

# Promoting Healthy Families, Schools and Communities in Somerset County

## 2017

# FCHS

**Family & Community  
Health Sciences**

<http://somerset.njaes.rutgers.edu/fchs>

### Families



**6** preserving food safely at home by canning, freezing or dehydrating programs reaching **87** people .

**44** healthy eating, family meals and feeding children programs reaching **912** people.

**6** keeping food safe at home programs reaching **18** youth and **66** adults.

### Schools



*Grow Healthy with FCFS:* **3** schools with garden projects; **21** classroom lessons for **621** students; **2** parent/caregiver family meals seminars reaching **31** people.

**33** *From Our Farms* and healthy eating programs in **13** early care, schools or after school settings reaching **719** children.

### Communities



**1** of **5** lead organizations working on *Building Bridges to Better Health - Bound Brook and South Bound Brook*, a NJ Health Initiatives grant to Healthier Somerset.

### Volunteers



**5** FCFS Advisory Council Members, **8** FCFS Master Food Preservers and **8** RCE 4-H Fair Booth Volunteers.

**15** volunteers gave **181** hours at **10** events worth **\$4,690**.

Keeping **973** residents informed of upcoming FCFS programs through Somerset County Email Alerts: [www.co.somerset.nj.us/about/email-subscriptions](http://www.co.somerset.nj.us/about/email-subscriptions).



Distributing *FCFS Visions Newsletters* to **2,617** residents, as well as online, four times a year.

**RUTGERS**

New Jersey Agricultural  
Experiment Station

FCFS is a Department within of Rutgers Cooperative Extension (RCE) of Somerset County. Visit RCE at <http://somerset.njaes.rutgers.edu>.



Family & Community Health Sciences' (FCHS) goal is to provide education to promote health and wellness throughout Somerset County.

FCHS focus areas are: Food, Nutrition, Physical Activity & Health, Food Safety, Chronic Disease Prevention, School Wellness & Early Care Education and Workforce Wellness. Through leadership, collaboration and science-based education, FCHS fosters a culture of wellness for all ages.


FCHS offers presentations & workshops, school programs, web-based information, fact sheets and newsletters. Take a look at all FCHS has to offer and contact us today to schedule a program for your group, association or workplace. Enjoy life, stay active, and reduce health care costs by improving your health today!

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FCHS is a Department within Rutgers Cooperative Extension (RCE), which is a division within Human Services of Somerset County.

Visit RCE at <http://somerset.njaes.rutgers.edu>.