

## Kansas State University... Reaching Out to Families



Family and Consumer Sciences Extension brings Kansas State University and communities across the state together to identify needs and connect university resources to meet them.

Our research-based educational programs respond to the challenges of communities and the families that live there.

Our local educators are helping to create an environment where families have the information, skills and assets they need to improve their quality of life and contribute to their communities.

Through the efforts of Family and Consumer Sciences educators, we strengthen the community's capacity to meet pressing needs, with the end result being a better quality of life for all Kansas families.



Extension Family and Consumer Sciences



*For more information on Family and Consumer Sciences Programs, see*  
[www.ksre.ksu.edu/fcs](http://www.ksre.ksu.edu/fcs)

*To learn more about K-State Research and Extension, visit* [www.ksre.ksu.edu](http://www.ksre.ksu.edu)

Kansas State University Agricultural Experiment Station and Cooperative Extension Service  
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## Extension Family and Consumer Sciences



## Making a Difference for Kansas Families

# Our Focus

Family and Consumer Sciences Extension programs transform the lives of individuals and families in Kansas by focusing on five essential living skills:

- Healthy Relationships
- Healthy Living Choices
- Financial Well Being
- Strong Leaders
- Strong Communities



# Addressing Grand Challenges Facing Kansas

Family and Consumer Sciences Extension is on the cutting edge of important issues facing the people of Kansas. The main challenges for Kansas today include water, health, global food systems, community vitality and developing tomorrow's leaders. We work to meet these challenges by:

- Helping communities explore effective responses to issues affecting families such as poverty, childhood obesity, prevention of child abuse, financial security and aging.
- Serving as catalysts for positive change by providing leadership to ensure that community systems, services and facilities support the healthy functioning of families.
- Increasing knowledge about health, health care and insurance, and access to safe, nutritious food.
- Improving skills in family communication, parenting, nutritious and safe food selection and preparation, and money management.
- Facilitating community planning, partnerships and leadership programs.
- Reaching out to diverse families to provide research-based education and resources to help improve quality of life.

