

UT EXTENSION FAMILY & CONSUMER SCIENCES

AT THE UNIVERSITY OF TENNESSEE
INSTITUTE OF AGRICULTURE

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



The University of Tennessee Extension Family & Consumer Sciences is your easy access to the research and resources of the University of Tennessee. Located across the state in every county, our Family & Consumer Sciences professionals enhance the quality of life through hands-on educational experiences and consultation in finances, health and well-being, nutrition, food security, child development, and family relations. The Family & Consumer Sciences program provides Real. Life. Solutions. for real people.





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.



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.



865-974-7384

120 Morgan Hall, 2621 Morgan Circle
Knoxville, TN 37996-4530

fcs.tennessee.edu

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utextension.tennessee.edu

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.