



FOR IMMEDIATE RELEASE
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Pasco Extension Offers Free Healthy Eating Program and Contest

~~Virtual gardening and nutrition lessons culminate with a cooking contest~~

PASCO COUNTY, FL ---- Put your culinary skills to the test! The [UF/IFAS Pasco County Extension Community Garden](#) and [Family Consumer Sciences Programs](#) are hosting a **FREE**, four-week, online nutrition and gardening program that begins **October 5, 2020**, and culminates with a cookoff.

Weekly emails will be sent each Monday in October featuring videos on how to make healthy meals from vegetables you can grow at home or in a community garden. At end of the program, you can put what you've learned into action by creating a meal and recipe to enter in the cookoff contest. Winners will have a chance to win prizes, plus their recipe will be featured on social media and in the community garden newsletter.

WHAT: Healthy Eating Program and Contest

WHEN: October 5 through 29, 2020

HOW: Register online through October 5 at: bit.ly/healthyeatingcookoff

WHERE: Enjoy weekly, virtual lessons online at home. **On October 29, drop off your meal sample, complete with recipe information at:**

UF/IFAS Pasco Extension One-Stop Shop
15029 14th Street
Dade City, FL

For more information, please contact (352) 521-1255 or kchristmas@MyPasco.net.

The Pasco County Cooperative Extension Service assists Pasco County residents by developing and delivering practical, educational programs in environmental horticulture; sustainable agriculture; 4-H and youth development; and family and consumer sciences. For more information, including volunteer opportunities, visit our [website](#) or call us at 352.518.0156.