

2021 Epsilon Sigma Phi Webinars (July –September)



*Webinars will be offered on the last Tuesday of the month (July - September)
at 1:00 PM Eastern Time.*

**Visit the ESP website to register for the webinars.
<https://espnational.org/Webinars>**

JULY 27, 1:00 PM ET: Smoking and Grilling Foods

Presented by: Surine Greenway, Theta Chapter, Idaho

A cross-discipline, hands-on “Smoking and Grilling Foods” workshop was developed and implemented in Idaho. Co-taught by Family & Consumer Sciences and Agriculture Extension Educators, this two-part workshop focuses on meat science and selection, keeping food safe, United States Department of Agriculture (USDA) meat quality grades, and cooking methods.

AUGUST 31, 1:00 PM ET: Impacting Food Insecurity: Extension's 'Grow & Give' Modern Victory Garden work

Presented by: Katie Dunker, Zeta Chapter, Colorado

CSU's Grow & Give project sets the tone for what tangible impact looks like through a statewide initiative. Learn how you can:

- Impact food insecurity by engaging the public and volunteers
- Improve resources & access for growing food
- Establish new partnerships that will last beyond the pandemic

SEPTEMBER 28, 1:00 PM ET: Conflict and You: How to Deal with It!

Presented by: Jamie Morris, Tau Chapter, Maryland

Conflict is natural in almost all interpersonal relationships, but the ability to manage oneself or the conflict is not. Learning how to recognize a conflict and our conflict signals as they arise can help individuals to choose constructive responses that can lead toward de-escalation and potentially a more positive outcome.