



# Learning for Life

[www.gafamilies.org](http://www.gafamilies.org)

## FAMILY AND CONSUMER SCIENCES AGENTS:

Making Georgia better **ONE** household at a time!

Family and Consumer Sciences Agents help communities in Georgia by focusing on outcomes and providing

**RESEARCH** based information, programs, presentations, and publications in ten specific areas.



- 1. Decrease Morbidity From Chronic Disease Through Improved Nutrition Practices:** Diabetes Education, Cancer Prevention, and Weight Management resources are available to the citizens of Georgia. Programs such as *Rite Bite Cooking School*, *Cooking for a Lifetime*, and *Walk-a-Weigh* can provide steps to help households live a healthier life.
- 2. Improve The Quality Of Child Care In Georgia:** There are **many** curriculums that can be used to educate child care providers about topics related to quality child care. Programs are State recognized and Credit hours are awarded.
- 3. Raise Their Credit Scores:** *Your Good Credit*, *How to Get out of Debt*, and *How You Spend Makes a Difference* are resources available to the citizens of Georgia. Programs and resources encourages Georgia residents to obtain a free credit report to use as a tool to improve their credit score and reduce debt.
- 4. Reduce Their Risk For Foodborne Illness:** FACS Agents provide many programs and have resources to help reduce the risk of foodborne illness in homes, schools, and restaurants. *Fight Bac*, *ServSafe*, *Wash Your Paws*, and other audience specific curriculums are available to help keep families safe in Georgia no matter where they eat.
- 5. Increase Their Savings And Financial Wealth:** Programs are geared to educate Georgians on the importance of saving and tips on ways to save. The residents of Georgia could then achieve short-term and long-term financial goals.
- 6. Attain And Maintain Safe And Affordable Housing:** Programs and resources are geared to educate the citizens of Georgia on the importance of regular home maintenance, carbon monoxide and fire safety, renting smart, reducing utility bills, and buying a home. There are many factsheets and programs available to the public.
- 7. Reduce Exposure To Indoor Environmental Hazards:** Programs and resources are geared to educate citizens of Georgia about indoor triggers associated with asthma and allergies, stop accidental poisoning from household products, reduce Radon poisoning and the number of children with elevated blood lead levels and prevent deaths caused by Carbon Monoxide (CO) poisoning.
- 8. Preserve And Store Food Safely:** Agents provide answers and resources for canning and freezing most foods. Agents provide research based recommendations related to food processing and preservation and provide resources that help to minimize the risk of foodborne illness and economic losses.
- 9. Achieve Better Health Through Selecting, Purchasing, And Preparing Healthful Foods:** Programs and resources are available to improve food selection, purchasing and preparation of healthful food. Programs such as *The I Can Prevent Diabetes Program*, *Walk-a-Weigh Program* and *The Cooking for a Life Time Cancer Prevention Cooking School* can educate the Citizens of Georgia to eat healthy and move more.
- 10. Form And Maintain Healthy Intimate Partner Relationships:** The future welfare of Georgia's children can be greatly enhanced by the development of healthy relationship skills of parents that result in healthy and stable families. The skills needed to develop and maintain a healthy relationship and marriage can be learned through resources and programs such as *Relationship Smarts*, *PREPARE*, and *Smart Steps*.

