

Nutrition and Diet

Vitamin D and Your Health – *Dr. Rosemary Rodibaugh*

- Vitamin D and Your Health – Handout 1
- Vitamin D and Your Health – Pre-Survey
- Vitamin D and Your Health – Post-Survey

Food Safety and Health Before and After Storms – *Ashley Carroll and Dr. Denise Brochetti*

- Wash Your Hands – Handout 1
- How to Properly Clean With Bleach After a Flood – Handout 2
- Food Safety and Health Before and After Storms – Survey

Berry Health: The Health Benefits of Berries – *Dr. Denise Brochetti*

- Phytochemicals – Handout 1
- Freezer Jams – Handout 2
- Berry Health: The Health Benefits of Berries – Survey

Individual and Family Resource Management

Arkansas Staycation – *Laura Connerly*

- People Bingo – Handout 1
- People Bingo Icebreakers – Leader's Notes
- Staycation: A Vacation Alternative – PowerPoint

Going Green – *Laura Connerly*

- Go Green: Home Energy and Water Efficiency – Handout 1
- Go Green: Reduce, Recycle, Reuse – Handout 2
- Quiz: What Do You Know About Waste? – Go Green Activity
- My Understanding of Green Practices – Evaluation
- Go Green: Save Money, Save the Environment – PowerPoint

Stretching Those Food Dollars – *Easter Tucker and Teresa Henson*

- Stretching Your Food Dollars...Strategies at Home – Handout 1
- Making Your Own Master Mixes...Bread and Rolled Oats – Handout 2
- Stretching Those Food Dollars Pre-Test – Activity 1
- Plan a Main Dish – Activity 2
- Unit Pricing Label Challenge – Activity 3
- Stretching Those Food Dollars Post-Test – Activity 4
- Stretching Those Food Dollars Pre/Post-Test Answers

Children, Youth and Families

See the World Through Your Grandkid's Eyes – *Dr. James Marshall*

Sharing Your Family Legacy – *Dr. Wallace Goddard*

Health

Medicines in the House: Using Medicines Wisely – *Dr. Margaret Harris*

- What Is a Medicine – Handout 1
- The New Drug Facts Label – Handout 2
- Problem-Solving Examples – Handout 3
- Active Ingredients of Two Common Pain Relievers – Handout 4
- 10 Ways to Be MedWise Arkansas – Handout 5
- Using Medicines Wisely Pre-Survey
- Using Medicines wisely Post-Survey

Depression: The Invisible Disease – *Amy Moses and Dr. Margaret Harris*

- Depression: The Invisible Disease – Handout 1
- 10 Steps to Managing Your Emotions – Handout 2
- Depression Tool Kit – Handout 3
- Activities 1, 2 and 3 – Activity Answer Sheet

Increasing Physical Activity as We Age: Fit in Ten – *Dr. LaVona Traywick, Easter Tucker and Katie Cobb*

- FSFCS30, Exercise Recommendations
- FSFCS31, Balance
- FSFCS32, Endurance
- FSFCS33, Strength Training
- FSFCS34, Stretching
- FSFCS35, Eating Healthy as You Age