

Master Family & Consumer Sciences Volunteer Program



Welcome to Module 1, Lesson 4: Family & Consumer Sciences Core Programs. As a volunteer with Family & Consumer Sciences, your role will be to assist Cooperative Extension staff in strengthening families, farms, communities, and the economy through Extension Family & Consumer Sciences core programs. Although Extension's core Family & Consumer Sciences programs have grown and changed with the times, they fundamentally address the challenges of every day life. Extension uses the background and expertise of volunteers to address challenging and pressing issues that can affect people's lives, while creating understanding about the important connections between food, health, agriculture, people, and communities. This lesson will review Family & Consumer Sciences core programming.

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Lesson Objectives

After participation in this lesson, you will be able to:

- Identify the core program areas of Extension Family & Consumer Sciences
- Discuss the role and services of Extension Family & Consumer Sciences, and how they are relevant in today's society
- Identify how core program areas of Extension Family & Consumer Sciences are interrelated



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There are three objectives for this lesson. First, you will be able to identify core program areas in Extension Family & Consumer Sciences. Second, you will be able to discuss the role and services of Extension Family & Consumer Sciences in today's society. Third, you will identify how core areas of Extension Family & Consumer Sciences are interrelated.

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Characteristics of Family & Consumer Sciences Programs

- How is Family & Consumer Sciences programming different than other commercial social sources? (i.e., financial management assistance vs. consulting with a CPA)
- Research-based, non-biased programming



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When considering the services and support provided through Extension Family & Consumer Sciences programs, it is important to remember that the mission of Cooperative Extension is to provide people with the highest quality, research-based, non-biased educational programs and information at low or no cost. This separates Extension from many other services offered commercially.

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Extension Family & Consumer Sciences
Program Areas

- Rural Vitality
- Financial Capability
- Nutrition and Health Literacy
- Home Safety and Energy Efficiency
- Child and Family Resiliency
- Disaster Preparedness/Response



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In Module 1, Lesson 2, you reviewed the history of Family & Consumer Sciences. You learned that Extension Family & Consumer Sciences is about helping individuals and families make informed decisions that strengthen their families, their farms, their communities, and the economy through Cooperative Extension programs and outreach.

Take a moment to review these six areas of Extension Family & Consumer Sciences programming. The six areas include: Rural Vitality, Financial Capability, Nutrition and Health Literacy, Home Safety and Energy Efficiency, Child and Family Resiliency, and Disaster Preparedness/Response. While all these areas of Family & Consumer Sciences may not be offered in every state, they represent the broad societal challenges currently addressed because they impact us all and are interrelated. Consider each of these programmatic areas, and how their issues and challenges might impact local, state, national, or international communities. The next few slides explore each area individually.

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Rural Vitality

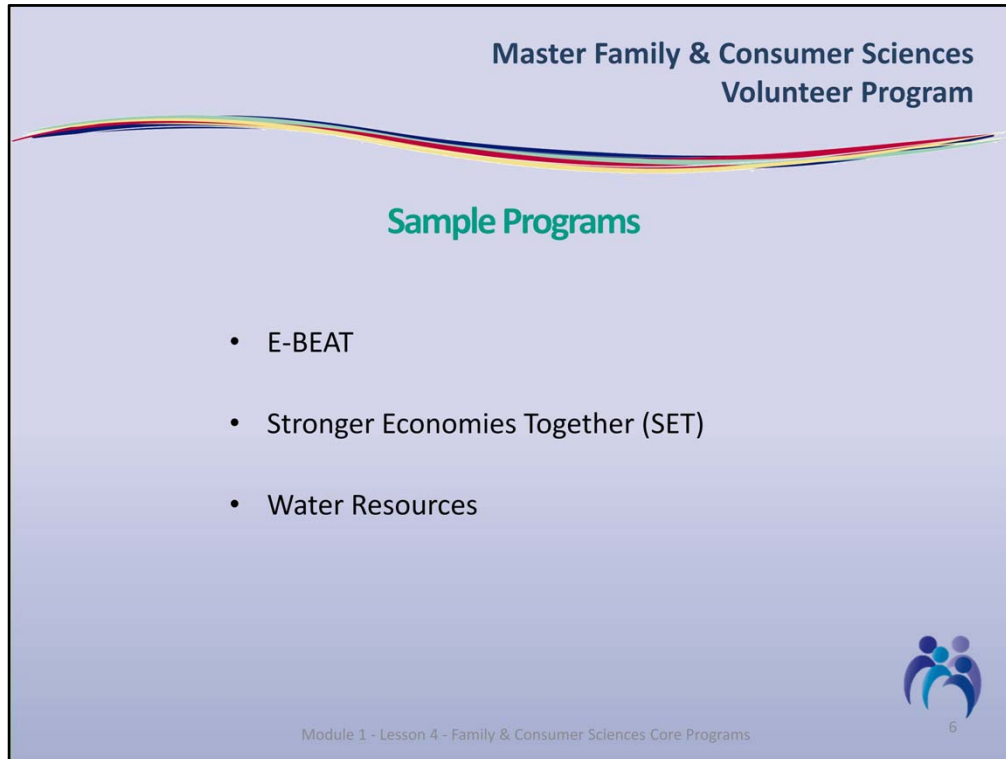
Rural and community development programs contribute to farm enterprise sustainability, regional rural development, community resource and economic development, and Extension risk management education. These programs increase rural vitality, and enhance prosperity and security for families, communities, farms, ranches, and businesses.



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Rural Vitality is a core area of Extension Family & Consumer Sciences. Rural and community development programs contribute to farm enterprise sustainability, regional rural development, community resource and economic development, and Extension risk management education. These programs increase rural vitality, and enhance prosperity and security for families, communities, farms, ranches, and businesses.



Some sample programs that can make a significant impact on rural vitality:

E-BEAT

Extension Broadband Education and Adoption team initiative, or E-BEAT, to help communities across the state gain access to broadband services. E-BEAT delivers a variety of programs that introduce internet applications to multiple audiences, including local government, community organizations, small businesses, and the public.

Stronger Economies Together (SET)

SET is designed to enable communities and counties in rural America to work together on a multi-county regional basis to develop an economic development plan that strategically builds on the current and emerging economic strengths of their region. Extension works through Rural Regional Development Centers to promote this work and Extension Family & Consumer Sciences educators and volunteers have opportunities to support these efforts at the local level.



Water Resources

Water has become an area of great interest in Extension education. Water resources, quality and human behavior around water use and conservation can be greatly impacted by Extension education and outreach. A growing number of Family & Consumer Sciences programs seek to address consumer water use and behavior.

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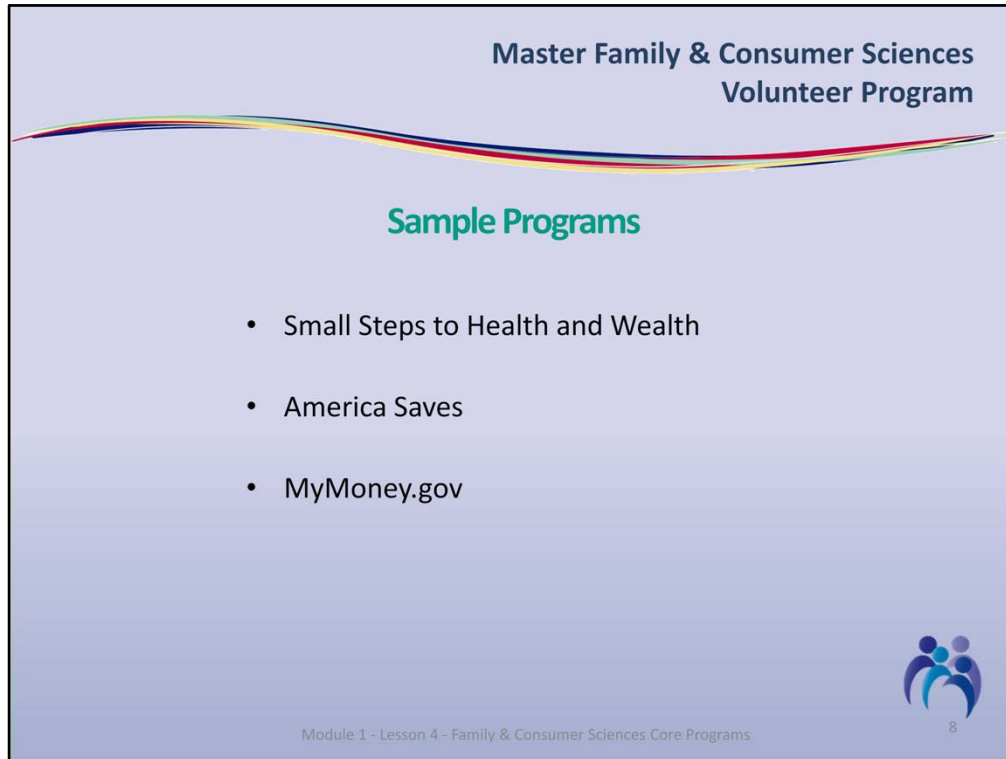
Financial Capability

Extension financial capability programs promote financial knowledge and understanding, skills and competence, and responsibility, which results in less economic strain on households, more financial resiliency, less risk of poverty spanning generations, and better overall individual and family financial outcomes.



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Financial Capability is another core area of Extension Family & Consumer Sciences. Extension Family & Consumer Sciences programs in this area focus on educating youth and families, financially vulnerable populations, and consumers that are making decisions throughout their lives. Next, here is a review of several Financial Capability programs that are offered around the country.



The Small Steps to Health and Wealth program encourages participants to make positive behavior changes in their health and personal finances. The Small Steps to Health and Wealth website includes fact sheets that describe linkages between health and personal finances and specific behavior change strategies for better health and increased wealth. Users can register online to set personal health and wealth goals and periodically report their progress. Additionally, there is a narrated PowerPoint presentation about improving health and increasing wealth, and a set of four downloadable posters that depict the savings made possible by changing personal habits.


America Saves is a national campaign involving more than 1,000 non-profit, government, and corporate groups and encourages individuals and families to save money and build personal wealth. America Saves provides free financial tools, savings services, and advice and resources that help Americans from every income level take the steps needed to take charge of their finances and manage money more effectively.

MyMoney.gov is a “one-stop shop” for Americans to find financial education information and resources.

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Nutrition & Health Literature

Extension nutrition, health and wellness programs focus on promoting health, preventing disease and disability, eliminating disparities, and improving quality of living through food and agricultural health and safety, access to health care and preventive services, and health in relation to the environment.



The logo for Choose MyPlate.gov features a white plate with a fork on the left. The plate is divided into four colored sections: red for Fruits, orange for Grains, green for Vegetables, and purple for Protein. A small blue circle labeled 'Dairy' is positioned to the right of the plate. Below the plate, the text 'ChooseMyPlate.gov' is written in a green, sans-serif font.

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A logo consisting of three stylized human figures in blue and purple, arranged in a circle.

Poor dietary choices and unhealthy lifestyles affect Americans at an unprecedented rate. Extension Family & Consumer Sciences programs in nutrition, health, and wellness help people to learn the basics of healthy eating and the benefits of healthy food choices. Educational programs also support food safety and food security education. These programs promote health, prevent disease and disability, eliminate disparities, improve quality of living through food and agricultural health and safety, access to health care and preventive services, and health in relation to the environment.

USDA's ChooseMyPlate Program illustrates the five food groups that are the building blocks for a healthy diet using a familiar image—a place setting for a meal—to provide dietary guidance to offset obesity and sedentary lifestyles. Through ChooseMyPlate, people are encouraged to consider what they put on their plate (or cup or bowl) before they eat a meal.

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Sample Programs

- Expanded Food and Nutrition Education Program (EFNEP)
- Supplemental Nutrition Assistance Program-Education (SNAP-Ed)
- Dining with Diabetes
- Food Safety & Servsafe
- National Center for Home Food Preservation



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Other examples of Extension Family & Consumer Sciences nutrition, health and wellness programs include the following:

Nationwide programs such the Expanded Food and Nutrition Education Program or EFNEP, help low income families improve nutrition for better health on a limited budget.

The SNAP-Ed Program, or Supplemental Nutrition Assistance Program – is a federal/state partnership that supports nutrition education for persons eligible for the Supplemental Nutrition Assistance Program (SNAP). Along with these two national programs, there are many regional, state, and local programs addressing nutrition, health and wellness.

The Dining with Diabetes Program deals with the high rates of diabetes across the United States. In this program, a registered dietitian or Certified Diabetes Educator leads discussions addressing important information people need to know in planning healthy meals, healthy food preparation, and physical activity to manage diabetes more effectively.

Extension nutrition, health and wellness programs also address food safety. Each year, there are approximately 76 million cases of foodborne illness, 350,000 hospitalizations, and 5,000 deaths because of food safety issues. Extension Family & Consumer Sciences programs are helping to reduce the incidence of foodborne illnesses and provide a safer food supply.

Servsafe is a food safety management certificate course conducted by Family & Consumer Sciences Extension in many states and provides the National Restaurant Association food safety curriculum for food service establishments.

Family & Consumer Sciences Extension has always been a leader in Food Preservation. A great resource for this work is the USDA-funded National Center for Home Food Preservation website, (<http://nchfp.uga.edu>).

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Home Safety & Energy Efficiency

Housing and community living programs identify issues, develop solutions, and share promising practices to promote sustainable housing initiatives, safe and affordable housing, air and water quality, and home energy efficiency.



<http://www.msuentensionhousing.org/healthy1.html>



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Housing is another core area of Extension Family & Consumer Sciences programs. Family & Consumer Sciences housing programs often incorporate environmental health related information. Typical housing programs involve: energy efficiency, weatherization and alternative energy; healthy home environments; home safety; drinking water quality; home disaster preparedness and response; waste minimization and pollution prevention; and special needs housing; accessibility and caregiving at home.

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Sample Programs

- Healthy Homes Partnership Program
- eXtension Home Energy CoP
- Energy Literacy - Exploring Energy Efficiency and Alternatives (E3A)



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The Healthy Homes Partnership builds upon the activities of the United States Department of Agriculture, National Institute of Food and Agriculture (USDA NIFA) and the United States Department of Housing and Urban Development (HUD) Office of Healthy Homes and Lead Hazard Control that address housing-based health and safety risks. Its network of state coordinators have partnered with state agencies, medical professionals, schools, and community groups to educate families on home health hazards. A number of resources have been produced to support this effort, including the Help Yourself to a Healthy Home booklet in five languages and Native American and Caribbean versions.



eXtension Home Energy CoP. The eXtension web site is organized into Communities of Practice (COP). Each COP includes articles, news, events, and frequently asked questions. The information comes from Land-Grant University System faculty and staff experts. It is based on unbiased research and undergoes peer review prior to publication. eXtension helps build networks and effectively delivers information and education about sustainability and other topics down to the county level, including decision-support tools and certification programs. In particular, the Home Energy Community of Practice brings together Cooperative Extension and Research professionals to develop, enhance and maintain a world-wide-web presence on energy, sustainability and housing.

Energy Literacy - Exploring Energy Efficiency and Alternatives (E3A). E3A is a great source for non-biased, research-based information on energy efficiency and small renewable energy technologies for home, farm, and ranch. **For the Public:** E3A provides free downloadable fact sheets, links to supplemental information, and resources to help you explore energy efficiency and small renewable energy systems. **For Educators:** E3A is a self-guided, self-contained toolkit of resources to help you teach energy. In addition to fact sheets, presentation materials, and educator forums and tools you will find online, the E3A toolkit includes lesson plans and resources to help make teaching energy easy.

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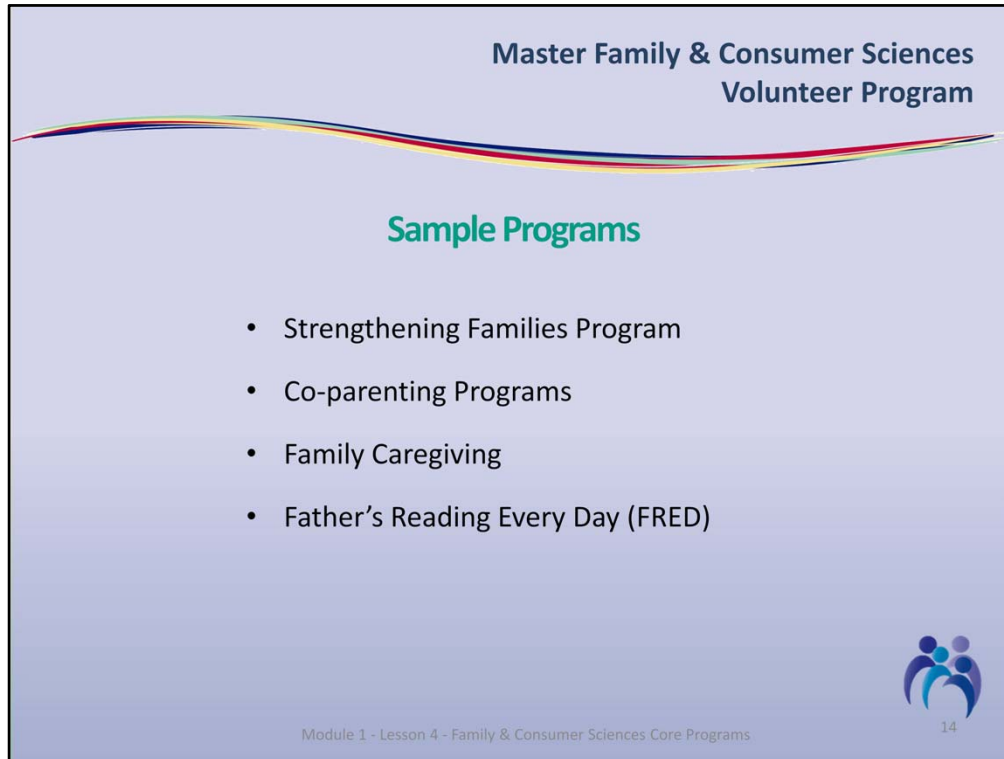
Child and Family Resiliency

Extension child and family resiliency programs support healthy human development across the lifespan to help people make informed, science-based decisions about child and family health and well-being.



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Child and Family Resiliency is another core area of Extension Family & Consumer Sciences. This core area of programming generally deals with two major age groups: young children, including infants, toddlers, preschoolers, and school-aged youth; and also aging adults. Along with studying behavior, physical, and emotional changes of these age groups, Family & Consumer Sciences programs often include information on parenting skills, childcare facilities, and long-term care facilities for older adults. Take a look at a few of the Extension Family & Consumer Sciences programs offered around the country.



Strengthening Families Program

The Strengthening Families Program: For Parents and Youth 10-14 is a parent, youth, and family skills-building curriculum designed to: prevent teen substance abuse and other behavior problems, strengthen parenting skills, and build family strengths. The program is delivered with seven sessions for parents, youth, and families using realistic videos, role-playing, discussions, learning games, and family projects.

Co-parenting Programs

As an example of this type of programming, Co-Parenting for Successful Kids, a University of Nebraska Lincoln Extension program, strengthens communication skills that can improve interactions with children and the other parent. This is an unbiased, research-based education class designed to help separating and divorcing parents cope with divorce and custody. Parents learn to answer the children's questions and keep their children safe and out of their conflict.

Family Caregiving

Many Extension Family & Consumer Sciences Educators participate in family caregiving programming to meet the educational and decision-making needs of family caregivers and the professionals who support them by providing evidence (science/research)-based information and learning opportunities.



Father's Reading Every Day (FRED)

Fathers Reading Every Day (FRED), developed by Texas AgriLife Extension Service, is a program designed to encourage fathers, grandfathers, and other positive male role models to read to their children on a daily basis. The program aims to increase father involvement in children's literacy development and to improve the quality of father-child relationships.

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Disaster Preparedness/Response

Disaster Preparedness and Response programs support nationwide disaster education, and provide resources and expertise to effectively prepare for and respond to disasters.



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Extension Disaster Education Network (EDEN)

The Extension Disaster Education Network (EDEN) links Extension educators from across the United States and various disciplines, enabling them to use and share resources to reduce the impact of disasters. From food safety to field safety, from physical to psychological, and from government to community development, EDEN has resources people can use.

Strengthening Community Agrosecurity Planning (S-CAP) program

Extension Disaster Education Network (EDEN) S-CAP workshops provide a foundation for local jurisdictions to address agricultural emergencies and disasters. The workshops empower local Extension personnel and other community partners to: build capacity to handle agricultural issues during an emergency or disaster; improve networking among stakeholders who can plan for and respond to emergencies; and develop Community Agrosecurity Planning (CAP) teams to establish or enhance agrosecurity components within existing local emergency operations plans.

Financial Toolkit

A natural disaster can strike anywhere, any time. It is important to know that financial recovery takes time and can be a complex process. The Recovery After Disaster: The Family Financial Toolkit discusses strategies and provides tools that can help people move along the road towards financial recovery. The tools provided in this toolkit are designed to help families make decisions that are best for their family. This toolkit is designed so those financially impacted by a disaster can utilize the individual units or use the entire toolkit as their situation requires.

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In Review

Consider the program areas discussed:

- Rural Vitality
- Financial Capability
- Nutrition and Health Literacy
- Home Safety and Energy Efficiency
- Child and Family Resiliency
- Disaster Preparedness/Response



How are these programs interrelated, and why are they so important to the people and communities we serve?

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In review, this lesson provides an overview of some of the current and critical programming in Extension Family & Consumer Sciences. As you can see, these programs address many of life's daily challenges and can greatly influence our quality of living.

Consider the program areas discussed:

- Rural Vitality
- Financial Capability
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How are these programs interrelated and why are they so important to the people and communities we serve?

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Activity

From a current media source, list two family/societal issues discussed and explain how Extension Family & Consumer Sciences programs can addresses these problems.

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