



# 2025 Education Lessons

Adventures with Herbs  
Casseroles  
Cooking Solo  
Easy, Healthy Meals for Seniors  
Food Deserts  
Food Insecurity and Food Deserts  
Growing and Using Culinary Herbs  
Researching Family History (Genealogy)  
Ten Early Signs of Alzheimer's and Dementia  
Weed Control

## SCFCL STATE PROJECT

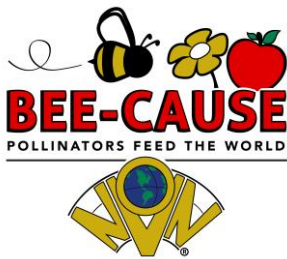
### Fill the Need



“Fill the Need” is SCFCL’s 2025 State Project. “Fill the Need” deals with Food Insecurity, but what is Food Insecurity? It is the condition of not having access to sufficient food or food of an adequate quality to meet one’s basic needs. More than 800 million people live every day with hunger or food insecurity as their constant thought. Find a charity you want to support, make a donation, big or small. You can make a difference when you Fill the Need!

## STATE PROJECTS IN COMMON WITH NVON

### BEE-Cause Pollinators Feed the World



The 2022-2025 Project in Common, “*BEE-CAUSE Pollinators Feed the World*” objective is to educate and inform members about the importance of pollinators and how we can be better stewards of the pollinators' role in the world's food supply chain. SCFCL can make a major impact with education and implementation of workshops, home gardens, flower beds and LOTS of other areas to help make members and others aware of the crisis with pollinators. SCFCL members may not Bee pollinators but can Bee a voice on their Beehalf.

### Mental Health Awareness and Mental Health Wellbeing



The 2025-2027 Project in Common, “*Mental Health Awareness and Mental Health Wellbeing*” goal is to increase awareness in our communities through:

- Education and programs
- Mental health first aid trainings
- Sponsoring community events
- Partnering with other organization and businesses to promote mental health awareness
- Fundraising for local and national mental health groups

Copies of education lessons can be obtained from your county office or <http://www.scfcl.com>