



NAFCS NEWS

AAFCs NEBRASKA AFFILIATE

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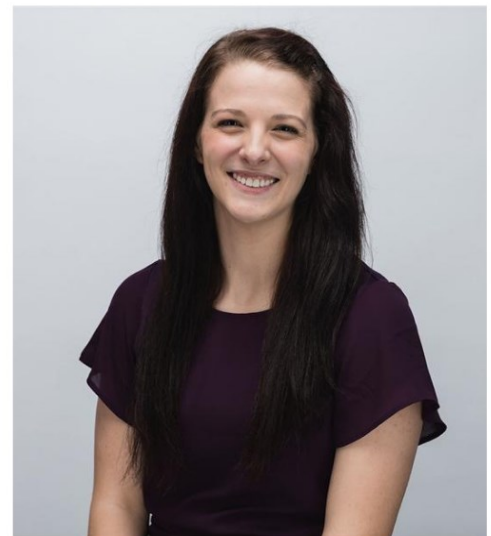
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A WORD FROM THE CHAIR

BY SARAH SMITH

Hello! I am so excited to be greeting you from our revamped newsletter. Our organization is in an exciting place as we continue to build momentum in promoting FCS and offering resources to our members. Our executive committee continues to explore how to best serve you, the member. We always welcome your thoughts! Feel free to send us an email at nebraska.aafcs@gmail.com.





NAFCS FLASH CONFERENCE

MARCH 20, 2021 | 9:00 A.M. To 12:00 P.M.

ANNUAL CONFERENCE REVIEW

A NOTE FROM THE CONFERENCE PLANNING COMMITTEE

March 2021, the Nebraska Association of Family and Consumer Sciences conference planning committee provided affiliate and non-affiliate members with a virtual professional development opportunity. The NAFCS Flash Conference provided virtual conference attendees with a keynote speaker, Liz Mullens talked about Optimism as a Force Multiplier and six information breakout sessions. The 2021 was a great success! We hope to see you at the 2022 conference in person!

2022 NAFCS ANNUAL CONFERENCE
MARCH 18 - 19, 2022

We are thrilled to share that on November 10th the Governor will be signing a proclamation declaring December 3rd as Nebraska FCS Day. The proclamation celebrates our organization's bold history and bright future. Family and consumer sciences is needed every day for individuals to achieve the optimal quality of life. We are delighted to have this opportunity to celebrate our profession's impact!

NAFCS Proclamation Signing

Time: 10:00 a.m.

Date: November 10, 2021

Location: Nebraska State Capitol
1445 K St, Lincoln, NE 68508



Contact Information



Nebraska Association of
Family and Consumer
Sciences (NAFCS)



Nebraska.aafcs@gmail.com

AAFCS Updates



All are invited to join us in celebrating FCS Day 2021 and submit an entry in the 3 celebration activities! Get creative and showcase your design skills! Focus on nutritional science and wellness and prepare or test a healthy recipe! Inspire others and share your own FCS story!

Every year, AAFCS celebrates this day in honor of FCS Founder, Ellen Richards' birthday - December 3.

We invite you to be part of this celebration and also check AAFCS.org for additional information on the event and showcase -- be sure to register for the unique access link to the live event! <https://www.aafcs.org/.../aafcs-events-fcsday-2021...>



NEBRASKA COLLEGES WITH FCS



CHADRON STATE COLLEGE

Lorie Hunn
Phone: 308-432-6368
Office: Burkhiser Complex 215
E-mail: lhunn@csc.edu

UNIVERSITY OF NEBRASKA AT LINCOLN

Sheree Moser
Phone: 402-890-3997
Office: Louise Pound Hall (LPH) 231P.1
E-mail: smoser@unl.edu



WAYNE STATE COLLEGE



Carol Erwin
Phone: 402-375-7287
Office: Benthack
E-mail: caerwin1@wsc.edu

College Connections

Visit with your college advisor to see how you can be involved with NAFCS in College!
#YESTOFCS



NEWSLETTER RECIPE TO TRY



Serves: 4



Cost/Serving: 0.51



Serving Size: 1/2 cup



**SPEND SMART.
EAT SMART.**

BROWN RICE "RISOTTO"

INGREDIENTS

- 1/2 tablespoon oil (canola, olive, or vegetable)
- 1/2 cup onion, diced
- 1 clove garlic, minced, or 1/2 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 3/4 cup reduced sodium chicken broth
- 1/4 cup water
- 3/4 cup instant brown rice
- 3/4 cup frozen peas
- 1 tablespoon lemon juice
- 1 tablespoon butter
- 2 tablespoons parmesan cheese (grated, ground, or shredded)

INSTRUCTIONS

1. Heat oil in a medium sized saucepan over medium heat. Add onion, garlic, and ground black pepper. Sauté for 2 minutes.
2. Add chicken broth, water, and brown rice to the skillet. Bring to a simmer. Reduce heat to medium low, cover, and cook for 5 minutes.
3. Stir in frozen peas. Cover and cook for 5 minutes more.
4. Stir in lemon juice, butter, and parmesan cheese. Cook, uncovered, for 4-5 minutes, stirring continuously until thickened.