

# 2010

## **V**olunteer **L**eaders **T**raining **G**uide

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#### Nutrition and Diet

- **Food Safety in the Workplace: How to Keep Your Lunch From Being Tossed! — Ashley Carroll**

*Handout 1 – Refrigerator and Freezer Storage Times*

*Handout 2 – Removing Odors From the Refrigerator*

*Handout 3 – Storage Times for Food in the Pantry*

*Handout 4 – Making Chlorine Bleach Sanitizing Solution*

*Evaluation*

- **Strength Training With Resistance Bands and Tubes — Dr. LaVona Traywick, Teresa Henson and Susan Pickle**

*Handout 1 – Strength Training With Resistance Bands and Tubes*

Optional Needs: *FSFCS33, Increasing Physical Activity As We Age: Strength Training “Fit in 10” DVD*

- **How Food and Fitness Fit Together — Dr. LaVona Traywick and Easter H. Tucker**

*Handout 1 – Avoid Portion Distortion With MyPyramid’s Specific Guidelines*

*FSFCS30, Exercise Recommendations*

*FSFCS35, Eating Healthy as You Age*

*PowerPoint: How Food and Fitness Fit Together*

- **Supplements: Just Because They’re Natural Doesn’t Mean They’re Safe — Dr. Margaret Harris**

*Handout 1 – A Guide to Supplements*

*Dietary Supplements and Herbs Pre-Survey*

*Dietary Supplements and Herbs Post-Survey*

- **Organic vs. Natural Foods – What’s the Difference — Dr. Denise Brochetti**

*Handout 1 – Whole Grains*

*Handout 2 – Whole Grain Recipes*

*PowerPoint Organic vs. Natural Foods – What’s the Difference*

*Evaluation*

- **Eat a Rainbow of Fruits and Vegetables — Easter H. Tucker and Teresa Henson**

*Handout 1 – How Much Fruit Is Needed Daily?*

*Handout 2 – How Many Vegetables Are Needed Daily and Weekly?*

*Activity 3 – Word Search*

*Word Search Answers*

## Individual and Family Resource Management

- **Organizing Papers – Laura Connerly**

- Handout 1 – Matching Game*
- Instructions/Answers for Handout 1*
- Handout 2 – Attack the Stack Activity Cards*
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- Handout 3 – Organizing Papers*
- Evaluation*
- Process Evaluation*
- Follow-Up Evaluation Survey*
- PowerPoint: Organizing Papers*

- **Time Management – Laura Connerly**

- Handout 1 – Assess Your Time Management Skills*
- Handout 2 – Activity Log*
- Handout 3 – Time Management Tips*
- Handout 4 – What's Not Working for You?*
- Handout 5 – Time Management Evaluation*
- PowerPoint: Time Flies*
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- Time Management Follow-Up Evaluation Survey*

- **College Coupon: Learn to Turn Coupons Into Money – Laura Connerly and Dr. Rosemary Rodibaugh**

- Handout 1 – Save Money Using Coupons*
- Coupon College Diploma*
- Using Coupons Evaluation*
- PowerPoint: Coupon College*

## Children, Youth and Families

- **Managing Stress: Turning Challenges Into Blessings – Dr. H. Wallace Goddard and Dr. James Marshall**

- FSFCS650, Managing Stress: Turning Challenges Into Blessings*
- PowerPoint: Managing Stress*

- **Prescription Drug Abuse: When Families Become Drug Dealers – Dr. Margaret Harris**

- Handout 1 – Guide to Prescription Drug Abuse*
- Prescription Drug Abuse Pre-Test*
- Prescription Drug Abuse Post-Test*

- **Extension Resources to Help You Along Life's Journey – Lindsey Smith**

- The Personal Journey*
- The Marriage Garden*
- The Parenting Journey and Travel Guides*
- See the World Through My Eyes*
- Managing Stress: Turning Challenges Into Blessings*