Do you have questions about any of these issues?
Contact your local K-State Research and Extension Office. We can help!!

Adults
Family financial issues
Balanced lifestyles
Financial security
Leadership

Food Preparation
Cooking with children
Basic cooking skills
Healthy meal preparation
Food safety

Older Adults
Caregiving support
Grandparenting
Independent living
End of life issues

Children
Child development
Responsive discipline
Infant feeding
Feeding preschoolers

Nutrition
MyPlate
Nutrition with limited resources
Nutrition through life
Choosing healthy foods
Food security

Physical Activity
Fitness for life
Walking
Strength building

Families
Couple communication
Separation and divorce
Family relationships
Time management
Stepfamilies
Empty nest families

Preventing or Treating Illness
Stroke awareness
Healthy eating with diabetes
Asthma
Indoor air quality
Safe food handling

Youth
Basic skills for living
Job readiness skills
Decreasing risky behaviors
Bullying prevention

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Programs for Quality Living

“Knowledge for Life”

We can help!!

Adults
Children
Families
Food Preparation
Nutrition
Preventing or Treating Illness
Older Adults
Physical Activity
Youth

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