

NEWS BITES



In this season of gratitude, the Steps to Health and EFNEP teams thank you for the work you do every day to help North Carolinians make the healthy choice, the easy choice!

In December the University Winter Break begins on Friday the 22nd. We will return to the office on Tuesday, January 2, 2024. During this time, our teams will not be available. Additionally, a number of team members will be taking leave prior to the University closure.

To help you in preparing for STH programs in January, please order supplies before December 6th so materials can be sent and received before the holiday rush.

Steps to Health Update: In November, the team shared success stories and ways you can film one.
[Recording link](#)

Next STH Update: December 5th
10:00A-12:00P
TOPIC: Winter Gardening



Welcome Amanda Butalla STH Social Media and Marketing

Amanda has a passion for empowering people by connecting them with information that engages and entertains. In her role as Social Media and Marketing Associate, Amanda serves North Carolina by bringing Steps to Health resources directly to individuals, families, and communities. She is motivated to strengthen multi-platform communication as social media becomes an increasingly popular tool for education.

Amanda began her career with NC State Extension as an FCS agent in 2019, having completed her BS in Family and Consumer Sciences and BA in Spanish at the University of Wisconsin Stevens Point. She continues to pursue her education, and is set to complete her Masters of Entrepreneurship in Innovation Leadership through Western Carolina University in 2024.

Amanda enjoys travel and exploring her creativity through photography and recipe development.

She says, “Remember to Like and Subscribe to our Steps to Health platforms!”

[Instagram](#). [Facebook](#) [X](#) [YouTube](#) [Website](#)



Caren Maloy Expands Her Role STH Food Bank/Food Pantry Extension Associate

Over the past eight years, Caren has worked across NC with Extension Agents to build capacity using researched, evidenced-based, and practice-tested strategies from Steps to Health toolkits to train agents on how to plan, implement, and evaluate direct education and PSE projects.

As of October 1, Caren has assumed responsibility for assisting Extension Agents with the development, implementation, and sustainability of food pantries. Caren will provide the necessary training and technical assistance to meet the needs of the Extension Agents, as well as food pantry organizations.

Caren has over 30 years of clinical and food service experience in hospital and healthcare settings with leadership in planning, implementing, monitoring, and evaluating healthcare promotion and community-based nutrition education program initiatives. Caren has a BS degree in Foods and Nutrition from Marymount College and an MS in Foods and Nutrition from Florida State University.

In her spare time, Caren enjoys traveling, needlepoint, and reading.

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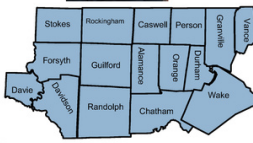
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