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OSU Extension Family and Consumer Sciences

Family and Consumer Sciences empowers Ohioans with the knowledge, skills and tools needed to make healthy choices, thus creating healthy communities, healthy finances and healthy relationships.

- **Family and Consumer Sciences teaches individuals and families the skills they need to live healthfully in all areas of life.**
 - We offer people the knowledge, skills and tools needed to make healthy, informed choices, which means healthier lives, better finances and more positive relationships at home, at work and in the community.
- **Family and Consumer Sciences focuses on health, family and finances.**
 - We promote safe food practices, better nutrition, better finances and better relationships, thus helping people acquire the knowledge and skills to make smart decisions in these areas.
- **Family and Consumer Sciences works to make children, adults and communities healthier.**
 - A variety of nutrition programs saves money, promotes healthier food choices and educates about health-risk preventative.
 - Money management and homeownership classes increase economic stability.
 - Parenting and stress management programs improve quality of life.
 - Workplace wellness programs lower absenteeism rates and create more productive businesses and stronger communities.
- **Family and Consumer Sciences is an economic catalyst.**
 - With only a limited public investment, we build partnerships with other groups and organizations whose missions complement ours. We provide leadership, promote action and find ways to overcome the obstacles between vision and reality.
- **You can count on Family and Consumer Sciences.**
 - We provide reliable, evidence-based information to encourage – and empower – people to adopt practices and behaviors to improve their finances, build more positive relationships with friends and family and embrace healthier lifestyles.

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Homeownership Education

Ohio State University Extension
Family and Consumer Sciences
Offers a homeownership education
program, during which you will learn:

- Homeownership readiness
- Home affordability
- Money and credit management
- Types of properties and financing
- Purchase and closing processes
- Ways to improve your credit score
- Methods for spotting and avoiding predatory lending practices
- Ways to communicate with the people involved in buying a home
- Home maintenance after the sale



Many of us feel a mix of emotions as we work toward buying a home, especially our first home. After all, a home is the single largest purchase most of us will make in our lifetime. Attending the Family and Consumer Sciences homeownership education program can increase your confidence about the many concerns of obtaining a home. How will a mortgage payment affect other financial obligations? What will closing entail in the way of signatures and closing costs? And what are your consumer rights and responsibilities as a long-term borrower from a financial institution?

Participation in the program results in a certificate of completion that is honored at many lending institutions for down payment assistance and for first-time homeownership programs.

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Master Money Mentor

Ohio State University Extension Family and Consumer Sciences' Master Money Mentor is a financial literacy program for adults who want to learn how to do the following:

- Keep records
- Plan a budget
- Control spending
- Pay bills on time
- Save for financial goals
- Reduce debt
- Work with creditors
- Improve their credit history



Master Money Mentor offers the opportunity to “learn by doing,” with the assistance of a trained volunteer. This program is free of charge. Participants meet with a mentor and must be willing to provide the necessary information and to adopt new attitudes, ideas and spending habits.

Master Money Mentor has two primary goals:

- To increase participants' awareness of the importance of recordkeeping as a means of establishing a working budget and of assisting in on-time bill payment
- To help participants understand that their credit history and credit score play an important role not only in their financial matters, but also in finding a job, influencing insurance rates and affecting many other factors in life

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Money Management

Ohio State University Extension Family and Consumer Sciences' money management workshops use interactive discussions and hands-on activities to teach:

- Financial goal-setting
- Spending plan creation
- Debt reduction
- Credit report management
- Financial record organization
- And many more money management topics



These workshops are designed to help individuals and families increase their financial stability by learning how to use a spending plan to save and reduce consumer debt. Using reliable, research-based information, OSU Extension Family and Consumer Sciences educators help participants overcome the obstacles between their current situation and their financial goals. Participants gain the skills and tools they need to improve their financial health and self-reliance.

Positive money management practices and savings strategies can make the difference between a financial crisis and long-term financial security. Family and Consumer Sciences' money management workshops empower participants with the knowledge, skills and tools to create their own financial future.

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Real Money. Real World.

Ohio State University Extension's *Real Money. Real World.* is a financial literacy program ideally suited for youth ages 13–16. Four classroom lessons are provided followed by a real-life spending simulation where students use their new knowledge. “Learning by doing” is followed by a session during which students connect what they learned to real-life situations.

Real Money. Real World. consists of the following three-parts:

Part I: Four preparatory classroom lessons

Part II: A hands-on budget management and decision-making spending simulation

Part III: A post-session evaluation of spending choices made during the simulation

Real Money. Real World. has three primary goals:

- To increase students' awareness of how education level and corresponding career choice influence personal income and financial security
- To increase students' knowledge of money management tools used in daily spending for cost-of-living decisions
- To increase students' awareness of how income and lifestyle choices affect the amount of money available for discretionary spending

realmoneyrealworld.osu.edu



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Dining with Diabetes

Dining with Diabetes is a series of three classes conducted by Ohio State University Extension Family and Consumer Sciences and community health partners.

The program includes:

- Live cooking demonstrations
- Diabetes management
- Carbohydrate-counting
- Insights on portion control
- Label-reading
- Healthy recipe taste-testing



Diabetes costs Ohio \$5.9 billion annually. According to 2009 state of Ohio data, more than 10% of Ohio adults have been diagnosed with diabetes — an increase of 37% since 2000. If these trends continue, 1 in 3 Ohioans will develop diabetes sometime in their lifetime. Those with diabetes lose an average of 10–15 years of potential life and can develop serious complications such as cardiovascular disease, blindness, kidney failure and non-traumatic lower extremity amputations.

Nutrition is the cornerstone of diabetes management, and Dining with Diabetes helps Ohioans manage their own or that of a family member's diabetes through nutrition education. Participants learn to prepare healthy, well-balanced meals without compromising taste.

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Expanded Food and Nutrition Education Program

Ohio State University Extension Family and Consumer Sciences' Expanded Food and Nutrition Education Program (EFNEP) is designed to help families with limited resources:

- Increase their knowledge, skills, attitudes and behaviors related to eating healthy
- Get active with their families
- Improve their total family diet and nutritional well-being



EFNEP is delivered as a series of eight lessons by nutrition staff. The hands-on, learn-by-doing approach allows participants to gain the skills necessary to make positive behavior changes. Through EFNEP, participants experience increased self-worth, recognizing that they have something to offer their families and society.

In an interactive classroom setting, adult participants learn to make food choices that can improve the quality of the meals they serve their families. They also increase their skills in food preparation, food storage, food safety and food sanitation, and learn to better manage their food budgets. Participants even learn about the benefits of physical activity and health.

EFNEP also provides youth programs at schools, in after-school care programs and through 4-H EFNEP clubs, day camps, residential camps, community centers, neighborhood groups and home gardening workshops. In addition to lessons on nutrition, food preparation and food safety, topics include physical activity and health.

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Ohio Farm to School

Ohio State University Extension's Farm to School (F2S) program provides resources to help schools procure and serve locally produced food. The program also helps students understand where their food comes from, and how their food choices affect their health, environment and community. As part of OSU Extension's Local Foods signature program, Ohio Farm to School reaches key audiences through essential



partnerships with the Ohio Departments of Agriculture, Education and Health, as well as through Farm Bureau, the American Dairy Association and other agencies, trade groups and philanthropic organizations.

Students who attend schools that participate in Farm to School:

- Eat more fruits and vegetables at school *and* at home.
- Consume fewer unhealthy foods and sugary sodas.
- Show an increased willingness to try new foods.
- Participate in more physical activity.
- Demonstrate an increased knowledge and awareness of gardening, local foods and seasonality.

OSU Extension offers a Farm to School website, regional Farm to School trainings, and one-on-one consultations to provide more information and resources.

farmtoschool.osu.edu/events/workshops



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Food Preservation

Ohio State University Extension Family and Consumer Sciences' home food preservation workshops focus on teaching the basics of canning, freezing, and other methods of food preservation. Hands-on classes are offered across the state and typically address:

- Basic food safety principles
- Water bath canner and pressure canner methods
- Principles involved in canning tomatoes, pickling and making jams and jellies
- Methods for freezing fruits and vegetables
- Reliable, research-backed resources from the U.S. Department of Agriculture, OSU Extension, and others



Gardeners and other lovers of fresh produce are often interested in extending the season's bounty by learning more about home-preserving fruits and vegetables. In OSU Extension's home food preservation workshops, the science behind home food preservation is emphasized so that everyone who cans or freezes fresh fruits and vegetables understands why certain procedures must be followed precisely to ensure a high-quality, safe product that they and their family can enjoy.

fcs.osu.edu/food-safety/home-food-preservation



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Food Safety

Ohio State University Extension Family and Consumer Sciences recognizes that the manner in which people handle and prepare food is a major reason why foodborne illnesses occur. People must alter their food handling behavior, but they must first have the knowledge and skills that are known to protect food from contamination with pathogens before they have the capacity to change their behavior. Family and Consumer Sciences' food safety



education provides the knowledge and skills Ohio citizens need to reduce incidences of foodborne illnesses and to reduce the impact of those illnesses on health care costs. Food safety education also equips food service businesses for success.

Family and Consumer Sciences' food safety programs include the following.

- **ServSafe®:** A two-day food safety training course for food service managers
- **Occasional Quantity Cooks:** Training for Extension volunteers/employees who provide leadership to the preparation and/or service of food at sponsored events
- **Employee Food Safety Training:** A three-hour course of hands-on activities and discussion designed to increase food safety knowledge and awareness
- **Pathway to Food Safety:** Five food safety video lessons developed for grocery store non-management employees

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Live Healthy Live Well

Ohio State University Extension Family and Consumer Sciences recognizes that more than 70% of all health care costs are related to unhealthy lifestyle choices. Further, more than 72% of Ohioans do not get proper nutrition, and 1 in 4 are physically inactive.

Family and Consumer Sciences' Live Healthy Live Well program encourages healthful habits to improve participants' well-being, reduce the need for health care services, lower absenteeism rates at work and help control costs for employers.



The program utilizes group face-to-face teaching and innovative approaches such as email wellness challenges, online programming and social media to distribute reliable, evidence-based health and wellness information to busy Ohioans.

Possible “Lunch and Learn” topics for your business or organization include:

- Sleep: Are You Getting Your ZZZs?
- To Salt or Not To Salt
- Cooking for One or Two
- Planning Healthy Meetings
- MyPlate and Weight Management
- Physical Activity: A Good Fit
- Save Your Skin: Sun Safety

livehealthyosu.com



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Local Foods

The subject of local foods is a broad, critical issue that affects every Ohioan and is of great public interest and need. Ohio State University Extension's local foods programs are conducted throughout the state to advance the well-being of individuals, families, organizations and communities by holistically addressing multiple issues related to a local food system, from production through consumption.



Ohio is an ideal place for local foods for a number of reasons:

- Ohio has a unique proximity of metropolitan and micropolitan areas, linking rural and urban consumers, growers and communities.
- Ohio ranks in the Top 10 states for direct-to-consumer marketing.
- Ohio food producers offer a wide variety of local food products for Ohioans, who spend about \$43 billion every year on food purchases.
- Ohio has a tremendous support system to advance food research, food production, food safety, food security, food distribution, food innovation and food consumption.
- Diverse perspectives from small-, medium- and large-scale agriculture in rural and urban areas offer plenty of opportunity for anyone interested in making connections with others who share their local food interests.

localfoods.osu.edu



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Million Hearts

Heart disease and stroke are the first and fourth leading causes of death in the United States. Heart disease is responsible for 1 in 4 deaths in the country. Million Hearts® is a national initiative that has set an ambitious goal to prevent one million heart attacks and strokes by 2017. The impact will be even greater over time.



The Million Hearts® curriculum, offered by Ohio State University Extension Family and Consumer Sciences, assists individuals in understanding how to reduce their cardiovascular risk factors and make healthy behavior changes through a series of three hands-on classes.

The goals of this program are to:

- Prevent cardiovascular disease and reduce risks within communities across the state of Ohio
- Increase screenings for cardiovascular disease
- Provide educational information on reducing cardiovascular risk and preventative lifestyle modifications
- Provide referrals to health care providers

millionhearts.osu.edu
millionhearts.hhs.gov



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Supplemental Nutrition Assistance Program Education

Ohio State University Extension Family and Consumer Sciences' Supplemental Nutrition Assistance Program Education (SNAP-Ed) helps low-income individuals and families in Ohio:

- Make healthy food choices on a limited budget
- Increase healthy eating behaviors
- Use resources to stretch their food dollars
- Be physically active



SNAP-Ed is delivered in a variety of settings and provides hands-on, interactive learning experiences for program participants. Family and Consumer Sciences SNAP-Ed nutrition staff use evidence-based lesson plans to deliver the most current information related to nutrition, physical activity and food resource management.

Each year, SNAP-Ed reaches more than 80,000 low-income adults and youth through programs that focus on healthy eating, food resource management and physical activity. As a result of SNAP-Ed programs, participants report eating more fruits and vegetables, feeling more food secure and being more physically active.

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Mindful Extension

Ohio State University Extension Family and Consumer Sciences recognizes that, across the United States, 75% of health care expenditures (\$1.87 trillion) go toward the treatment of chronic diseases such as diabetes, heart disease, high blood pressure and cancer. Stress is related to many of these chronic illnesses and accounts for 60–90% of all physician visits.

Mindful Extension: A Guide to Practical Stress Reduction Strategies is a pragmatic, four-week program developed by The Ohio State University College of Medicine and offered by Family and Consumer Sciences. It can be used in the workplace to reduce daily stress and increase productivity.

During the program, participants learn the principles of mindful awareness and mindfulness as a group, as well as a daily 20-minute guided practice.



The content and structure of each weekly session emphasizes bodily relaxation with soft background music, preceding a discussion of mindful awareness of cognitive habits. The movements and breathing exercises learned in the program are simple and can be practiced daily. The yoga movements and music are meant to facilitate participants' ability to become aware of the life they are living so that they may respond to stress in a more effective manner.

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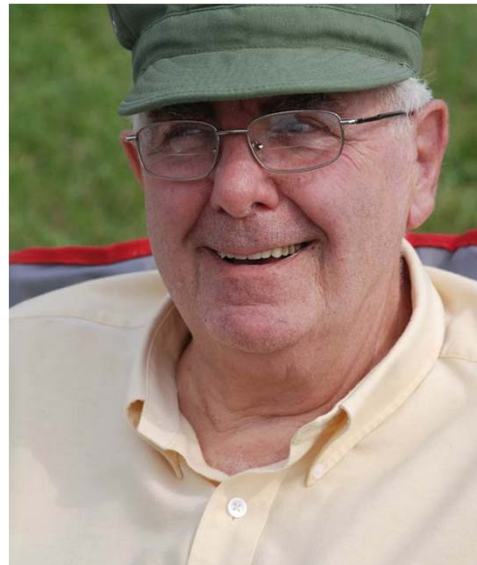
Older Wiser Learners Series

By the year 2030, it is estimated that individuals over the age of 65 will account for 21% of the population. As the percentage of the United States population over the age of 65 continues to increase, so do the issues unique to that generation.

Older Wiser Learners Series (OWLS) is a four-week program conducted by Ohio State University Extension Family and Consumer Sciences. The program is focused on the unique needs of individuals over the age of 65.

In the program, participants learn about:

- Making their homes more accessible to allow for “aging in place”
- Practicing proper nutrition
- Cooking and shopping for one or two
- Maintaining personal safety and identifying scams
- Communicating end-of-life issues with family members



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Parent Education

The goal of parenthood is to raise healthy and competent children who are prepared to meet the challenges of life. But because infants, children and teenagers do not come with a user's manual, parents often turn to parent education experts and programs for tips and guidance on best practices.



Whether parents need information related to fatherhood, incarcerated parents, developmental milestones or parenting support, Ohio State University Extension Family and Consumer Sciences offers research-informed parent education programs that fit a variety of needs. Although formats vary, programs are typically conducted as multisession series during which instructors meet with parenting groups over the course of several weeks.

Family and Consumer Sciences' parent education programs cover the following topics, to name a few:

- Nurturing children's growth and development
- Providing guidance and setting boundaries
- Disciplining age-appropriately
- Spending meaningful time with children
- Communicating healthfully with children

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Successful Co-Parenting

Ohio State University Extension Family and Consumer Sciences recognizes that when parents divorce, the children often pay the highest price. Of the approximately 40,000 marriages that break up in Ohio each year, more than 45% involve minor children.



Family and Consumer Sciences' Successful Co-Parenting is a two- to three-hour class designed to equip parents with the knowledge, skills, tools, awareness and strategies to help their children adjust to divorce now and in the future. After the class, 92% of participants reported that they learned new information, and 89% reported that they felt more prepared to co-parent as a result of the program.

In Successful Co-Parenting, participants learn the importance of:

- maintaining a healthy parent-child relationship, critical to their child's development, through the divorce process
- maintaining their own emotional health as they cope with their own grief and loss during the divorce process
- avoiding conflict with their co-parent
- communicating healthfully with their child and their co-parent

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Universal Design

Ohio State University Extension Family and Consumer Sciences recognizes the need to make housing accessible and useable for people of all ages and abilities. Universal Design, a collaborative project involving multiple partners including Family and Consumer Sciences, employs architecture and design to create user-friendly homes in an attractive, seamless way to meet the needs of a variety of ages and abilities.



Universal Design is all about helping people recognize the variety of possibilities available to them so that they can select solutions that work for their family, friends and neighbors. Tours at the Universal Design permanent exhibit can be arranged in spring and fall.

Aside from Family and Consumer Sciences, the following partners have teamed to offer Universal Design:

- The Ohio State University
- The Ohio State University Wexner Medical Center
- Columbus State Community College
- Central Ohio Area Agency on Aging
- Community members including builders, home improvement stores, appliance dealers and others

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