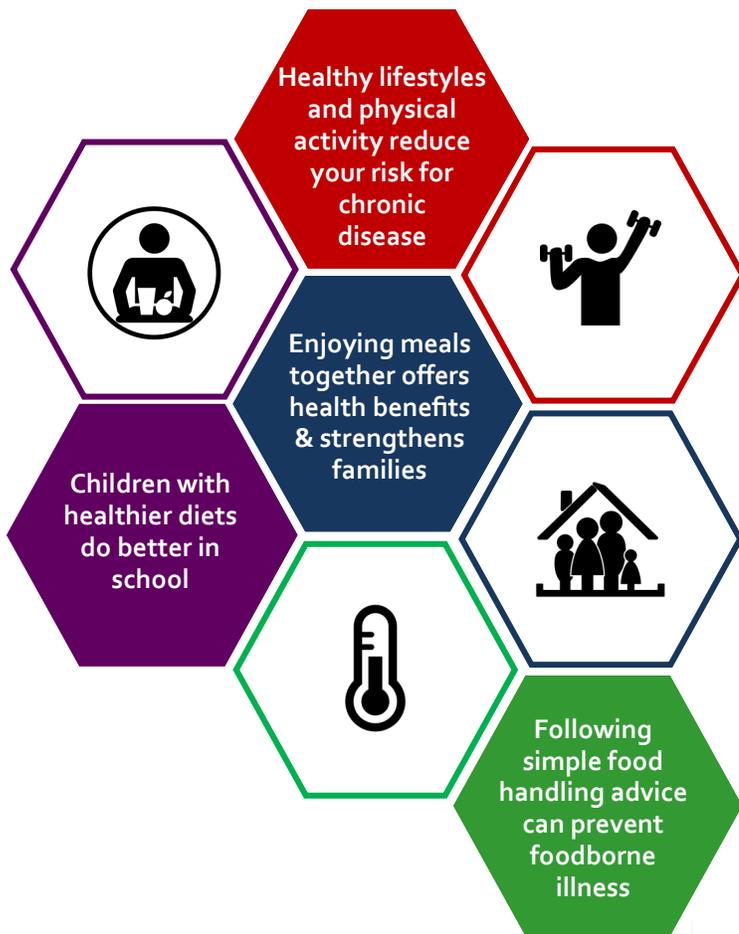


# FCHS

Family & Community  
Health Sciences

Staying healthy, raising healthy kids and eating right are the focus of Family & Community Health Sciences (FCHS) outreach. FCHS addresses diverse issues of nutrition and health from teaching families about healthy eating on a budget, to promoting the benefits of exercise, and to supporting school and worksite wellness. By bringing the best in research and education, FCHS programs guide Somerset County residents to better health.



## Promoting Healthy Families, Schools, and Communities

### FOCUS:

- Food & Nutrition
- Physical Activity
- Food Safety
- Home Food Preservation
- Chronic Disease Prevention
- School Wellness
- Workforce Wellness

### OFFERS:

- School Programs
- Wellness Workshops
- Food Preservation Presentations
- Food & Nutrition Workshops
- Fact Sheets
- Newsletters

Take a look at all FCHS has to offer and contact us today to schedule a program for your group, association or workplace. Or, call us to discuss your specific needs and we'll customize a program for you!

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



## Grow Healthy with FCHS - School Wellness (Pre-K – 12)

**Grow Healthy with FCHS** is a school wellness initiative for elementary school through high school and early care education centers. Educators from FCHS provide expertise in nutrition, fitness and obesity prevention. Topics include:

- **From Our Farms (Pre-K to 1):** Children learn about food from farm to fork and how it benefits health. They will see and taste the food. Lessons focus on a vegetable, fruit or dairy food and include a story, photos of the food growing or being made and hands-on preparation of a recipe. Foods have included corn, lima beans, apples, blueberries and bananas.
- **Classroom Food & Nutrition Lessons:** MyPlate<sup>®</sup>, parts of a plant, garden pizza and others. Lessons include active learning and may include food tasting, if desired.
- **Teacher & Staff Training:** Learn how to infuse nutrition lessons into the curriculum, build fitness breaks into the day and start or strengthen a school wellness committee. Learn about available resources for the classroom.
- **Parent Programs:** Family meals and healthy eating.

## Worksite Wellness

**Get Moving, Get Healthy NJ Workforce** program provides free online evidence-based information for employees. It is a series of 12, 24 or 36 week newsletters emailed to your employees. Each newsletter is full of specific health information and online links. Periodic anonymous online evaluations provide information about learning and behavior changes. Onsite seminars and workshops are available.

## Community Education

FCHS provides adult education for the community and at workplaces. Sessions include lecture, discussion and sometimes food demonstrations or tasting. Topics such as:

- Tips for Healthy Eating
- Family Meals – Yummy, Fast & Nutritious
- Whole grains
- Mediterranean Eating and Lifestyle
- Chronic Disease Prevention
- Managing Food Allergies
- Healthy Meal Planning
- Mason Jar Meals
- Slow Cooker Meals
- Home Food Preservation
- Keeping Food Safe at Home
- Functional Foods for Life Topics: berries, chocolate, coffee, mushrooms, tea or vegetables

### Ask us about FCHS volunteer opportunities:

Family & Community Health Sciences (FCHS)  
Rutgers Cooperative Extension of Somerset County  
310 Milltown Road  
Bridgewater, NJ 08807-3587  
908-526-6295, press 2

*Healthier families and communities allow  
people to enjoy life, stay active and  
reduce health care costs.*

Family & Communities Health Sciences is a program within Rutgers Cooperative Extension (RCE), which is a division within Human Services of Somerset County. Visit RCE at <http://somerset.njaes.rutgers.edu>.