

# AGING WITH GUSTO

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"Aging with Gusto" is a one day conference that promotes education and healthy living for adults.

Participants will explore native cultures of many countries around the world and learn how to prepare delicious and nutritious recipes. Our 2019 theme is "Cooking with Gusto!" It is our hope that this year's workshops will help you increase your nutritional well-being.

## AGENDA

8:30 AM REGISTRATION-HOSPITALITY

10:00 AM Morning welcome

2019 Aging with Gusto  
Chairperson/Hostess for the Day  
Dee furlough, Extension Agent, FCS, Dare  
and Tyrrell Counties

10:15 AM WORKSHOP SESSION 1

11:15 AM WORKSHOP SESSION 2

12:15 PM RAFFLE CLOSURES

12:30 PM LUNCH

12:45 PM ENTERTAINMENT

1:45 PM DOOR PRIZES/EVALUATION

2:00 PM AD JOURN

## World Culinary Tour Workshops

**"La Saludable Cocina Mexicana" (The Healthy Mexican Kitchen)** Join Dee in the kitchen as we learn about the rich history of Mexican cooking, the health benefits of Mexican foods and check out some ingredients that may be new to you. Of course, there will be recipes and samples for everyone! Come ready to spice up your morning! Hasta entonces! (Until then!)

**Caribbean** food has a distinct flavor and a rich history. Try some island-inspired dishes, and learn about the culture that has shaped this cuisine.

**Med Instead of Meds** Learn about the Seven Elements of the Mediterranean Meal and sample simple and tasty recipes that promote a healthy lifestyle.

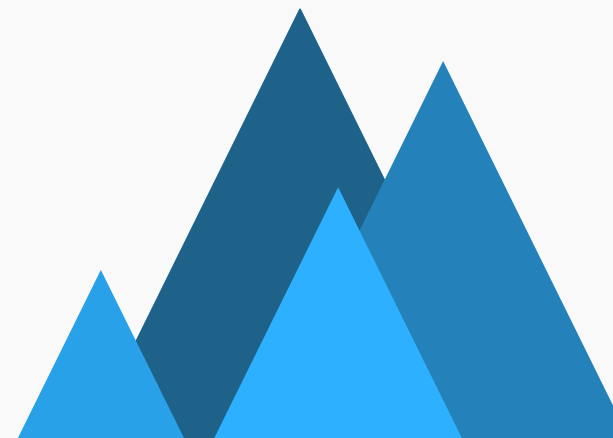
**Yàzhōu měishí (Asian Cuisine)** Konnichiwa! Take a journey through asian culture, discover various asian cooking methods and learn a few interesting asian trivia facts. Healthy, delicious asian recipes will be available to taste.

**African** cooking, like Africa itself, is full of surprises, magical, with fantastic elements of several cultures. Join us as we explore African cooking; there is much to discover with this delicious, and amazing varied cuisine!

Spicy, rich, flavourful and diverse are terms to describe **Indian** food. Come learn all about the interesting spice combinations of Indian food that apply to a healthy lifestyle.

Germans love rich, hearty cuisine, though each area of **Germany** has its own definition of what a traditional meal looks like. Try some traditional German dishes and learn about the customs of this rich culture

**France** is a country where approximately 500,000,000 snails are eaten every year. But don't worry, we will concentrate on other dishes traditional to the area. Try some uniquely french dishes and learn about the culture of this snail eating country.



Please complete and return this registration form along with your \$12.00 check made payable to Pasquotank County Farm Service by September 27, 2019. Return to: **NC Cooperative Extension, Pasquotank County Center, Attn: Ellen Owens, PO Box 1608, Elizabeth City, NC 27906-1608.**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_

Accommodation requests related to a disability should be made by Sept. 27th to Olivia Patchel, 252-232-2262, [Olivia\\_Jones@ncsu.edu](mailto:Olivia_Jones@ncsu.edu)

Please write numberS (1&2) indicating your first and second choice for each session time slot, otherwise classes will be assigned. Space is limited.

Session 1: 10:15-11:00 AM                      Session 2: 11:15-12:00 PM

_____ "La Saludable Cocina Mexicana"	_____ German
_____ Caribbean	_____ African
_____ Med Instead of Meds	_____ French
_____ Yāzhōu měishí	_____ Indian

Registration is on a first come, first served basis with a maximum capacity of 150. Registration is transferable, but non-refundable. NO registration will be accepted at the door or after the deadline.

## Contact Us

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Aging with  
Gusto

**2019 Theme: Cooking  
with Gusto!**



October 10, 2019  
10 am to 2 pm

NC Cooperative Extension  
Center Currituck County  
120 Community Way  
Barco, North Carolina