

# Cooperative Extension Program ! Family & Consumer Sciences Program



*FCS programs provide youth and adults in Bexar County with nutrition and wellness education that will enable them to improve their quality of life.*

## **FAMILIES FIRST: NUTRITION EDUCATION & WELLNESS SYSTEM (FF:NEWS)**

This nutrition education intervention program is designed to assist youth and adults in selecting and preparing meals consistent with their cultural traditions while improving their overall health.

This program is offered to youth and adults in Bexar County. The classes can be conducted in schools, local churches, county agencies and organizations or at any site that has an existing group who would like to gain knowledge about nutrition education.

## **Goals and objectives of FF:NEWS focus on helping people with the following:**

- ! Make rational food choices from a variety of foods
- ! Utilize the food guide pyramid to assist with planning and preparing more nutritious foods
- ! Increase the number of healthy snacks and food items consumed by clientele
- ! Practice food safety
- ! Prepare healthier meals
- ! Reduce risk factors of chronic diseases through food preparation and eating patterns

The FF:NEWS program has reached over 2,000 youth and adult clientele for the past three years. Those persons who participate in the program are engaged in food demonstrations, small group educational programs, grocery store tours, health fairs, and video presentations and role playing.

## **The Buzz on Nutrition NEWSLETTER**

Each month 350 newsletters are distributed to area schools, churches, and youth agencies and organizations who have participated in the youth component nutrition program of the FF:NEWS. This newsletter contains articles that focus on health and wellness information targeting youth.