About Us
Ohio State University Extension Family and Consumer Sciences help people improve their lives and strengthen their communities.

We serve thousands of people throughout Ohio every year, delivering high quality education programs developed from evidence-based research that focuses on building healthy people, healthy finances and healthy relationships.

FCS teaches Ohioans to stay healthy through:
- Good nutrition and food safety
- Using their money wisely
- Skills to create a positive work-life balance

We also teach people how to use evidence-based education in their daily lives and make continuous informed life choices:
- Healthy finances
- Healthy people
- Healthy relationships

At a Glance
Ohio State University Extension Family and Consumer Sciences is an outreach arm of The Ohio State University. It is designed to translate research into education for Ohioans to help improve the quality of their lives and the environment in which they live. OSU Extension is jointly funded by federal, state, and county governments and private grants. Programs emphasize “empowerment through education.”

County-based faculty-staff: 44

Nutrition, Finance and Relationship Specialists: Many Classes and Programs are Free

Evidenced-based Programming: Community Nutrition reach: 394,350 / year

Educational Programs in all 88 Counties

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Healthy People

We teach good nutrition, proper food safety and life skills to help Ohioans live healthfully. We provide accessible and reliable evidence-based information to help people help themselves. Although topics vary from county to county throughout the state, programming includes:

- Supplemental Nutrition Assistance Program Education (SNAP-Ed)
- Expanded Food and Nutrition Education Program (EFNEP)
- Dining with Diabetes
- Food Safety
- Home Food Preservation
- Live Healthy Live Well
- Workplace Wellness
- Heart Health
- Local Foods
- Farm to School
- Occasional Quantity Cooks (OQC)
- ServSafe training

Healthy Finances

Our county-based Family and Consumer Sciences educators assist families in improving both their present and future economic well-being through programs that enable adult participants to assess their financial circumstances, increase their financial management skills (such as organizing financial records, tracking spending and improving bill paying), reduce their debt and begin or increase their savings and improve their consumer decision-making abilities.

Adult financial education programming includes:

- Basic Money Management
- Homeownership Education
- Master Money Mentor Financial Coaching
- First Time Homebuyer Counseling

Teen financial education programming includes:

- Real Money, Real World
- Smart Start with Money

Visit fcs.osu.edu/programs to learn more.

Healthy Relationships

Meaningful relationships play a critical part in a person’s well-being and life satisfaction. This is clear from years of social science research, but it's just one reason why Ohio State University Extension devotes resources to programs on Healthy Relationships. We offer relationship programs with a primary focus on strengthening individuals and families so they may thrive throughout the life-span. Extension Educators trained in family-life education are committed to helping people improve and nurture healthy relationships. All our programs are developed with evidence-based research.

Healthy Relationships education program areas:

- Parenting
- Co-Parenting for Divorcing/Separating Parents
- Early Childhood and Youth Development
- Aging
- Mind Body Wellness
- Life Skills, Leadership and Personal Development