



# 2026 Education Lessons

Everyday Ways to Handle and Relieve Stress  
Food Product Dating Understanding Labels, Reducing Waste, and Staying Safe  
Increasing/Retaining FCL Membership  
Mental Health Awareness  
Reading & Understanding Food Labels  
Reducing Food Waste  
Rethink Positive Mental Acuity  
Soups from Around the World  
What Is Health Literacy and Why Does It Matter?

## SCFCL STATE PROJECT

### Waste Less, Eat Well: A Community-Based Food Waste Reduction Initiative



“Waste Less, Eat Well: A Community-Based Food Waste Reduction Initiative” is SCFCL’s 2026 State Project. SCFCL is partnering with the Expanded Food and Nutrition Education Program (EFNEP) to help increase food security and reduce food waste through education on:

- ◆Meal planning and budgeting
- ◆Using leftovers creatively
- ◆Proper food storage techniques to help minimize spoilage and waste

## STATE PROJECT IN COMMON WITH NVON

### Break the Stigma, Ignite Hope, Mental Health Matters

The 2025-2027 Project in Common, “*Break the Stigma, Ignite Hope, Mental Health Matters*” 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>