

UF/IFAS Extension Broward County Family Youth and Consumer Sciences

WHAT IS FAMILY YOUTH AND CONSUMER SCIENCES?

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Family Youth and Consumer Sciences (FCS) provides a wide range of programs aimed at supporting and improving life across the state, in both rural and urban areas. Florida Extension FCS programs (FEAFCS) help Floridians address a wide range of topics from building stronger families and improving nutrition and food safety practices to managing family budgets and financial resources. Whether you're retired, a parent, a teen, a visitor or somewhere in between, we've got *Solutions for Your Life*. The Family Youth and Consumer Sciences Extension program provides science-based information and educational programming to the community to empower individuals and families to make informed decisions about their well-being and to help them make changes to improve their health and quality of life.

What are FEAFCS and NEAFCS?

The Florida Extension Association of Family and Consumer Sciences (FEAFCS) is an affiliate of the National Extension Association of Family and Consumer Sciences (NEAFCS). NEAFCS also educates its professionals to empower individuals and families to make informed decisions. Throughout Florida, UF/IFAS Extension Family Youth and Consumer Sciences Agents educate in the following subject areas:

- ◆ *Parenting and Family Life*
- ◆ *Nutrition and Food Safety*
- ◆ *Housing and Home Environment*
- ◆ *Financial Management*
- ◆ *Disaster Preparedness*
- ◆ *Leadership Development*
- ◆ *Community Resource Development*
- ◆ *Youth Development*

Nutrition, Health and Resource Management -What is FNP?

The Family Youth and Consumer Sciences, Family Nutrition Program (FNP) at the UF/IFAS Extension Broward County office is part of the USDA's Supplemental Nutrition Assistance Program and is coordinated by state FNP staff in Gainesville. The local Family Nutrition Program staff have developed a nutrition education program for families and local groups who are on a limited budget and helps those individuals and families on a limited budget to make healthier food choices and choose physically active lifestyles.

Cooking Matters classes are available for those qualifying low-income audiences that would like food demonstrations on how to prepare healthy recipes. Participants can taste the food prepared and take home a copy of the recipe to prepare and serve at home. Food Safety training for people employed in the food service business, local vendors, area farmers and other interested audiences is available.

FNP is free to all participants who meet income guidelines. It is a partnership between USDA's Food and Nutrition Service, Florida Department of Children and Families. The goal of FNP is to reduce the risk of chronic disease, health complications, and food borne illness and increase food security among SNAP eligible Florida residents by providing programming about making healthy food choices, balancing food and physical activity, food safety, gardening, recipe preparation and food shopping on a budget.



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USEFUL WEBSITES: Broward County <http://sfyl.ifas.ufl.edu/broward/family-and-consumer-sciences/>

UF/IFAS Extension SolutionsForYourLife.com

UF/IFAS Extension Broward County Family Youth and Consumer Sciences

UF/IFAS Extension Broward County Family Youth and Consumer Sciences has information on a wide range of topics from health and nutrition, food safety, saving money at the grocery store, gardening, disaster preparedness, community resource development and much more. Evidence-based resources and the Family Youth and Consumer Sciences Extension agent and staff are available to help clientele. The Broward FCS agent is one of eleven in the southeast extension district.

Food, Nutrition and Wellness in Broward

The UF/IFAS Extension Broward County Family and Consumer Sciences program is here to help citizens better understand a variety of topics related to nutrition, health and food safety and to provide tools needed to make positive changes that contribute to living a long and healthy life. Good nutrition isn't just about counting calories or eating healthy. Good nutrition is about making mindful food choices that allow you to stay well and have the energy you need to do the things you want to do throughout the lifecycle. It's about making wise choices based on your knowledge of food, nutrients, gardening, food safety and finding a balance between food and physical activity. Good nutrition can contribute to your overall quality of life. Eating properly with regular exercise can extend good health even into old age.

Advisory Committee Involvement

The advisory committee is an important component in the success of the agent-led UF/IFAS Extension Broward Family Youth and Consumer Sciences program. The FCS advisory committee provides recommendations to the agent in improving accessibility to targeted audiences and for the sustainability of behavior changes that enhance quality of life. The advisory committee has two main purposes: to advise and to advocate. The FCS advisory committee is made up of a diverse membership with the knowledge base needed to provide the best recommendations for evidence-based FCS program development and to help spread the word about the value of the UF/IFAS Extension Broward Family Youth and Consumer Sciences program. The committee, as advisors to the FCS agent, can help identify needs and issues, target audiences, provide input as to the most effective ways to reach the targeted audiences, and the provide insight into cultural differences that need to be understood before developing programs. The FCS advisory committee helps provide input and insight into making sustainable change happen.

Community Partnerships

Community partnerships are vital to UF/IFAS Extension Broward Family Youth and Consumer Sciences. Local organizations allow FCS to bring nutrition, gardening, food safety, community resource development and physical education to participants in our community. Examples of partners include: parks, schools, food pantries, worksites, farmers markets, libraries, community centers and faith-based organizations.

Mission

The mission statement for UF/IFAS Extension Broward County includes the Cooperative Extension Service mission of "a federal, state and county partnership dedicated to making knowledge accessible to sustain and enhance the quality of human life." UF/IFAS Extension Broward County Family Youth and Consumer Sciences faculty are trying to bring about change to improve the quality of human life.