

# 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

**Build wealth,  
not debt.  
Ask about  
Kansas Saves.**

## Children . . . . .

Child development  
Responsive discipline  
Infant feeding  
Feeding preschoolers

**Are you a new parent?  
Ask about our  
parenting programs.**

## Families . . . . .

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

## Food Preparation . . . . .

Cooking with children  
Basic cooking skills  
Healthy meal preparation  
Food safety

**Dieting?  
Get sound nutrition  
information.**

## Nutrition . . . . .

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

## Preventing or Treating Illness . . . . .

Stroke awareness  
Healthy eating with diabetes  
Asthma  
Indoor air quality  
Safe food handling

**Heard about our  
Master Gardener Program?  
Ask about our Master Food  
Volunteer Program.**

## Older Adults . . . . .

Caregiving support  
Grandparenting  
Independent living  
End of life issues

**Want to make physical  
activity part of your routine?  
Ask about Walk Kansas.**

## Physical Activity . . . . .

Fitness for life  
Walking  
Strength building

## Youth . . . . .

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

**Living on your own  
for the first time?  
Ask about our  
Basic Living Skills  
materials.**



Contact your local K-State  
Research and Extension Office:



*“Knowledge  
for Life”*

**K-STATE**  
Research and Extension

# Programs for Quality Living

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

**We can help!!**



**K-STATE**  
Research and Extension

*K-State Research and Extension is an equal  
opportunity provider and employer.*

*“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.”*