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.”

About Us

Ohio State University Extension Family and Consumer Sciences helps 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.

Although topics may vary from county to county, OSU Extension Family and Consumer Sciences’ facilitates opportunities to help Ohioans meet individual, family, local and county needs and goals to create positive impacts in their lives.

To learn more, visit fcs.osu.edu/programs
Healthy People
We teach proper nutrition, food safety and chronic disease management skills to help Ohioans live healthfully. We provide accessible and reliable evidence-based information to help people help themselves.

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

Healthy Relationships
Meaningful relationships play a critical part in a person’s well-being and life satisfaction. The relationships and connections we form with other people are vital to our overall social, emotional, and physical health. We offer programs with a primary focus on strengthening relationships between individuals and families so they may thrive throughout the life-span.

Healthy Relationships programming includes:
- Aging
- Co-Parenting for Divorcing/Separating Parents
- Early Childhood and Youth Development
- Early Childhood Education (Ohio approved)
- Life Skills, Leadership and Personal Development
- Mental Health First Aid
- Mind Body Wellness
- Mindful Wellness
- Parenting
- Universal Design

Healthy Finances
Our county-based Family and Consumer Sciences professionals assist Ohioans in improving both their present and future economic well-being. Programs enable participants to assess their financial circumstances, increase financial management skills, reduce debt to increase their savings and improve consumer financial decision-making abilities.

Healthy Finances programming includes:
- Basic Money Management
- Counting Your Money Calendar
- First Time Homebuyer Counseling
- Homebuyer Guide
- Homeownership Education
- Manage Your Money
- Master Money Mentor Financial Coaching
- Money 101
- Ohio Saves
- Real Money, Real World
- Smart Start with Money