2013 Family and Consumer Sciences Lessons

**Action Plan for Healthy Living** – Donna Krug, Extension Agent, Barton County

A long and healthy life just doesn't happen. Learn how developing an action plan can help you regain or maintain a healthy lifestyle. From the food you choose to eat to making time to pursue a hobby, you will be amazed at your success when you have a plan.

This program will focus on replacing empty calories with nutrient dense foods. Find out what foods are the best to include in your healthy diet. The action plan concept is adapted from the Kansans Optimizing Health Program and it focuses on doing something you want to do and are confident that you will be able to accomplish. If you are not confident, we will look at the barriers to reaching your goal and re-think the action plan.

**From Awareness to Action: the Military Family in Our Communities** -
Ann Domsch, Coordinator, Operation Military Kids; Charlotte Olsen and Elaine Johannes, Extension Specialists, Family Studies and Human Services

This lesson equips community-based volunteers, professionals, and civic leaders with the knowledge and resources necessary to support military families through times of challenge. Participants will:
- Increase their understanding of US Army culture and military-family lifestyle.
- Understand how deployment cycles present challenges, reveal attributes and foster resilience among military family members.
- Identify the supports and resources necessary for Army families to thrive in Kansas communities.
- Commit to one tangible, sustainable act of support for military families in local communities.

**Cook Once Workshop** - Jodi Drake, Extension Agent, Pratt County

The Cook Once Workshop is designed to help participants learn how to plan a month of main dishes and then cook and freeze them all in one day. The workshop offered in Pratt County provided a mini-version of the concept, allowing each individual to prepare and freeze ten main dishes. Participants met for a brief presentation that outlined the steps involved in the process and the importance of family mealtimes. They then headed to the kitchen and completed prep work for the cooking day. By the afternoon, each participant had prepared and frozen ten main dishes to take home to their families. The Cook Once concept helps families save money, eat more nutritiously, and spend more time together.

**Emotional Appetite: The Food and Mood Connection** - Tanda Kidd, Extension Specialist, Human Nutrition

Everyone eats! But the foods we eat are influenced by many things including emotions. This lesson is designed to help participants identify the difference between emotional hunger and physical hunger as well as how the foods they eat affect their mood. Participants will identify food triggers and develop strategies to address those triggers. Participants will also do a self-assessment of their diet and physical activity habits and explore dietary and physical activity techniques for overall health.
Get Financially Prepared! Take Steps Ahead of a Disaster - Family Resource Management PFT

Just one flood, fire, or tornado can wipe out a lifetime of savings and accumulated possessions. Complete 4 steps everyone can take now to help protect their finances from unexpected events of nature. Complete specific activities on these topics:

- Protect Your Important Documents
- Inventory Your Household Possessions
- Review Your Insurance Coverage
- Plan Access to Emergency Money

Suggested Activities include:

- Create an easy to *grab-and-carry* emergency file, box or backpack.
- Complete a Household Inventory
- Others

Making Easy Everyday Choices for a Healthy Sustainable Diet** – Mary Meck Higgins, Extension Specialist, Human Nutrition

What can one person do? You can make a difference for good! "Sustainable" diets meet our present needs without compromising the ability of future generations to meet their needs. Instead of thinking that one person can take actions that will be worthwhile, many consumers tend to push their expectations further back, and wait for the government or the big food companies to "do something." But in reality, each of us could make one or more simple changes right away in our personal behaviors to contribute to healthier lives for ourselves, our children, their children, and so on. For example, what we buy and what we throw away makes a big difference. While many of these changes are simple to make, we could also choose to change in more complex ways, if we want to. This fact sheet gives many practical ideas for easy everyday choices that consumers can make that will promote the current and future health of individuals, communities, and the natural environment.

Home Modification for Aging in Place -
Carol Ann Crouch, Extension Agent, Scott County

As we grow older, most of us want to stay in our homes as long as possible. We realize that the home that we live in may no longer meet our physical needs, yet we are in no hurry to leave it. This lesson explores both small and larger home modifications that we can do easily and cost effectively, and that will allow us to continue to live in our own homes longer. In addition to home modification, we will also explore home devices that can be useful to this challenge. These modifications and devices can help us age in place mentally, physically and financially.

*FCE Lessons
**Alternative FCE Lesson