

FAMILY AND CONSUMER SCIENCES

eCONNECTION

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CFAES Extension

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Program Coordinators **Beth Hustead** and **Alaina Niebauer** were recently awarded a 2016 Staff Career Development Grant. The grant will fund the entire FCS Community Nutrition Program state team's participation in professional development seminars

offered through the OSU Leadership Center.

Beth said they will participate in the StrengthsFinder workshop and its

companion, Applying Your Strengths at

Work. The Staff Career Development Grant Program is administered by the Office of

Human Resources in partnership with the University Staff Advisory Committee (USAC). Congratulations, Beth and Alaina.

**FCS All Programs Conference**

The 2016 FCS All Programs Conference is next week, October 26-27, at the Crowne Plaza, Dublin. The theme is *Foundation - Balance - Trust*. Conference details are posted at fcs.osu.edu.

Bucks for Charity

The OSU Bucks for Charity 2016 drive is now underway

Dining with Diabetes

EFNEP

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Extension

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Grants and Contracts

Live Smart Ohio

Ohio 4-H Center

Outreach and Engagement

Policy and Procedures

Real Money. Real World.

SNAP-Ed

Successful Co-Parenting

Universal Design

CONTACT US

eCONNECTION accepts news and events relevant to FCS. Publication dates are the second/third Wednesday of each month. The news submission deadline is the Monday before publication date. [Submit Info](#)

TIP OF THE DAY

OSU Health Plan Providers.

Covered under the OSU Health Plan? To see if a potential provider is in the OSU network, visit osuhealthplan.com and click the Red Find a Provider tab at top of page.

and will wrap up on November 30. Bucks for Charity is an important partnership between Ohio State and its surrounding communities. It helps support the work and programs of central Ohio environmental, health, and human services charities.

Individuals may support preferred charities through one-time contributions (cash or check) or through payroll deduction pledges. Please review the Bucks for Charity Resource Guide for information about participating federations and their respective member agencies at hr.osu.edu/wp-content/uploads/2016-resource-guide.pdf

Read more at hr.osu.edu/bucks-for-charity

SNEB Award

During a recent Society for Nutrition Education and Behavior (SNEB) annual conference in San Diego, **Maria Carmen Lambea**, Ohio EFNEP director, received the Journal of Nutrition Education and Behavior Best Article Award for the article, *Outcome Effectiveness of the Widely Adopted EFNEP Curriculum Eating Smart - Being Active*. She co-authored the article with Garry Auld, Susan Baker, Lisa Conway and Jamie Dollahite.



My 2017 Calendar

Download and print your own **My 2017 Calendar**. The handy one page calendar highlights important Ohio State academic dates, university holidays and other *US* holidays and observances. Code is also available to stay up-to-date on the go ([ICAL](#) or [HTML](#)) for your smartphone or online calendar. A PDF of the printed calendar is available at fcs.osu.edu

Open Enrollment Begins Nov. 1

Open Enrollment is your annual opportunity to review Ohio State sponsored health plans, flexible spending accounts and dependent life insurance. It runs from November 1-15. Everything you need to know for your 2017 benefits year is at hr.osu.edu/oe



OHteens4Health - Health Summit by Youth, for Youth

Do you know any youth interested in health-related issues affecting their peers? Ohio 4-H Healthy Living is holding its first annual OHteens4Health Summit on November 12. The health summit targets youth ages 9-19 and adults who work with them. We are encouraging youth to come in groups led by an adult. Presentation topics include sleep advocacy, positive relationships, mental health, foods that heal, inspiring physical activities, driving safety and more.

The event is November 12 from 10 a.m. to 3:30 p.m. at the Nationwide and Ohio Farm Bureau 4-H Center. The \$35 registration fee includes meals and materials. Youth do not have to be in 4-H.

For details, visit fcs.osu.edu/events/ohteens4health or contact **Amy Fovargue** at fovargue.1@osu.edu

Take the Ohio F2S Apple Crunch Challenge

Show your enthusiasm for local foods in schools by gathering with students, friends, or colleagues to bite into a fresh, Ohio-grown apple and post the photos of your Crunch event on the Ohio Farm to School Facebook page at facebook.com/OhioFarm2School

Dining with Diabetes

Licking County Educator **Shari Gallup** was featured in the September/October issue of *Community Connection*, Licking Memorial Health Systems, for a recent Dining with Diabetes program.



Farm to School Month

October is Farm to School month and it's celebrated to promote connections between schools and local food. The Farm to School Month website, farmtoschoolmonth.org, offers fact sheets, posters, communications toolkit and a calendar full of things you can do to be part of farm to school all month long and more!

FCS Healthy Team News

Healthy People Update

- **LSO Training.** The 2016 Live Smart Ohio Training is November 16 from 9:30 a.m. to 3 p.m. The training will be held in the Media Room at the 4-H Center on campus. It will cover important updates in LSO scheduling and posting in 2017. CFAES Social Media Specialist Mitch Moser will chat on effective social media use in counties and FCS Field Specialist Jim Bates will provide and easily finding research-based sources.
- **Healthy People Team Meeting:** On October 20 at 10 a.m., the fall, In-person Healthy People Team Meeting will be held at the 4-H Center on OSU Campus.
- ***Please bring your list of Food Preservation Questions to the FCS Conference this month.***
Note food preservation questions that are frequently asked and bring the log to the FCS Conference. *The Food Preservation Team will use this list of questions to create an FAQ sheet that all Educators can use to answer common food preservation questions across the state.*
- An updated ***Dining with Diabetes, Beyond the Kitchen*** online course is now available for Educators to promote in their counties. This online diabetes education program teaches participants diabetes management skills; as well as how to make smart choices when planning meals, eating out, or grocery shopping. To view the online course, visit go.osu.edu/DWD_BTK. Promotional materials for the program are available on the FCS Professional page at go.osu.edu/Prof_DWD. To access these items, you must be signed in on the professional's site.
- **TAP Resources** for successfully implementing the Training Achievement Program (TAP) in your counties is available in an open-access BuckeyeBox at go.osu.edu/TAP_Materials
- **TAP Exam Dates** from across the counties are now listed on the public FCS website underneath Food Safety -> Training Achievement Program

Healthy Finances Update

- Contact **Amanda Woods** (woods.485) for details regarding Healthy Finances.

In the News

Presentations

During the July 30 - August 2 Society for Nutrition Education and Behavior (SNEB) conference in San Diego, **Carol Smathers**, field specialist for youth nutrition and wellness, presented *Childhood Obesity Prevention Research through a Community Context*; Smathers and **Jennifer Lobb**, research associate on a childhood obesity prevention project, presented *Using Policy Systems and Environmental Change (PSE) Interventions to Build Healthy Communities*; **Dan Remley**, field specialist for family nutrition and wellness, presented *Food Insecurity: Double Burden of Malnutrition*.



Michael Betz, state specialist for Family Policy, appeared on The Matt Townsend Show on September 9 discussing his research titled "Smart cities and attracting knowledge workers: Which cities attract highly-educated workers in the 21st

century?" Listen to the program [here](#) and see the abstract/article [here](#).

Publications

Irene Hatsu, state specialist for food security, was quoted in [CFAES Chow Line: New Strategies to Combat Peanut Allergies](#) (October 14, 2016).

Sanja Ilic, state specialist for food safety, was quoted in [CFAES Chow Line: Study: It's Best Not to Test Five Second Rule](#) (September 30 2016).

Dan Remley, field specialist for family nutrition and wellness, was quoted in [CFAES Chow Line: Yogurt: So Many Choices, Lots to Like](#) (October 7, 2016).

Carol Smathers, field specialist for youth nutrition and wellness, was quoted in [CFAES Chow Line: Ohio Farm to School Workshop Set for October, November](#) (September 20, 2016); [Kids Not Eating Fruit? Try Cutting, Slicing It](#) (September 12, 2016).

Pat Brinkman, Fayette County Extension Educator, will have her article, Million Hearts: Key to Collaboration to Reduce Heart Disease (*JOE* ID 15075IAW), published in

the October 26 issue of the *Journal of Extension* (JOE)
<https://joe.org>

Personnel Comings and Goings

Recent hires. **Brandy Beirise**, SNAP-Ed program assistant, Miami County; **Danielle Combs**, SNAP-Ed program assistant, Clermont County; **Tanner Cooper-Risser**, SNAP-Ed program assistant, Knox County; **Zoe Fawcett**, EFNEP research assistant, Campbell Hall; **Sara Kroll**, SNAP-Ed program assistant, Wyandot County; **Katie Lorentz**, SNAP-Ed program assistant, Miami County; **Susan Snyder**, EFNEP program assistant, Lucas County.

Retirement. Belmont Count Extension Educator **Polly Loy** is retiring October 31 after 25 years with Ohio State Extension. A retirement open house is planned for November 3, 3 to 6 p.m. at the Belmont County Extension Office, 101 North Market Street, St. Clairsville, OH.

Recent FCS Fact Sheet Publications

How to Read the Nutrition Facts Label,

ohioline.osu.edu/factsheet/hyg-5586

Freezing Basics, ohioline.osu.edu/factsheet/hyg-5341

MyPlate-Guided Rainbow of Colors Choice System for Food Pantry Staff and Volunteers,

ohioline.osu.edu/factsheet/hyg-5585

Upcoming Events

Healthy People In-Service

- October 20, 10 a.m. to 3:30 p.m., 4-H Center, Columbus

FCS All Program Conference

- October 26-27, Crowne Plaza Hotel, Dublin. Details: fcs.osu.edu

Cooking Matters Training

- November 14-15, Mid-Ohio Foodbank. Details: brandenburg.51

LSO Training

- November 16, Live Smart Ohio blog author training, will be held 9:30 a.m. to 4:30 p.m. in the Media Room of the 4-H Center, Columbus

All Extension Annual Conference

- December 6-7, Ohio Union. Details go.osu.edu/2016EAC



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