

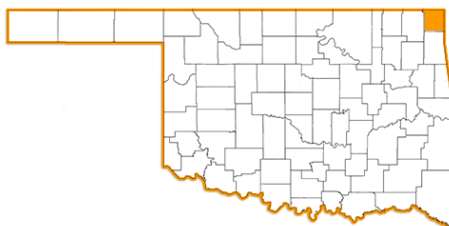
For us, it's personal

Oklahoma Cooperative Extension Service county educators and area, district and state specialists develop science-based educational programs to help Oklahomans solve local issues and concerns, promote leadership and manage resources wisely. Programs focus on:

- Increasing opportunities for agricultural enterprises
- Natural resources and environmental management
- Food, nutrition, health and safety education
- Youth, family and community development

The Oklahoma State University Cooperative Extension Service offers its programs to all eligible persons regardless of age, race, color, religion, sex, sexual orientation, genetic information, gender identity, national origin, disability, marital or veteran status, or any other legally protected status. OCES provides equal opportunities in programs and employment.

If you are interested in taking a class or scheduling a presentation, contact the Ottawa County Extension Office .



Family & Consumer Sciences



Family & Consumer Sciences



Ottawa County
OSU Cooperative Extension



Bringing the University to You.

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Active Parenting (Birth-Age 5, Ages 5-12, Teens) – Parenting program for parents of children at different ages. All programs include information on discipline, communication, school readiness/school success, and parents’ self-care and stress management.

Caregiving Education – A comprehensive program to train family Caregivers – those with the critical responsibility of caring for aging or frail loved ones. Topics include learning about navigating the service system for older adults and understanding laws, home safety, nutrition, exploitation and abuse, and pre-planning one’s own care. Focus is on practical information and solutions for each step.

Check & Balance – A money management program designed for mandated bogus check writer’s classes and other people who would benefit from a basic money management class. Topics covered include: Money Management Basics, Money Management Tools, Tracking, Balancing and Reconciling, Pennies Make Dollars (Saving), Using Credit, Credit Reporting and Scores, and Risk Management (Insurance).

Co-Parenting for Resilience – for parents who are legally separating to increase collaborative parenting and decrease the negative impact of divorce and separation on children.

Emergency Preparedness - Living in Oklahoma often means dealing with natural disasters. This program explores resource for keeping your family safe and prepared for emergencies

Empowering Older Adults with Assistive Technology to Shop, Cook & Eat – Increase awareness and explore resources and assistive devices to help adults with everyday tasks.

Food Preservation – Hands-on workshops for canning, freezing and/or dehydration.

Food Safety Basics - Safe steps in food handling, cooking, and storage are essential to prevent foodborne illness. Program can be focused to specific audiences – seniors, food servers, youth.

Grow it, Try it, Like it! - Nutrition Education featuring MyPlate is a garden-themed nutrition education program for child care facilities that introduces children to fruits and vegetables.

Job Skills – Lessons to help with applying for a job, preparing a resume, completing a job application, interviews

Live well, Eat well, be Active with Diabetes - Have you or one of your family members been diagnosed with Type 2 Diabetes? Diet and physical activity can be used to control Type 2 Diabetes in some cases. Learn how to live well, eat well, be physically active with diabetes.

Master Gardener - The Oklahoma Master Gardener Program is a volunteer training program that covers all aspects of gardening. After classroom training, program participants are involved in an internship program of volunteer services.

Overcoming Obstacles - Life Skills Program teaches youth communication, decision making and goal setting skills that they need to be successful in life. Materials are available at the middle school and high school levels. The Overcoming Obstacles Life Skills program covers over 20 important topics including time management, problem solving, conflict resolution, study skills and self respect.

OrganWise Guys - A set of engaging characters that teach children about the importance of good nutrition, physical activity and overall healthy lifestyles with the goal of preventing childhood obesity.

Poverty Simulation – The simulation is not a game. It is an experience designed to help participants begin to understand what it might be like to live in a typical low income family trying to survive month to month.

PRIDE Program – Customer Service workshop. The Oklahoma PRIDE program teaches front-line employees quality customer service techniques and

helps them learn about highlights and tourist attractions in their area.

Reality Check - High School Financial Literacy program

Sewing Skills - basic skills for youth and adults

Welcome to the Real World - designed to help junior high and senior high youth learn more about career choices, money management, and preparation for their own financial future

Teen Cuisine - A curriculum used with middle and high-school aged youth to teach and encourage healthy eating behaviors and food preferences.

Walk with Ease - The Arthritis Foundation Walk With Ease program is an exercise program that can reduce pain and improve overall health. if you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.

What Shoe am I? Fun way to identify your temperament.

Yoga for Kids

Food and Nutrition Related:

Basic Cooking Skills

Basic Nutrition

Cooking for One or Two

Nutrition for Older Adults

Serving up MyPlate

Sugar in Drinks

Making Pie Crust

Bread Making (Bread in a Bag for Kids)

Milk in the Diet

Ice Cream in A Bag

Portion Control

Dutch Oven Cooking

Cast Iron Cooking