



Texas A&M AgriLife Extension Service
The Texas A&M University System

NAME:	<u>Kendra Callahan</u>	TITLE:	<u>CEA-FCS</u>
COUNTY:	<u>Lamb</u>	MONTH:	<u>December</u>
		YEAR:	<u>2020</u>

EXTENSION ACTIVITY REPORT TO COUNTY COMMISSIONERS COURT

Miles traveled:

Selected major activities since last report (September 2020)

Weekly – Lamb County 4-H Update sent each Friday

11/3 Olton Fashion & Interior Design Project Meeting

Simply Christmas Planning Meeting, Virtual

11/4 *Using Your Food Bank Foods* Newsletter & Program marketing, Lamb County Food Bank

11/5 “Christmas is Coming!” sewing workshop, Lamb County Ag Center

11/9 Littlefield 4-H Meeting

Olton 4-H Meeting

11/10 Sudan 4-H Meeting & Community Service, Virtual

Olton Fashion & Interior Design Project Meeting

11/11 Office Closed, Veterans Day

11/12 Mental Health Expo, Virtual

11/13 In-depth Writing Workshop, Virtual

11/17 Happy Healthy Holidays (Mindful Eating), Lamb County Ag Center

Olton Fashion & Interior Design Project Meeting

11/18 District 2 Pistol Contest, Lubbock

11/19 Swisher County EE Program, Virtual

11/23 Gold Star Banquet, Eberly Brooks Event Center, Wolfforth

11/24 Olton Fashion & Interior Design Project Meeting

11/26-27 Thanksgiving Holiday

Major plans for next month: (November 2020)

Weekly – Lamb County 4-H Update sent each Friday

12/1 District 2 Fashion Show Entries Due

District 2 Storyboard Entries Due

Sudan Head Start Parent Meeting, Program Marketing, Virtual

12/3 Lamb County Adult Leaders Meeting, Microsoft Teams

Happy Healthy Holidays (Mental Health), Virtual

12/7 Littlefield 4-H Meeting, Microsoft Teams

12/8 Sudan 4-H Meeting, Microsoft Teams

Texas A&M AgriLife Extension Family & Community Health

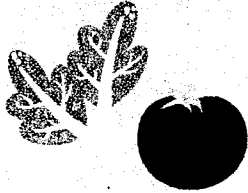


MAKING AN IMPACT - NOV. 2020



FAMILIES

175



Lamb County families received the November edition of the *Using Your Food Bank Foods* newsletter focusing on bananas. The newsletter features nutrition facts, recipes, and storage techniques on items often found at the food bank.

8

COUNTY EMPLOYEES

Happy Healthy Holidays is a series being offered to Lamb County employees. The purpose of the series is to discuss maintaining mindful eating, mental health, and physical health during the holidays, especially during the COVID-19 pandemic. Eight employees attended the first session focusing on mindful eating during the holidays.



Lamb County employees participated in a virtual Christmas program on November 19. The program was hosted by the Extension Education club members and focused on providing information about the county's food bank and other resources. The program also included a craft activity where participants made a simple wreath. The program was a success and was well-received by the employees.

10

WOMEN

Castro, Bailey, Parmer, and Lamb County Extension Agents worked together to give a virtual Christmas program to Swisher County Extension Education club members on November 19. Agents attended the meeting virtually and showed participants several craft ideas, including a thrifty and simple wreath that participants were able to make that evening.



**TEXAS A&M
AGRI LIFE
EXTENSION**

For more information and updates, please follow our Facebook page, Lamb County Extension and 4-H.

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