



CONTACT YOUR LOCAL EXTENSION AGENT



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Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.

University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

UT EXTENSION FAMILY & CONSUMER SCIENCES

AT THE UNIVERSITY OF TENNESSEE
INSTITUTE OF AGRICULTURE



Real. Life. Solutions.™



COMMUNITY HEALTH

- Live a healthier lifestyle.
- Manage diabetes and other chronic conditions.
- Increase activity and move more.
- Prepare for emergencies and natural disasters.



CONSUMER ECONOMICS

- Build a budget to promote responsible spending.
- Prepare for your life's work and beyond.
- Protect yourself from fraud and scams.
- Manage money in tough times.

Would you like to learn to manage your money better?

Are you interested in strategies to enhance your health?

Would you like to learn to effectively navigate family relationships?

Are you interested in ways to maximize food dollars and nutrition?



HUMAN DEVELOPMENT

- Promote healthy growth in children, youth, and adults.
- Encourage emotional wellness.
- Help families through transitions.
- Support healthy parenting and family relationships.



NUTRITION AND FOOD SAFETY

- Help individuals of all ages make healthy food choices.
- Assist people in healthy meal planning and preparation.
- Teach safe methods for food preservation.
- Promote food safety and safe food handling practices.



FCS provides Real. Life. Solutions. for real people through education and virtual and hands-on classes. Go to fcs.tennessee.edu now and find out how we can help you

