

# Family and Consumer Sciences (FCS)

*The science and art of living and working well in a complex world*

## FCS EDUCATIONAL TOPICS IN LUCAS COUNTY

- **Compassion Satisfaction for Caregivers.** Designed for the health of caregivers and volunteers.
- **Dimensions of Wellness.** Using a wellness wheel to explore health and wellbeing.
- **Family Garden topics:** Planning the Family Garden (intergenerational lesson), Garden with Young Children, and Plan a Menu Garden for Health and Wellness.
- **Home Food Preservation** including water bath and pressure canning and freezing produce.
- **Outdoor Wellbeing** including Sun Safety for skin health and Nature for Health and Wellbeing.
- **The Paradox of Living in the Moment and Planning for the Future.** Making choices for successful plans and life transitions.
- **Universal Design.** Making living spaces safe and accessible for all ages.
- **Whatever Happened to Home Economics?** A brief history for contemporary times that also highlights current FCS programs.
- **Smart Screens, Smart Families:** helping families use practical plans and items to navigate technology use in home

## THE FOLLOWING TOPICS ARE OFTEN TAUGHT AS A SERIES OF CLASSES

- **Mindful Wellness.** Can offer as a *one-time Introduction to Mindfulness* class or a series of classes on a variety of mindfulness concepts including Mindful Parenting.
- **Simplify Your Space.** Can offer as a *one-time Clutter Free Living* class or a series of classes including paper clutter, rightsizing, and sharing your treasures.
- **Wits Workout** for brain health (this is not physical exercise). A series of classes, specifically designed for older adults.
- **PAX Tools Community Workshop** (for parents and adults who care for children in a variety of settings). Strategies for creating a positive environment for learning and building positive relationships to influence positive behavior.
- **Strong Couples Project.** For couples together at least six months or longer in all life stages. Six self-paced online educational modules and five brief video calls with a trained coach. [go.osu.edu/StrongCouples](http://go.osu.edu/StrongCouples)
- **Homebuyer Education,** live, online lessons scheduled across two days. [go.osu.edu/BuyAHome](http://go.osu.edu/BuyAHome)

## ADDITIONAL PROGRAMS AND PARTNERSHIPS:

- **Real Money Real World.** teen money lessons and spending simulation in partnership with 4H Youth Development.
- **ServSafe Level 2 Food Safety Manager Training and Certification.** Taught in partnership with OSU Extension, Fulton County. To see dates, cost, and registration visit [go.osu.edu/ServSafeClass](http://go.osu.edu/ServSafeClass)
- **Ohio Person in Charge: Know and Show,** 5-hour food safety training which meets Ohio Department of Health (ODH) training requirements for food service employees, cost for this.
- **Food and Nutrition Education** with EFNEP, the Expanded Food and Nutrition Education Program for families with children.
- **Ohio Local Foods** with Agriculture and Natural Resources (ANR)

**SERVICE: Pressure canner gauge testing.** By appointment only, cost \$5.00, email [powers-barker.1@osu.edu](mailto:powers-barker.1@osu.edu)

## FOR LOAN FROM OFFICE:

- **Mindful Wander** signs for community events. Sandwich board signs for indoor or outdoor use of mindful reminders.
- Box of supplies to **create kindness cards** to donate to share with older adults in our community. Can be used by volunteer groups of any age.



THE OHIO STATE UNIVERSITY  
EXTENSION

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