

Resources for HCE Club Meetings

These items can be checked out of the Waukesha County UW-Extension office. Please contact Jen Whitty at 262-548-7789 or by email at jwhitty@waukeshacounty.gov to make arrangements to borrow them.

Lesson Plans

- The Magic of Vinegar
Learn about the great versatility of vinegar as food, remedies,

Videos

- Farmers Market! Fresh, Nutritious, Local
Learn about the benefits of buying fresh, nutritious, delicious and locally grown foods. Hear a Nutrition.gov registered dietitian talk with shoppers and farmers. Then go visit your local farmers market for the freshest food in season!
- So Easy To Preserve Video Series:
 - Canning Tomatoes
 - Canning Vegetables
 - Canning Fruits
 - Freezing Foods
 - Home Canning basics
 - Pickling
 - Jams and Jellies
 - Specialties
 - Drying Foods
- Kids Rock Nutrition in the Kitchen
Ideas for sharing a fun time in the kitchen with your children or grandchildren preparing simple, healthy foods.
- What's on My Plate?
An overview of good food choices and the My Plate food guide that highlights the best choices from each group.
- The Weight of the Nation
A four-part documentary series, each featuring case studies, interviews with our nation's leading experts, and individuals and their families struggling with obesity. Comes with a discussion guide.
- Locked Up Abroad
Story of Ernie Brace and John McCain, prisoners of war in Vietnam