

## **Southern Region Fast FACS**

*Keishon Thomas (GA), NEAFCS Southern Region Director*

### ***Oklahoma submitted by LaDonna Hines***

The OSU Extension Community Nutrition Education Program (CNEP) in Oklahoma has been involved this summer with a program called Harvest Highlights who partners with the Oklahoma Nutrition Information and Education (ONIE). CNEP's Nutrition Education Assistants travels to their local Farmer's Markets and record videos of the vendors and their produce/goods to post on the OSU Extension County websites and Facebook pages. ONIE has supplied tokens for purchasing, canvas bags and recipe cards for patrons. Also, the Nutrition Assistants conducts a food demo with the highlighted food items and posted it as well. This is being done once per month in the 3 summer months across Oklahoma.



### ***Georgia Submitted by Rachel Stewart***

In November 2021, working in collaboration with 7 other Extension offices across the country, Brad Averill, a UGA Extension Family and Consumer Sciences Agent started a "30 for 30 Walk-a-Weigh" Facebook Group. The idea of this project was simple. Walk for 30 minutes per day for 30 straight days. Members were asked to post pictures of their daily walks. At the conclusion of the "30 for 30 Walk-a-Weigh" on May 31st, 2022, the group had 1,353 members who have submitted 3,476 posts, 3,883 comments, and 49,106 reactions.

Join us on Facebook! <https://www.facebook.com/groups/1232668387239493>

### ***Virginia Submitted by Rebecca Sheffield Gartner***

We met during our VESA Annual Conference on May 18. Many of us will be attending the NEAFCS Annual Session in Raleigh!