



HOUSEHOLD TOPICS

Help! Bed Bugs – understand how to protect your house from bed bugs, identification and best practices if you encounter this common household pest.

Clutter Control - Every household has clutter issues. Learn simple ways to get and keep it under control, or tackle a challenge spot.

Healthy Homes Solutions:

Each topic can be presented individually or in a series.

30–45-minute sessions

- Keep it Clean Keep it Ventilated
- Keep it Dry Keep it Safe
- Keep it Well Maintained Keep it Pest Free
- Keep it Energy Efficient

Emergency Preparedness – Simple tips and things to consider before a storm or disaster. Including what documents to keep.

MENTAL HEALTH



Take a Stand – 4 interactive lessons for 2nd-4th grade to teach concepts of problem-solving and communication.

Bully Proof Classroom - 6 short stories to address specific bully behaviors and how to respond.

Character Critters: 6 short puppet stories for Pre-K to 2nd grade to teach six pillars of good character.

Keys to successful aging:

Each topic can be presented individually or in a series.

Sessions run 30-45 minutes

- Attitude is Everything Engage your Brain
- Be Social Be Safe
- Stay in tune with the times Time for You
- Manage your Numbers Importance of Sleep Patterns

Humor Has It – the importance of using humor to help boost moods, alleviate stress and help foster a positive attitude.

Scheduling Details

Most programs provided free of charge
For food demos or hands-on learning a small fee to cover expenses may be involved

Scheduling is dependent on availability of the Extension Educator.

For reporting purposes a sign-in sheet or demographic data of participants will be expected.

Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Pottawatomie County OSU Extension Office at least two weeks prior to the event.



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Families Matter Newsletter: Monthly E-letter for parents of young children.

Strengthening OK Families: Bi-monthly E-letter

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The Everyday Home Weekly articles for Shawnee News Star Channel 25 **Raising Oklahoma** Monthly segments for families



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EXTENSION

FAMILY & CONSUMER SCIENCE

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Extension Educator

www.okstate.edu/pottawatomie

NUTRITION & HEALTH

Eat Healthy Be Active:

Each topic can be presented individually or in a series.

Sessions run 45 minutes – 1 ½ hours *Food Demos

- Eating Healthy Food that Taste Great
- Planning Healthy Meals and Snacks
- Stretching Your Food Dollar
- Maintaining a Healthy Weight
- Finding the right Exercise for You

Balanced Living:

Each topic can be presented individually or in a series.

Sessions run 30 minutes – 1 hour

- Time Management
- Stress Management
- Mindful Eating
- Physical Activity
- Sleep

Eat Smart Live Strong:

Each topic can be presented individually or in a series.

Sessions run 45 minutes – 1 ½ hours *Food Demos

- Step by Step – reaching goals
- Challenges and Solutions
- Colorful and Classic Favorites
- Eat Smart, Spend Less

Med Vs Meds – Mediterranean Meal Planning

Sessions run 45 minutes – 1 ½ hours *Food Demos

- Intro to Mediterranean eating concepts
- Change your look on Protein
- Swap your fats & snacks
- Eat more fruits and vegetables
- Make Your Grains Whole
- Rethink your Sweets

Cooking for One and Two – New ideas for great meals and managing groceries for small families.

Bread Baking Basics - hands-on workshop to understanding the techniques and science behind breads. Workshops vary based on end product planned.

Planned Overs – How to use leftovers in creative ways, along with small batch cooking to help with quick weekday meal preparation.

Walk with Ease – 6-week group walking program
Community-based physical activity and self-management education program. While walking is the central activity, Walk With Ease is a multi-component program that also includes health education, stretching and strengthening exercises, and motivational strategies. Follow up messages and assessments provided after each walking session.

Basic Cooking Techniques: Stir fry, grilling, microwave, crock-pot, instapot, air fryers, one-dish & Sheet Pan meals, soups, salads, pasta, and meats. OSU has a variety of topics and cooking experiences for beginner or experienced cooks. Each topic covered separately and small fee for food.

Home Food Preservation: Water bath canning (jelly, salsa/ tomatoes and fruits) and Pressure Canning techniques (meats and vegetables) workshops and resources. Basic Freezing for small and large batches.

Fight BAC: Food safety in the home and food safety myths to keep your family happy and healthy.

Rethink Your Drink: What your drinking may have a big effect on your waistline! Might be time to do some rethinking.

Growing Strong Bodies and Minds: 5 short stories teach young children about different food groups. Hands-on food experiences available for classrooms that can supply food items.



FINANCIAL ISSUES

Dollar Decisions: Teaches how to track spending, building a budget, set financial goals and banking basics. 2-3 hour workshop can be delivered at one time or in a series.

Money Habitudes: Interactive card game to determine someone's main spending habits and attitudes so they can learn to control or improve their daily spending patterns. Youth and adult cards available.

Credit Cents: Teaches credit basics, guarding against identity theft, How Does your Credit Score? and taking control of debt. 2-4 hour workshop can be delivered at one time or in a series.

Who spends Your Money – family communication for money management and goal setting. Understand how to manage spending styles and teach youth skills.

Keeping Your Wallet Safe – ID Theft with new technologies and money management practices.

Pennies Make Dollars – Basic principles of savings and simple investing.

Soft Skills for Employment – Basic interviewing skills. Understanding qualities of competent employees to retain and advance employment.