



Mississippi State University Extension Service

Quick Bites

What is Quick Bites?

Quick Bites is a program offered through the Mississippi State University Extension Service that provides timely information on a wide variety of topics to citizens across the state through interactive video. Not only do you have the opportunity to learn about topics ranging from Herb Gardening to Tai Chi, but you also have the chance to ask questions and interact with the Extension agent or specialist teaching the class as well as other participants.

For your convenience, the programs are held during lunch (12-1pm) on Thursdays. So bring your lunch and join us for a Quick Bite.

Highlights from Previous Quick Bites



For more information contact your local county Extension office.

Mississippi State Extension Service
UNIVERSITY

On-campus participants can attend in the Bost Building room 409.

Schedule for July 2008

July 3rd

No Quick Bites

July 10

Consumer Tips for Back to School Buying

Although we're enjoying summer, it won't be long before you'll be getting ready for school. This session will give you practical tips for making smart purchases.

Charlestein Harris, MSU ES Area Family and Resource Development Agent

July 17

Pool Side with Lynette McDougald

We're taking Quick Bites to the pool to learn about hydration of cut flowers, summer fun designs, floating arrangements!

Lynette McDougald, AIFD, Mississippi State University Florist Manager

July 24

Tai Chi

This was a big hit last year, and we've had more request this year, so we're bringing it back. Come learn about the ancient martial art form "Tai Chi" and all its benefits. You will learn a little bit about its history, the four different styles of Tai Chi, the benefits it has over a regular exercise program, and how you can get started.

Maci Flautt, MSU ES Area Health Agent

July 31

Basics of Food Preservation (specifics TBA)