

Master Family & Consumer Sciences Volunteer Program

Toolkit for Volunteer Development

www.masterFCSvolunteerprogram.info



Family & Consumer Sciences Core Programs

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



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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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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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.



Sample Programs

- E-BEAT
- Stronger Economies Together (SET)
- Water Resources



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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Sample Programs

- Small Steps to Health and Wealth
- America Saves
- MyMoney.gov



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.



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



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.msuextensionhousing.org/healthy1.html>



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Sample Programs

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



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.



Sample Programs

- Strengthening Families Program
- Co-parenting Programs
- Family Caregiving
- Father's Reading Every Day (FRED)



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.



Sample Programs

- Extension Disaster Education Network (EDEN)
- Strengthening Community Agrosecurity Planning (S-CAP) program
- Financial Toolkit



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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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Activity and Post Test



Please proceed to the next slides to complete the activity and post test.



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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 address these problems.

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References

House image. Photograph. n.d. Montana State University Extension – Housing and Environmental Health Program.

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