Nov. 15!**

Contact me:

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Family & Consumer Sciences (FCS)**

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Programs in agriculture and natural resources, 4-H youth development,
family and consumer sciences, and resource development.
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture
and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.

**GIBSON COUNTY
UT EXTENSION
INSTITUTE OF AGRICULTURE**
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