

**Mission Statement**

*To enhance the lives of individuals and families, strengthen communities, and shape the future of Louisiana through research based educational outreach.*

**Vision**

*Working for a healthy Louisiana: physically, socially, emotionally and financially.*

**Deborah Cross, FCS Agent**

*Workforce Development/Family Resource Development  
225.687.5155 or 281-9470*

**Monica Olinde, FCS Agent**

*Parenting & Family Development  
225.638.5533*

**Layne A. Langley, FCS Agent**

*(FNP) Family Nutrition Program  
225.336.2416*

**Serving**

**Iberville**

**Pointe Coupee & WBR Parishes**

[www.lsuagcenter.com](http://www.lsuagcenter.com)

Click on Cooperative Extension

Click on Family and Consumer Sciences



Please see the inside of this brochure for a description of some subject matter programming in the areas of:

**FINANCIAL LITERACY  
NUTRITION  
PARENTING & FAMILY  
DEVELOPMENT  
WORKFORCE PREPAREDNESS  
& HOUSING**

All of these programs can be tailored to the unique needs of the client.



The LSU Agricultural Center is a statewide campus of the LSU System and provides equal opportunities in programs and employment. Louisiana State University and A. & M. College, Louisiana parish governing bodies, Southern University, and United States Department of Agriculture, cooperating.



**Making Life  
Better  
For Louisiana  
Families**

**2009**

**Housing....Job Skills  
Money Management....Nutrition  
Parenting**

# Family and Consumer Sciences

programs working for YOU!

## Parenting and Family Development

### Parents Preparing for Success Program-

Pregnant parents and those with children under one, who are receiving financial assistance, are required to attend the five class program...Curriculum covers parenting and financial management information.

### Bringing up Children-

Designed for parents of children 5 and under; identify development ages and stages, learn proper guidance & disciplining of pre-schoolers and how to build a young child's self esteem.

### Positive Parenting-

Parenting techniques for parents of children 5—13...class deals with anger, setting limits, listening, and challenging behaviors.

### Pathways-

Parents of children 13—18, learn developmental stages, decision making, effective communication, and parental responsibilities.

### Children in the Middle-

Information designed to inform & assist parents in the complicated, difficult transitional time during divorce....parents are reminded that while they are getting the divorce, the child isn't and how to help child during process. Special focus is placed on how to avoid using the child as a pawn.

## Financial Literacy, Workforce Development, and Home Ownership

### Financial Programs

A variety of financial program taught and tailored to audience needs; programs focus on smart consumerism, budgeting, avoiding fraud, predatory loan and Identity Theft, etc.

### SAIL—Saving And Investing for Life

An eight hour program designed to take the mystery out of investing by teaching terminology, concepts, and other information related to saving and investing.

### High School Financial Planning Program

Teachers are taught to use curriculum to instruct high school children in personal financial literacy.

### Homebuyer Education

12 hour curriculum designed to educate first time homebuyers. Curriculum covers, credit and money management, mortgages, home selection criteria, working with realtors and bankers, and maintaining the home.

### Workplace Ethics

Programs designed to strengthen good character in the workplace; focus on ethical behaviors, social skills, time management behaviors and employee loyalty. Based on Josephson's 6 pillars of character.

### Job Skills

Curriculum intended to provide clientele skills needed to land a job. Designed as a series; focuses on applications, resumes, etc.

## Nutrition

### Smart Bodies

Comprehensive health program for K-5 youth that provides nutrition education and promotes physical activity through three components:

Body Walk- a 35- ft by 45- ft walk through exhibit representing the human body. Approximately 500 students can walk through the exhibit in one day.

OrganWise Guys- Fun characters help young children understand physiology and healthy behaviors through books, games, dolls, and informational videos.

Take 10! Classroom Program- A classroom based program that encourages short bouts of physical activity with academic lessons. Curriculum materials are linked to the grade-level expectations (GLE's).

### The Family Nutrition Program (FNP)

A federally funded nutrition program offered in selected parishes. The FNP program delivers programming to children and adults. Extension employees work closely with low income families through the Food Stamp office, food banks, and schools to increase knowledge of healthier nutrition choices.

Smart Portions- Healthy Weight program that focuses on lifestyle changes to achieve and maintain a healthy weight.

Mission Nutrition Newsletter- Tri-parish newsletter that provides information on nutrition topics and offers tips for a healthy lifestyle.

Diabetes Education Awareness Recommendations (DEAR) Program- Provides information on eating healthfully to help control blood glucose levels.

