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| **Understanding the Impact of Childhood Adversity and Toxic Stress -** *Rebecca McFarland, Extension Agent*  Adverse childhood experiences impact individuals, families and communities, and the effect can last a lifetime.  This lesson will provide an overview of adverse childhood experiences and how toxic stress can impact childhood development and health. Additional lessons and fact sheets will be developed to provide a framework for addressing the root causes of adversity and build resilience.  Building resiliency is a fundamental strategy to prevent and reduce behavioral issues, mental health conditions, social problems, and chronic disease. |
| **\* Taking a New Look at Fermented Foods** - *Donna Krug, Extension District Director*  The process of fermenting foods – to preserve them and to make them more digestible and more nutritious is as old as humanity. Fermented Foods are a powerful aid to digestion and a protection against disease.  There is an increased interest today to learn the basics of fermentation and how adding more fermented food to the diet can impact health. The basic processes of fermentation are simple and straightforward and can be accomplished in your home kitchen.  The fact sheet, “Taking a New Look at Fermented Foods” will provide basic information about the health benefits of including fermented foods in the diet as well as providing some simple do-it-yourself recipes. |
| **Stress and the Family System** - *McKenzie Zimmerman, Graduate Student;*  *Elaine Johannes,**Associate Professor*  The Kansas motto, *Ad Astra per Aspera* ("To the Stars through Difficulties") describes the resilient spirit of Kansas families. Family members typically bounce-back from challenges and chalk them up to temporary rough-patches. However, even the most resilient families strain under the weight of on-going stress and adversity. When coping skills are limited or resources are few, family relationships fray. Sometimes family members attempt to cope in unhealthy ways (e.g., excesses, substances, isolation, violence) which can lead to family disruption.   It is important that community members understand how adversity and stress impact whole families, and how to help families gain coping skills, build resilience for a lifetime.  **Stress and the Family System** is a four-page FCS lesson from a family strengthening perspective that explains:   * How family members can develop skills and relationships to cope with stress and adversity. * How parents, adult care givers​, or guardians can address general stress and build resilience in their children. * How neighbors, schools, communities can work together to support and foster the assets of families. |

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| **Bonding thru Board Games: Developing Soft Skills -** *Elizabeth Brunscheen-Cartagena, Extension Agent*  While academia has been the spotlight in school years, studies has found that interpersonal or “soft” skills are actually far more predictive of outcomes in adulthood. Cognitive skills are involved not only in intelligence and achievement, but also in attention, emotion regulation, attitudes, motivation, and the conduct of social relationships. As the workplace has modernized around the world, a soft skills “gap” is noted by many employers who report that job candidates lack the soft skills needed to fill available positions.  The Bonding thru Board Games Program is a tool for families to expose their children to five vital “soft skills” that could enable success in school and the workplace, including: social skills, communication skills, executive function, self-control, and positive self-concept. |
| **\* Diabetes: You Are in Control**(Update to MF2478; MF-2477 Fact Sheet and Leaders Guide) *- Dining with Diabetes Leadership Team: Barbara Ames, Extension Agent; Sara Sawer, Extension Agent; Gayle Price, Program Leader Coordinator & Regional Specialist*  Diabetes is a common, costly and serious disease. An estimated 30.3 million people in the United States have diabetes. About one in four people don’t know they have the disease.  Diabetes isn’t yet a curable disease, but it is very treatable. People living with diabetes can live long, healthy and happy lives if they learn and practice disease self-management skills that promote good health.  This lesson will:   * Discuss facts about diabetes * Identify risk factors and symptoms * Identify life-style choices and behaviors that can help prevent and/or delay diabetes |
| **\* Working Together to Reduce Food Waste** – *Londa Nwadike, Extension Food Safety Specialist*  The US Department of Agriculture estimates that 31% or 133 billion pounds of the available food supply at the retail and consumer level in 2010 went uneaten, thus becoming food waste.  With the growing number of people in the world, the need for more food for all these people also increases, and reducing food waste would be a very effective means of increasing food availability. Further, the USDA Economic Research Service estimates that households could save up to $371/ person/ year by reducing their food waste.  This lesson will provide –   * information on how families and businesses can help to reduce food waste while also ensuring food safety * specific examples of things that Kansas families can do to implement the different elements of the EPA food recovery hierarchy starting with source reduction or reducing the volume of surplus food generated * information on food product dating to help consumers better understand truly when food should be tossed * information on how families can compost their food, rather than putting it in a landfill * additional ways to reduce food waste |