

Family and Consumer Sciences – A New Name for an Old Face

By: Terri Black

Many of you may remember the Home Economists and Home Demonstration Agents of the past; the big sister of the modern Family and Consumer Sciences program. Family and Consumer Sciences – FACS for short – is the third facet of a successful county Extension program. While you may be more familiar with Burke County's Agriculture or 4-H programs, FACS is the lesser-known entity with the potential to tie in perfectly with these programs.

With information and resources available to help citizens manage their families, health, homes, and finances, all of Burke County can benefit from the FACS program. Our local farmers and families can learn how to keep pesticides away from their family laundry, maintain their homes, eat healthier foods, manage stress and finances, protect their skin from sun damage, and even improve chronic health conditions such as heart disease and diabetes.

Burke County's youth can also learn valuable lessons about their health, as well as their values and future. By learning about health and safety, nutrition, and financial management at an early age, youth lay a strong foundation for a healthy adult life.

As an important part of the community and local economy, we know the importance of our local farm families. We are all healthier when our youth, farmers, and families are at their best, both mentally and physically. Our local FACS program is working to meet the needs of local families and to improve their quality of life. I always welcome any questions, concerns, or suggestions that you may have. If you have a suggestion or an educational program request, please call Terri Black at (706) 554-2119.