

Ottawa County FCS Programs



EXTENSION

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Listed below are various lesson topics that can be provided to your group. Lessons are typically designed to last an hour, but most can be adjusted to fit your needs. If you have other topics you are looking for a lesson on, just ask, we might be able to put together a lesson for you. Most are provided free of charge.

Health and Hunger Programs

- **Honey & Beekeeping** – Basics on the importance of bees to our society and the benefits honey provides.
- **Cooking for One (or Two)** - Learn tips and tricks to cook healthy home-made meals for one or two.
- **Dig In! Gardening Curriculum** - 10 lessons that allow students to explore fruits and vegetables through education about growing, harvesting, and tasting (youth grades 5-6).
- **Dehydrating Foods** – Learn how to preserve various foods through dehydration.
- **Discover MyPlate** - Educates children about nutrition and encourages them to make healthy food choices and be active (kindergarten/youth). Can be adapted to all age groups.
- **Empowering Older Adults with Assistive Technology to Shop, Cook & Eat** - Participants learn about older adult nutrition and assistive technology devices which can help them shop, cook, and eat.
- **Food Pantry Curriculum** – 16 different lessons are offered and can be taught as a series or individual lessons. Topics: Build a Healthy Eating Style; MyPlate Plan; Vegetables; Fruits; Grains; Dairy; Protein Foods; Oils; Saturated Fats, Sodium, and Added Sugars; Beverages; Eating Healthy on A Budget – Planning Healthy Meals; Eating Healthy on a Budget – Stretching Your Food Dollar; Eating Healthy on a Budget – Family Mealtime; Eating Healthy on a Budget – Food Safety; Eating Healthy on a Budget – Reducing Food Waste; Healthy Food Pantry Donations
- **Food Preparation** – Various classes that teach food preparation skills. Lessons can focus on specific items such as breads, pie making, dutch oven cooking, following a recipe, basic cooking skills, ice cream in a bag, etc.
- **Food Safety for Seniors** - Seniors learn how to make changes to reduce their risk of food-borne illnesses.
- **Grow it, Try it, Like it** - garden-themed nutrition education to introduce children to peaches, strawberries, cantaloupe, spinach, sweet potatoes, and crookneck squash (preschool youth).
- **Home Food Preservation** - Learn to safely preserve food at home. Sessions may include home canning, freezing, soft spreads, salsa, dehydration, pickling, and even how canned foods are judged at local events.
- **Journey Through Health** - Participants learn about the role of nutrition, physical activity, and food safety throughout the body. Overview or Specific lessons on eyes, mouth, intestines, heart and blood vessels, muscles, bones, pancreas, kidneys, immune system, and brain.
- **Keys to Embrace Aging** - Introduces and reinforces 12 healthy and safe lifestyle practices that influence optimal aging. This interactive program utilizes funding from centenarian studies to help you grow old gracefully, successfully, with increased longevity. Topics: Brain Activity, Eating Smart, Financial Affairs, Know Your Health Numbers, Physical Activity, Positive Attitude, Practice Being Safe, Sleep, Social Activity, Stress Management, Taking Time for You.
- **Live Well, Eat Well, be Active with Diabetes (LEAD)** - Participants learn how to live well, eat well, and be active with type 2 diabetes. 4 – 2 hour sessions
- **Nutrition for Older Adults** - Participants learn about nutrition in aging and overcoming factors which may affect nutrition status.
- **Recipe Modification Workshop** - You may have some nutrition goals in mind, but not knowing how to change your recipes to make that work. Learn how to modify recipes to improve their nutrition profile by reducing nutrients you want to limit and/or increase those you want to eat more of.
- **Sitting Exercises** – Exercises that can be beneficial to your health that you can do while sitting in a chair.
- **Sugar in Drinks** – Not all drinks are as healthy as the ads make them out to be. Discover how much sugar is really in many of our drinks.

- **Teen Cuisine** - A hands on cooking program that teaches students in grades 6-12 important life skills for eating smart while practicing food preparation skills, choosing healthy foods and preventing food borne illness. With cooking demonstrations in each lesson, teens learn by doing.

Safety & Environment Programs

- **Arthritis Foundation Exercise Program** - A recreational group exercise program that includes a variety of exercises that can be performed sitting, standing, or lying on the floor.
- **Emergency Preparedness** - Designed to help consumers understand the connection between being prepared and survival during and after an emergency. The content focuses on simple low and no-cost actions that individuals and families can take to be prepared.
- **Identity Theft, Frauds and Scams** – While identity theft can happen to anyone, there are some things you can do to reduce your risk.
- **Integrated Pest Management** - The integrated pest management (IPM) curriculum provides information about how to reduce pest risk. The IPM program focuses mainly on bed bugs which are a significant pest, can build up in large numbers before they are noticed, and are difficult to eliminate from the home.

Family & Child Resilience Programs

- **Active Parenting** - responsive parenting to promote positive parent-child relationships and communication plus non-punitive discipline to prevent child abuse and neglect and help children avoid risky behavior and be successful in school and relationships. Programs include First Five Years; School Age (5-12); Teens.
- **Prepare to Care/Caregiving Education** - Out of the millions of family caregivers, over 80% say they do not have enough information to successfully take care of someone. The Caregiving Education program attempts to close that gap through education families on six areas: introduction to caregiving (what is caregiving, available resources), home safety, maintaining healthy relationships with your loved one and other family members, proper nutrition, finances, and prevention of elder abuse and exploitation.
- **Character Critters** - A story and activity approach to teaching character to preschool and kindergarten children. The program teaches six concepts of character: responsibility, trustworthiness, respect, caring, fairness, and citizenship.
- **Co-Parenting for Resilience** - Evidence based program that helps divorcing or separating parents reduce the negative impacts of divorce on their children. Fulfills the Oklahoma state-mandated requirement for 4 hour divorce education. Available in English and Spanish.

Finance & Job Readiness Programs

- **Barn Quilts** – Learn the history and significance of barn quilts. We can provide the lesson and show examples of barn quilts only or also allow participants to make their own barn quilt. This would require a small fee to cover supply costs and would require 3 or more hours to complete.
- **Building Wealth** - An interactive curriculum produced by the Federal Reserve Bank of Dallas. This is a personal finance education resource that presents an overview of wealth-building strategies for students, teens and adults.
- **Check & Balance** - A series of 7 lessons on money management skills for public or bogus check writers.
- **Dollar Decisions** - 2 lessons on general budgeting skills, tracking expenses and making ends meet.
- **It's Your Paycheck** - Lessons for high school students on budgeting, saving, credit reports, interest, and rent-to-own with activities and games to make learning about finances fun.
- **Job Readiness Skills** - Offers lessons on why work, job interests, job skills, job plans, resumes, applications, interviews, work habits and more to prepare people for the workforce.
- **Pathways to Success** - Basic life skills for low income earners, making successful life choices, interviewing skills, car care, budgeting and bill paying. Poverty Simulations - Interactive simulation game that helps communities learn what it is like to live in poverty and how to fight hunger in Oklahoma.
- **PRIDE Program** - Improving customer service to increase business and tourism.
- **Reality Check** - Interactive simulation game that help young people learn the difficulty of making choices to stay within a budget.

Miscellaneous Topics

- **Stars and Stripes** – the history of the American Flag and proper etiquette for displaying the American Flag.
- **What Shoe Are You?** - Fun way to identify your temperament.
- **Leadership and Team Building**