



## CSU Extension is here for you!

Ohioans and their communities are faced with many social problems: poverty, neighborhoods with little access to healthful food choices, chronic health problems with limited availability to care, addiction, and financial woes.

Central State University Extension is poised to assist with tackling many of these issues, and help to improve the health and wellness of families and communities through education.

## CSU Extension Family and Consumer Sciences Program

Central State University Extension's Family and Consumer Sciences program utilizes research and programming to address issues affecting Ohio's families and communities. Programs will educate participants on topics such as nutrition, food safety, childhood obesity, family resilience, hunger, healthy living, financial education, and more.

**To learn more about how you can implement a Family and Consumer Sciences program in your area, contact your local CSU Extension County Agent:**

### **Cuyahoga County**

Ambrose Moses, (216) 429-8200 Ext 250

### **Franklin County**

Renita Porter, (614) 674-6501 Ext 217

### **Hamilton/Butler County**

Lisa Craig, (513) 785-6652

### **Lucas County**

Brittany Jones, (419) 213-2027

### **Montgomery County**

Kevin McGhee, (937) 224-9654

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## Family and Consumer Sciences



**Programs to address the needs  
of individuals, families and  
communities**



**Central State  
University**  
EXTENSION

**Engaging Communities & Transforming Lives**

*Forty-two percent of Ohioans reported that they did not consume fruits on a daily basis and 26 percent did not eat vegetables on a daily basis. Access to affordable healthy foods is often a challenge .*

*— 2016 State Health Assessment Report*

## Improving Lives Through Education

### Addressing the Issues:

- \* Diabetes Empowerment Education Program (DEEP) targets pre-diabetes/diabetic consumers to take control of their health by making small lifestyle changes.
- \* Post Harvest Food Preservation to assure improved quality and safety of harvested fruits and vegetables.
- \* Financial Readiness and Education: Learn to make wise financial decisions, for example budgeting, banking, borrowing, credit scores and beyond.
- \* Expanded Food and Nutrition Education Program: learn to make healthier food choices, food preparation, resource management and physical activity.
- \* Health and wellness: Program designed to make lasting lifestyle changes to improve health outcomes.

### Benefits of participating in a CSU Extension Program:

- Gain knowledge about issues important to you, your family and community.
- Interactive activities to help make lasting change.
- Learn about new resources.
- Meet new people
- Learn and develop new skills.
- Improve health.

### Program Details

- Target Audience: Individuals, families, youth, and seniors interested in learning about ways to improve their health and well-being.
- Programs will be designed to meet the needs of the participants and partnering organizations. There can be a single class, or series of classes designed to address an issue,
- Family and Consumer Science programs will focus on nutrition, food preparation and safety, childhood obesity, family resilience, health, hunger and financial education.
- All programs are free.

