

Quantity Discounts Available

Search by Product Code at [estore.osu-extension.org](http://estore.osu-extension.org)

## Healthy People

### Dining With Diabetes Grocery Store DVD



**Product Code: DDGS Price: \$25.00**

The Dining with Diabetes: A Shopping Cart Tour takes viewers through the grocery store aisles with an emphasis on healthy eating. It is divided into three segments: - Carbohydrates - Low-fat & low sodium options - Vitamins, minerals and fiber Extension professionals stress perimeter shopping and reading nutrition facts labels; they discuss the Dietary Guidelines and acquaint viewers with the plate method. Entire video is approximately 11 minutes. DVD also has a three-segment version (Carbohydrates, Low-fat & low sodium options, & Vitamins, minerals and fiber) with each segment approximately 5 minutes in length.



### Keep Food Safe (English and Spanish Curriculum)

**Product Code: KFSS Pages: 420 Price: \$38.00**

This curriculum provides accurate and proven planning methods for teaching volunteers and trainers in quantity food production. Five independent lessons are presented in two formats: five-minute mini lessons and full format lessons. Spanish and English versions are included.



### Keep Food Safe: A Complete Curriculum to Help Home Cooks Prepare Food Safely (Publication/CD)

**Product Code: 904 Pages: 119 Price: \$37.25**

The overall goal of this curriculum is to provide food safety information and instruction for people who prepare food at home. The lessons are: Planning and Purchasing Safe Food, Storing Food Supplies Safely, Preparing Food, Serving and Storing Prepared Food, and Handling Leftovers. The lessons are based on the principles of the Hazard Analysis and Critical Control Point system, endorsed by the U.S. Dept. of Agriculture. The materials include easily printable lesson plans, handouts, overheads, and activity sheets.



### Safe Food Handling for Occasional Quantity Cooks (CD)

**Product Code: 922 Price: \$62.50**

This teaching curriculum is designed to benefit the volunteers who help in one-time or short-term quantity food production situations. The CD includes lesson plans, handouts, mini-posters, and PowerPoint presentations. Topics include: food safety, planning and purchasing food for an event, storing food supplies, preparing food, holding and serving cooked food, and handling leftovers. The curriculum uses the Hazard Analysis and Critical Control Point approach for learning safe food handling, endorsed by the U.S. Dept. of Agriculture.



### Universal Design

**Product Code: UNID1 Price: \$10.00**

Universal Design is a holistic approach to the design of products and environments that are functional, attractive, convenient, and support independence for people of all ages and abilities. This 22 minute (apx.) DVD provides an introduction to Universal Design elements, discusses how Universal Design features are helpful and appropriate for all members of your family, and highlights examples of Universal Design features in a kitchen and bathroom.

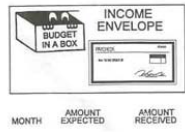
## Healthy Finances



### Budget in a Box Booklet

Product Code: **HEMG4** Pages: 128 Price: **\$9.00**

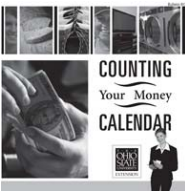
The Budget in a Box Booklet is an "envelope system" to track where your money goes. Easy instructions are included and simple checklists act as "lessons" to teach how to increase your income, save on food and clothing costs, and track spending. This booklet should be used with HEMG3, "Budget in a Box Envelopes." The 8 1/2 x 3 1/2 inch booklet and envelopes fit easily into a shoebox for storage.



### Budget in a Box Envelopes (Set of 28)

Product Code: **HEMG3** Pages: 28 Price: **\$3.50**

This set of envelopes is to be used in conjunction with HEMG4, Budget in a Box Booklet. The business size envelopes are pre-printed with categories and instructional information.



### Counting Your Money Calendar

Product Code: **917** Pages: 26 Price: **\$2.50**

Counting Your Money Calendar is a twelve-month calendar budgeting system with easy to use worksheets and instructions. The calendar is written in an easy to understand language, and is a great tool for budget beginners. Also included are instructions on how to use the calendar, a short list of definitions, and short money management lessons with worksheets. The publication measures approximately 8 1/2 x 11 inches.



### Home Account Book

Product Code: **723** Pages: 37 Price: **\$6.25**

This bulletin serves as a convenient household record-keeping booklet for organizing income, expenses, and net worth worksheets. It has the capacity to hold twelve months of detailed records. Instructions and helpful hints are also included.



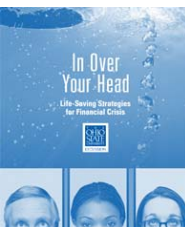
### Homebuyer's Guide

Product Code: **946** Price: **\$9.75**

This concise, current publication guides homebuyers through the homeownership process. This brand new guide is based on the National Industry Standards for Homeownership Education and includes chapters on assessing home readiness, money for housing, making an offer on a home, selecting a mortgage, closing the deal, and successful homeownership.

**Chaptered PDF Version** for your Kindle, iPad & Nook!

Product Code: **e946** Price: **\$5.00**



### In Over Your Head: Life-Saving Strategies for Financial Crisis

Product Code: **891** Pages: 35 Price: **\$6.75**

"In Over Your Head" is a must for families who need to gain control over their finances. After walking you through basic steps for responsible money management, this bulletin offers common-sense, practical approaches to dealing with debt and debt collectors; designing a self-directed repayment plan that makes sense for you (including how to use "power payments" to reduce debt as quickly as possible); using credit counseling services as well as consolidation and other repayment strategies wisely; and how to determine if filing for bankruptcy is the right answer. If you feel like you are in over your head, you can help yourself get above water again by using this bulletin to learn how to deal with your situation responsibly.

## Healthy Finances (continued)

### Making Your Money Work



**Product Code: CFS679** Pages: 42 Price: **\$6.50**

Provided in this guide is text and a workbook for financial literacy that teaches money basics in very easy-to-understand language. Practical worksheets and activities reinforce learning experiences. Some of the topics discussed are Goal Setting, Everyday Spending, Making Expense Categories, Feelings and Money, Credit Repayment, Progress Check, and Keeping Important Papers.

### Master Money Mentor Program Training Manual (CD)



**Product Code: 928** Price: **\$65.00**

This training manual is designed to prepare Master Money Mentors to serve as volunteer coaches and guides in working effectively with people who have financial concerns. Mentors help individuals and families improve their financial well being by learning skills for developing a personal spending plan. This plan allows one to pay monthly needs, set aside money for occasional expenses, and save money for emergencies and future financial goals.

### Ohio Direction Card Record



**Product Code: SSC** Pages: 32 Price: **\$2.00**

Ohio Direction Card Record – a tool for individuals to track their Ohio Direction Card (Food Assistance Benefits/Food Stamps) usage and balance. It is designed in a checkbook register format. It can be purchased separately or with a companion piece, the Smart Shopper's Price Book and a convenient plastic holder. Both companion items are available via e-stores.



### Plastic Cover for Smart Shopper's & Ohio Direction Card

**Product Code: SSPC** Price: **\$1.00**

Plastic Checkbook Cover for Ohio Direction Card Record (SSC) and Smart Shopper's Price Book (SSP)

### Smart Shopper's Price Book

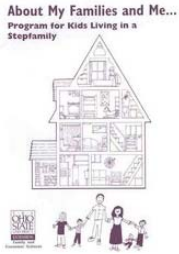


**Product Code: SSP** Pages: 20 Price: **\$2.00**

Smart Shopper's Price Book – a tool for individuals who want to track and compare prices of items at various grocery stores in order to make the best use of their food dollars. It is designed in a checkbook register format. It can be purchased separately or with a companion piece, the Ohio Direction Card Record and a convenient plastic holder. Both companion items are also available via e-stores.

## Healthy Relationships

### About My Families and Me: Program for Kids Living in a Stepfamily



**Product Code: 886 Pages: 200 Price: \$140.00**

"About My Families and Me" is a curriculum for an after-school program for children who live in stepfamilies. It is designed to be conducted for children in grades 3 through 6. The overall goal of the program is to strengthen the understanding of stepfamily relationships and create a positive image of the blended family for children. The curriculum provides gaming simulations to help children understand and appreciate step or blended families. Games include: "Family Tree," "My Houses," "Feelings Bingo," "What Love Feels Like," and "About My Families and Me Scrapbook." The curriculum packet includes a 20-page curriculum guidebook, an 80-page "About My Families and Me Scrapbook" (a spiral-bound copy for the instructor and a loose-leaf copy that can be photocopied for each participant), and 16 laminated sheets and 4 posters for use with the games.



### Fit 2B Fathers

**Product Code: F2BF Price: \$350.00**

Fit 2-B FATHERS is an educational curriculum for incarcerated men. The goal is to foster strategies, skills, and attitudes necessary for the post-release success of the men, as well as their children, families, and communities.



### Home and Away: Keeping it Together While You're Apart

**Product Code: HY5186 Price: \$7.50**

This bulletin was designed for people whose jobs require extended time away from home (example: truck drivers, airline workers, National Guard members, etc.). This set of 18 factsheets provides quick, easy, and practical tips for keeping the family connected while apart. Topics discussed include health, money and time management, family relationships, and parenting.

**COLLEGE OF EDUCATION AND HUMAN ECOLOGY**

**COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES**



**THE OHIO STATE UNIVERSITY**

#### Family and Consumer Sciences

381 Campbell Hall  
1787 Neil Avenue  
Columbus, OH 43210  
Phone: 614-688-5378  
Fax: 614-292-7478

email: [fcs@osu.edu](mailto:fcs@osu.edu)

Visit us online at: [fcs.osu.edu](http://fcs.osu.edu)

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