

## **Family Life**

Programs to assist individuals and families in developing their human potential and provide a means for improving child care, parenting, marriages, and communication skills to attain a satisfying life for all individuals. Programs offered in family life include:

### • ***Marriage Garden***

This brand new Extension program offers information for couples or a curriculum for groups to educate couples about building and strengthening marriages and relationships. Some of the top books on marital relationships are also available for checkout.

### • ***The Parenting Journey***

Home study lessons for individuals or a curriculum for groups that teaches the important concepts and skills for parenting.

### • ***The Personal Journey***

A program for older teens and adults that offers vital lessons in understanding ones self and having a great life.

### • ***Guiding Children Successfully video series***

A series of videos that gives important guidance to parents and childcare providers. These videos can be used by parents in independent study, in groups, or by childcare providers to earn the credit needed for minimum licensing requirements or CEUs. Books for parents and children that match the video topics are available for checkout.

### • ***The Best Care***

Childcare providers can receive up to 10 hours of free verified child care provider training each year through participation in The Best Care training held in Boone and surrounding counties. These courses are also open to parents or anyone interested in caring for children.

### • ***The Best Care Connected***

Offers 5 hours of verified child care provider training through the Internet.

## **Leadership**

Programs to assist individuals in developing abilities to strengthen families and communities through committee work, leader training, officer training, involvement in community projects and impacting families.

### • ***Extension Homemakers***

A volunteer organization that focuses on community service, leadership, and education. There are currently 5 clubs in Boone County, including 4 community clubs and a project club focusing on quilting.

[www.uaex.edu](http://www.uaex.edu)

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.

University of Arkansas, United States Department of Agriculture and County Governments Cooperating.

# Family and Consumer Science Programs



**Teaching a better way to live.**

**U of A**  
**UNIVERSITY OF ARKANSAS**  
**DIVISION OF AGRICULTURE**  
Cooperative Extension Service

## **The Family and Consumer Sciences (FCS)**

program of the University of Arkansas Cooperative Extension Service is directed toward helping people acquire research-based information and decision-making skills so they can provide for the economic security and enhance the quality of life of their families. Areas of focus in FCS include:

- Resource Management
- Health, Food Safety
- Food and Nutrition
- Family Life

In Boone County, state-wide, multi-county, and individual county educational programs are offered based on level of need in FCS. Several programs are offered in Boone County.

## **\$ Resource and Money Management**

A program to assist families in maintaining economic stability and security, managing human and material resources and increasing consumer proficiency. Programs in resource management include:

### **• Navigating the Financial Journey**

A free, 4-hour seminar that is approved as certified financial management education for Arkansas bankruptcy filers. This includes programs on budget, money management, wise use of credit, and consumer protection. Any length of program on these topics is offered to any group, organization or individual.

### **• Ready, Set, Graduate**

A financial management workshop for high school seniors that is offered to high schools and teaches students budgeting, money management, and using credit wisely.

### **• Financial Security In Later Life and Estate Planning**

### **• High School Financial Planning Program**

A financial management program offered for adolescents.

## **♥ Health Education**

Programs to motivate individuals and families to improve disease prevention and health promotion skills in order to maintain and improve individual and community health.

### **• Walk Across Arkansas**

A program in which teams compete to walk the most miles.

### **• Body Walk**

A walk through display of the human body is offered to schools for grades kindergarten through fourth.

### **• Aging in Place**

A program offered to educate senior adults using Universal Design and Assistive Technology to continue to function independently in the comfort of their own home.

### **• Acknowledging Aging**

Series of lessons that can be used as stand alone or together as a series. The purpose of the lessons is to actively engage older adults and teach younger adults and youths about beliefs, knowledge, and practices related to aging and health.

### **• Senior Sense newsletter**

This newsletter offers educational information in the areas of nutrition, health, family life, and resource management that is of interest to senior citizens.

### **• Food Safety Classes**

Teaches basic food safety concepts and safe food practices to groups and organizations.

## **🍎 Food and Nutrition**

Programs to help individuals and families achieve good health by improving the nutritional adequacy of families' diets, improving the quality and safety of home food supply, and selecting and buying food for the best use of resources. Programs in food and nutrition include:

### **• Food Stamp Nutrition Education**

The Food Stamp Nutrition Education (FSNE) Program is a partnership between the University of Arkansas Cooperative Extension Service (UACES), the Arkansas Department of Health & Human Services, and the USDA Food and Nutrition Service. The FSNE program provides nutrition education to food stamp recipients and other eligible low-income individuals and families.

### **• General Nutrition Classes**

Basic nutrition concepts are taught through various teaching methods and practices to groups and organizations.

### **• ServSafe**

Food Safety training for restaurant managers and food handlers for certification through the National Restaurant Association.

### **• Nutrition for Families**

Basic nutrition and healthy practices for families is offered for parents and caregivers.

### **• Nutrition News newsletter**

A newsletter that offers basic information on nutrition as well as the latest research in the area of food and nutrition.