

Healthy Eating With Diabetes

Learn how healthy eating and physical activity can help prevent and manage diabetes.

HELP (Healthy Eating for Life Program)

Increase your knowledge of how nutritious food can protect and improve health and dietary quality.

Healthy Indoor Air for Kansas Homes

Learn about mold, carbon monoxide, second-hand smoke, lead poisoning, and cleaning to reduce indoor air contaminants.

Kid Chef And The Clean Kitchen Crew

Educate preteens about the importance of food safety, and practical everyday measures for proper food handling with this interactive CD Rom.

K-State Nutrition PAGE (Practical Advice for Good Eating)

Learn skills to use the Dietary Guidelines for Americans and to manage food resources in this newsletter series.

Kids a Cookin'

Learn basic cooking skills, good nutritious food choices and food safety for children and their caregivers.

Kids' Meal Times

Learn about feeding preschoolers in this set of twelve easy-to-read newsletters for parents and caregivers.

Master Food Volunteer Leader Program

Provide a foundation to volunteers in subject areas of food safety, food science, food preparation, and food preservation.

Mission Nutrition

Help pregnant women and families with young children maximize the resources available to them and improve the quality of their diets.

Nutrition: Good for You!

Provide nutrition information for those who provide child-care for young children.

Omega-3 Fats

Increase knowledge and awareness about omega-3 fatty acids and ideas for increasing intake and safe use of supplements.

Safe Food For Children

Help family child care providers and parents of preschool children learn safe food handling skills.

ServSafe – Employee Level Food Safety

Educate food service staff on keeping food safe from purchasing, receiving, through preparation and service.

ServSafe – Manager Certification

Provides principles and practices of food safety in food service establishments.

Team Nutrition

Provide youth, family/caregivers and communities with activities and guidelines to improve eating and physical activity of school-aged youth.

Vim and Vigor

Increase awareness of how lifestyle choices promote physical, mental and emotional vitality for older adults.

Walk Kansas

Increase fitness with this eight-week physical activity program.

Contact Your Local Extension Office:



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Programs for Quality Living

K-STATE
Research and Extension

“The mission of K-State Research and Extension Family and Consumer Sciences is to link education with life experiences to help people improve their lives, their families, and their communities.”

CHILDREN, ADULTS, AND FAMILIES

Basic Parenting

Learn the basic fundamentals of parenting with an emphasis on eighty principles and skills.

CoupleTALK: Enhancing Your Relationship

Help couples strengthen their relationships.

Developmental Milestones

Learn about developmental changes in children from infancy through preschool.

Family Change: Separation and Divorce

Help parents with children living at home who are in the process of separating and divorcing.

Family Game Night

Strengthen family relationships by spending enjoyable quality time together playing board games.

Fireworks Anger Management

Help manage anger with this online course focusing on adult-child relationships.

Friends InDeed

Strengthen helping skills such as listening to, understanding, and problem solving for those in need.

Grandletters

Participate in a correspondence program between a grandparent (or elder) and a child.

I'm Positive: Growing Up With Self-Esteem

Nuture self-esteem in children with this personal study course.

Making Time For Your Community

Manage time for work, family, community, and self and help “busy people” of all ages and family status.

Managing Time, Work, and Family

Learn how to better manage time for work, family, and self, and help “busy people” primarily parents of young children.

ParentShare

Strengthen quality parent-child relationships and parent skills that affect the quality of family life.

Responsive Discipline

Learn to make choices from alternatives for prevention, guidance, and consequences.

Stepping Stones for Stepfamilies

Help adults living in a stepfamily understand and effectively respond to the common challenges and realities.

Tenderhearts: A Caregiving Support Project For Home and Community

Understand ways to decrease the stress of caring for a loved one.

What Happens Now? The Children Are Gone

Examine and discuss the stage of life when the children leave home.

Young Families Newsletter

Learn about raising young children in this easy-to-read newsletter series.

FOOD, NUTRITION, HEALTH AND SAFETY

Am I Next?

Make your homes more secure; reduce the risk of being a car-jack victim; prepare for ways to react in case of personal assault; and reduce the risk of personal property being stolen.

“Brain Attack” – A Community Strategy for Stroke Awareness

Learn about controllable risk factors, the warning signs, and the appropriate emergency response in case of stroke.

Breathing Easy: Controlling Asthma Triggers

Learn the symptoms of asthma and steps to take to reduce exposure to triggers that bring on an asthma attack.

Breastfed Infants and You

Assist the child-care provider in understanding the benefits of breastfeeding, to enable her to help the new mother and infant in the transition to child-care.

Chronic Disease and Diet

Learn about how healthy eating and physical activity can be used to prevent or treat some of our most common chronic diseases.

Complementary and Alternative Medicine

Learn about complementary and alternative practices to standard medicine.

Family Nutrition Program

Improve the nutrition status of food stamp participants of all ages through nutrition education.

Feeding Our Youngest

Assist prospective, new parents, and caregivers of infants and toddlers with breast or bottle feeding, feeding solids, feeding environment, and food allergies.

Fit At Any Age

Learn how thirty minutes or more of moderate physical activity each day will produce great health benefits.

Fix It Fresh! Fruits and Vegetables Program

Increase your knowledge of how healthy eating and physical activity can protect and improve health.

Food Assistance Outreach to Senior Adults

Promote healthy eating and physical activity of eligible older adults and help them with grocery purchases.