

# SMITH COUNTY FCH PROGRAMS



TEXAS A&M AGRILIFE EXTENSION

Smith County

1517 West Front Street, #116  
Tyler, TX 75702



## SAVORING THE TASTE OF FALL

As the temperatures begin to cool and leaves start to change colors, fall brings with it a variety of flavors, scents, and traditions that many people look forward to each year. From crisp apples and pumpkins to warm spices like cinnamon, nutmeg, and cloves, the taste of fall can be found in both familiar family recipes and new seasonal creations.

Fall is an excellent time to enjoy fresh, locally available produce. Apples, sweet potatoes, pumpkins, squash, pears, and pecans are all harvested during the season and provide important nutrients while adding delicious flavor to meals. These ingredients can be used in soups, casseroles, baked goods, and healthy snacks.

One of the best ways to embrace the season is by preparing meals at home with family and friends. A pot of vegetable soup, roasted vegetables, or baked apples can fill the home with comforting aromas while creating opportunities for connection around the table. While seasonal treats such as pumpkin pie, caramel apples, and spiced beverages are popular, remember that balance is key. Try incorporating fruits and vegetables into fall recipes to add fiber, vitamins, and minerals while still enjoying the flavors you love.

This autumn, take time to slow down and appreciate the simple pleasures of the season. Whether you're visiting a local farmers market, trying a new recipe, or sharing a meal with loved ones, the taste of fall offers a wonderful opportunity to celebrate good food, family traditions, and healthy living.

For more information on healthy seasonal eating and food preparation, contact your local Texas A&M AgriLife Extension office. (903)590-2980



**CEA - FCH AGENT: AMY SHIVELY**

Phone # (903) 590-2980  
Email: amy.smith-shively@ag.tamu.edu

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## Ingredients

White chicken chili is full of ingredients with great nutritional value. This recipe is low in fat and high in protein. This versatile chicken chili gives you one more reason to use your slow cooker ... which may be your favorite kitchen appliance in the fall!

Preparation is easy and quick, dinner is ready when you get home, and cleanup is a snap. Add a few corn tortilla chips for a crunch and you have a full meal!

- 1 lb boneless, skinless chicken breasts
- 2 garlic gloves minced
- 1 cup white onion chopped
- 3 1/2 cups salt free, reduced fat chicken broth
- 4 (4.5ounce) cans chopped green chilies
- 2 teaspoons cumin
- 1 teaspoon oregano
- 2 (11 ounce) kernel canned corn unsalted and un-drained
- 2 (15 ounce) cans navy beans undrained
- 3 Tablespoons lime juice

## Slow Cooker Instructions

- A1. Spray Skillet with Cooking Spray
2. Saute Chicken until done. When cooled shred or cut into 1" cubes. Remove chicken from skillet.
3. Saute onion and garlic in skillet sprayed with cooking spray.
4. Cook onions until tender.
5. Spray inside the slow cooker with cooking spray or use a plastic slow cooker liner.
6. Combine all ingredients, except lime juice, and cook on low for 8-10 hours or on high for 4-5 hours.
7. Just before serving, add lime juice and stir.



## September:

Sept. 9 - 13, 2026 East Texas State Fair Livestock Show

Sept. 11 - 12, 2026 4-H Weekend in Aggieland

Sept. 23, 2026: Troup Library Nutrition and Plants

Sept. 24, 2026: Building Resilience Methodist Church, Jacksonville

Sept. 25 - 30, 2026 East Texas State Fair and Ag Venture tours for schools and Ag Venture exhibits during the Fair

## October:

Oct. 5 - 10, 2026 National 4-H Week

Oct. 8, 2026 Grilling 101 Tyler Building Systems (Private Event)

Oct. 13, 2026: 4-H Project Meeting (Call to register) 6:00 - 7:00 pm

Oct. 15, 2026: Brain Health and Nutrition, Tyler Senior Center, 12:00 - 1:00 pm

Oct. 20, 2026 Texas Environmental Health Association Annual Education Conference (Private Event)

Oct. 21, 2026: Career & Tech Center, Tyler ISD Presentation

October 27 & 28<sup>th</sup>: Tyler Legacy, Tyler ISD Presentation

Oct. 29, 2026: Memory and Movement, Tyler Senior Center, 12:00 - 1:00 pm

## November:

Nov. 3, 2026: EEA Meeting, Tyler High, Tyler ISD Presentation

Nov. 4, 2026: Tyler High, Tyler ISD Presentation

Nov. 12, 2026 Christmas Creations & Cozy Conversations 2:00 - 4:00 pm (Call to register, \$30)

Nov. 20, 2026: Recipe for Success: Food Safety, Cottage Food Law & Business Planning

(Call to Register & Registration fee \$40 for Food Handlers Certification or \$20 for Cottage Food Law & Business Planning workshop only. NO REFUNDS will be given.)

1:00 - 3:00 Cottage Food Law & Business Planning

3:00 - 5:00 Food Handler's Workshop

## Fall Activities & Programs

Fall Newsletter will contain programs and youth activities.

Look for the Holiday Newsletter to arrive in November.

Shopping Farmers Markets This Fall

Fall is the perfect season to visit your local farmers market. Markets are filled with the flavors of autumn, offering fresh apples, pumpkins, squash, sweet potatoes, pecans, leafy greens, and other seasonal favorites. Shopping locally not only provides access to nutritious, high-quality produce, but it also supports area farmers and strengthens the local economy.

Farmers markets are also a great place to discover homemade jams, baked goods, local honey, fresh flowers, and handcrafted items that make thoughtful gifts or add a special touch to your fall celebrations. Many markets feature live music, cooking demonstrations, and family-friendly activities, making them a fun outing for all ages.

When visiting a farmers market, bring reusable shopping bags, arrive early for the best selection, and don't be afraid to ask vendors questions about how their products are grown or for ideas on preparing unfamiliar fruits and vegetables.

Buying produce that is in season often means better flavor, higher nutritional value, and lower prices. If you are interested in knowing more about Cottage Food Law or getting your Food Handlers Certification contact our office for our program on Nov. 20, 2026. Call to register.

This fall, make farmers markets part of your weekly routine. You'll enjoy fresh, delicious foods while supporting local agriculture and bringing the best of the harvest season to your family's table.



# TEXAS A&M AGRILIFE EXTENSION

## FAMILY & COMMUNITY HEALTH

### OVERVIEW OF SMITH COUNTY TEXAS A&M AGRILIFE RETAIL FOOD PROGRAMS 2026-2027



### CALL TO REGISTER:

Cottage Food Conference:  
Recipe for Success  
Nov. 20, 2026

Food Handlers Certification:  
Nov. 20, 2026 3:00 - 5:00  
March 10, 2027, 10:00 - 12:00  
July 14, 2027, 2:00 - 4:00

Homestead Conference:  
June 4, 2027 10:00 - 2:00

903-590-2980

1517 West Front Street, Tyler TX 75702

THE MEMBERS OF TEXAS A&M AGRILIFE WILL PROVIDE EQUAL OPPORTUNITIES IN PROGRAMS AND ACTIVITIES, EDUCATION, AND EMPLOYMENT TO ALL PERSONS REGARDLESS OF RACE, COLOR, SEX, RELIGION, NATIONAL ORIGIN, AGE, DISABILITY, GENETIC INFORMATION, VETERAN STATUS, SEXUAL ORIENTATION, GENDER IDENTITY, OR ANY OTHER CLASSIFICATION PROTECTED BY FEDERAL, STATE, OR LOCAL LAW AND WILL STRIVE TO ACHIEVE FULL AND EQUAL EMPLOYMENT OPPORTUNITY THROUGHOUT TEXAS A&M AGRILIFE. TEXAS A&M AGRILIFE WILL STRICTLY COMPLY WITH ALL APPLICABLE LEGAL REQUIREMENTS PROHIBITING DISCRIMINATION, SEXUAL HARASSMENT, AND/OR RELATED RETALIATION AGAINST EMPLOYEES OR THE PUBLIC IN ACCORDANCE WITH APPLICABLE FEDERAL AND STATE LAWS, A&M SYSTEM POLICY 08.01 AND REGULATION 08.01.01. THE TEXAS A&M UNIVERSITY SYSTEM, U.S. DEPT. OF AGRICULTURE AND THE COUNTY COMMISSIONERS COURTS OF TEXAS COOPERATING. IF YOU NEED AUXILIARY AIDS TO ATTEND THIS PROGRAM, PLEASE CONTACT THE EXTENSION OFFICE AT 903-590-2980 ONE WEEK PRIOR TO EVENT.

# Recipe for Success:

## Cottage Food Law, Business Plan and Food Handlers Certification



## What to Expect

- 1:00 - 2:00

Dr. Jenna Anding, PhD, RD, LD Professor & Extension Specialist to present Cottage Food Law and what it takes to “cook” up a business.

- 2:00 - 2:45

Dr. Chrystol Thomas, Taking a Look at Developing a Business Plan and the importance of having one, especially when “cooking” up a business.

2:45 - 3:00

Southside Bank, Tyler, Need a small business loan, What do banks require.

- 3:00 - 5:00

Amy Shively, FCH Agent Smith County will teach the Food Handlers Course: For those that want to take the class and test.

## About the Event

Program Name: Recipe For Success: Cottage Food Conference

Date: November 20, 2026

Time : 1:00 - 5:00 p.m.

Location: Smith County Extension Office 1517 West Front Street, Tyler TX 75702

Call to Register by November 13, 2026 by noon: (903)590-2980

\$40 for the entire day & food handlers certification

\$20 for the day without food handlers certification

(No refunds will be issued.)

TEXAS A&M  
**AGRI**LIFE  
EXTENSION  
FAMILY &  
COMMUNITY HEALTH

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation, gender identity, or

any other classification protected by federal, state, or local law and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife. Texas A&M AgriLife will strictly comply with all applicable legal requirements prohibiting discrimination, sexual

harassment, and/or related retaliation against employees or the public in accordance with applicable federal and state laws, A&M System Policy 08.01 and Regulation 08.01.01. The Texas A&M University System, U.S. Dept. of Agriculture and the County commissioners Courts of

Texas Cooperating. If you need auxiliary aids to attend this program, please contact the Extension office at 903-590-2980 one week prior to event.



**Smith County 4-H**

To Make the Best,  
Better!

Join 4-H now!

# WE WANT YOU

What: 4-H Informational Meeting regarding, food, fashion,  
public speaking, and consumer decision making

Who: 4-H Members and Parents / Guardians

When: Oct. 13, 2026 from 6:00 pm - 7:00pm

Where: Smith County Extension Office, 1517 West Front St.,  
room 116A (Tyler, TX)

Why: Learn about projects, competitions, and events

**Register Now**

Call to register: (903)590-2980

or email:

[Julieta.Aguilar@ag.tamu.edu](mailto:Julieta.Aguilar@ag.tamu.edu)

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation, gender identity, or any other classification protected by federal, state, or local law and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife. Texas A&M AgriLife will strictly comply with all applicable legal requirements prohibiting discrimination, sexual harassment, and/or related retaliation against employees or the public in accordance with applicable federal and state laws, A&M System Policy 08.01 and Regulation 08.01.01. The Texas A&M University System, U.S. Dept. of Agriculture and the County commissioners Courts of Texas Cooperating.

If you need auxiliary aids to attend this program, please contact the Extension office at 903-467-4149 one week prior to event.