**2017 FCS Annual Lesson Series**

**\*Spend Some, Save Some, Share Some: Family Budgeting -** *Elizabeth Kiss, Extension Specialist, Family Studies and Human Services*

Many of us grew up with certain rules of thumb about how to manage our money. Along the way, the financial landscape has changed and so have our expectations of what constitutes a “good life.” This lesson will revisit those rules of thumb and expectations, and update them for how we live our lives today. It will: review data on how families actually spend their money; review, and challenge the assumptions behind learned rules of thumb; encourage participants to clarify their vision of the “good life”; and challenge participants to create a realistic family budget for the way they live their lives today. The intended audience is anyone who has wondered if their spending, saving, and sharing is on track to support their goals.

**\*Is It Safe? Information On GMOs And Organic Foods for Consumers -** *Londa Nwadike, Extension Specialist, Food Safety*

Consumers are increasingly interested in where their food comes from, and may be concerned about the health implications of various food production methods. With many different terms, such as “organic”, “natural, “GMO-free”, “local”, and “sustainable” being used today in food marketing, it is very confusing for consumers to know how they should spend their money when purchasing foods. This lesson will provide an introductory overview to some of the benefits of genetically engineered (GMO), organic and conventionally produced foods, as well as consumer concerns with these products. In addition, the lesson will provide information on some of the nutritional content and food safety differences and similarities between organic and conventional food products.

**Entrepreneurship -** *Sheryl Carson, Extension Agent, Kearny County; Nancy Daniels, Community Vitality Specialist; David Key, Extension Agent, Meadowlark District; Kylie Ludwig, Extension Agent, Wildcat District; Rick Miller, Extension Agent, Johnson County; Mary Sullivan, Extension Agent, Grant County*

Entrepreneurship is all around us yet so many don’t recognize it’s potential. This lesson will introduce what entrepreneurship is, help assist in recognizing the opportunities surrounding entrepreneurship, steps to becoming a successful entrepreneur and problem solving for businesses.

The lesson will end with a resource exercise that the local agent gathers based on the resources available in their community to support entrepreneurs.

**\*Fixing Funky Foods-** *Robin Eubank, Extension Agent, Barber County*

Each year over 20,000 new foods are introduced on grocery store shelves. In addition to new foods, a larger variety of fruits, vegetables and grains are being added to even small town grocery stores. This lesson will cover a variety of foods that date as far back in history as Babylon in 3000 B.C. Included for each food are the nutritional benefits, a way to prepare, and history or interesting facts. The goal of the lesson is for participants to add variety to their diet by adding nutrient dense foods that they were not familiar with before the lesson. Recipes will be provided for a majority of the foods that could be used to enrich the lesson. (Recipes will be provided through a website and not included in the 4 page fact sheet due to length of document.)