

### To Schedule a Program for Your Group:

Workshops are available as our schedule permits. To arrange one of these programs for your group or community organization contact:

**Alicia Staebner**  
Extension Agent, FCS  
Serving Wise & Dickenson Counties

**Wise County Extension Office**  
515A Hurricane Road, Wise Skill Center Complex, Building A  
Wise, VA 24293  
Phone: 276-328-6194  
Fax: 276-328-5902

**Dickenson County Extension Office**  
200 Chase Street  
Clintwood, VA 24228  
Phone: 276-926-4605  
Fax: 276-926-4614

**Email:** [staebner@vt.edu](mailto:staebner@vt.edu)

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Alicia Staebner, Wise County Office at 276-328-6194/TDD\* during business hours of 8:00 a.m. and 5:00 p.m. to discuss accommodations 5 days prior to the event.

\*TDD number is (800) 828-1120

# Wise & Dickenson County

## *Family and Consumer Sciences*

### Programs and Resources

Alicia Staebner  
Extension Agent, Family & Consumer  
Sciences

The family unit is the cornerstone of a healthy community. Virginia Cooperative Extension strives to improve the well-being of Virginia families through programs that help put research-based knowledge to work in people's lives. Family and Consumer Sciences (FCS) educators help Virginians learn to make good choices for themselves and their families. This, in turn, strengthens their communities and the commonwealth.

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## Developing Life Skills

We help Virginians develop wellness life skills in our three pillar program areas:

1. Food, Nutrition, Health
  2. Family Financial Management
  3. Family and Human Development
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## Knowledge for Life-long Learning

FCS programs reach tens of thousands of families across the commonwealth each year. We work with other state and local agencies for many of our programs, and through these partnerships we maximize the impact and quality of our resources.

## Food, Nutrition, Health

Food, nutrition, and health are important for each and every person. What you eat and drink and how much can greatly impact your health. Everyone can afford to eat better and everyone needs to be active, especially with skyrocketing health care costs.

A few program topics include:

- Label Literacy & Healthy Choices
- Good Food on a Tight Budget
- Healthy Eating While Eating Out
- Basic Cooking Techniques
- Food Safety

Children's programs include: Kids in the Kitchen and Color Me Healthy

## Family Financial Management

Family financial management programs help to secure healthy financial futures for Virginia families. We work with people of all ages from children through the elderly to promote sound practices.

A few program topics include:

- How to Make your Money Go Further
- Learning How Children Influence Family Finances
- Creating Healthy Homes: reducing clutter, mold, mildew and water safety

We also provide several simulations such as Life in the State of Poverty, Kid's Market Place, and Reality Store.

## Family and Human Development

Whether raising children, caring for aging adults, or focusing on personal health or relationships, families make choices every day. To make the most informed decisions that lead to healthier development, stronger relationships, and greater overall well-being, families need practical, accurate, and unbiased information.

A few program topics include:

- Stages of Child Development
- Effective Parenting Techniques
- Caring for Older Adults
- Training for child care providers/early childhood educators