



EXTENSION

# FAMILY AND CONSUMER SCIENCES PROGRAMS



## EXTENDING KNOWLEDGE. CHANGING LIVES.

With offices in all 82 counties, the Mississippi State University Extension Service provides parenting- and family-education programs that improve health and well-being for children and families throughout Mississippi. Visit <https://extension.msstate.edu/county-offices> to contact your local county office for more information on these programs or to learn more about Extension's other programs in 4-H youth development, agriculture, community development, and natural resources.

### 4-H Junior Master Wellness Volunteer Program

This community-health education training program equips Mississippi youth to deliver health messages to improve their own and their peers' health literacy, as well as to inspire healthier choices and lifestyle changes. Partners include Mississippi 4-H, the University of Mississippi Medical Center (UMMC), and the UMMC Myrlie Evers-Williams Institute.

### Care to Read

Care to Read is a *Reading Is Fundamental* early-literacy program for childcare staff in center- and home-based childcare programs to support children's emergent literacy skills.

### Cooking Matters

Cooking Matters hands-on courses for adults, teens, and families empowers families with the skills to be self-sufficient in the kitchen.

### Diabetes Prevention Program

The Centers for Disease Control and Prevention's National Diabetes Prevention Program is an evidence-based program that educates adults about lifestyle changes that can prevent type 2 diabetes and other chronic conditions.

### Digi\_Life

The Digi\_Life program educates adults, particularly parents of children 14 years and older, and teens about the relationship between technology and our everyday lives.

### Early Learning Guidelines and Early Learning Standards

The Early Learning Guidelines and Early Learning Standards program for early-care and education providers addresses developmental milestones and learning strategies from birth to 5 years.

### EFNEP

The Expanded Food and Nutrition Education Program provides practical, hands-on nutrition education that changes behavior for people and families with limited resources.

### Food Safety at Home

Food Safety at Home equips families with food-safety knowledge and resources to help improve their behaviors and practices at home to address the health disparities associated with hunger, malnutrition, poverty, and obesity.

### Healthy Homes Solutions

The Healthy Homes Solutions program empowers people to solve housing challenges, adopt healthy behaviors, and take practical, low-cost action to improve the home environment.

### Money Smart for Young People

The Money Smart for Young People program, open to children in grades pre-K-12, promotes financial understanding related to earning, saving, investing, and protecting money.

## **Realizing the American Dream: Homebuyer Education**

Realizing the American Dream educates prospective homeowners on the entire home-buying process, from managing money and understanding credit to securing a mortgage loan and shopping for a home.

## **Relationship Smart PLUS: Love U 2**

Love U 2 is a healthy-relationships program that helps teens learn about issues such as dating and teen violence.

## **ServSafe Food Safety Program**

ServSafe is a nationally recognized food-safety management curriculum and certification program required by the Mississippi State Department of Health for all licensed food-service facilities.

## **SHAPE-CARE**

SHAPE-CARE educates parents on bio-physiological development, including sleep and emotional regulation, and social development to improve children's academic readiness.

## **SNAP-Ed**

The Supplementary Nutrition Assistance Program Education (SNAP-Ed) program provides nutrition education to improve dietary practices and food-resource management for people and families with limited resources.

## **TummySafe**

TummySafe is a food-safety training program for childcare providers to earn the Food Manager's Certification required to operate a licensed childcare facility in Mississippi.

## **Walk-a-Weigh (Adult Audience)**

This program educates adults about different strategies they can implement to improve nutrition and physical activity habits for themselves and/or their families.

## **Walk-a-Weigh (Youth Audience)**

This program educates young people about different strategies they can implement to improve nutrition and physical activity habits for themselves and/or their families.

## **Your Money, Your Goals**

The Your Money, Your Goals program develops better financial decision-making skills by providing a comprehensive guide to how to budget daily expenses, manage debt, and avoid financial tricks and traps.



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[extension.msstate.edu](http://extension.msstate.edu)

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GARY B. JACKSON, Director