

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.

Community Health

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

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.

