Rutgers Cooperative Extension

- Technical and educational assistance on: agriculture, home horticulture, school wellness, nutrition, health, local food systems and youth development.
- Staffed by faculty and staff of Rutgers University
- Offering a variety of services:
  - Educational programs & seminars
  - Master Gardener Program
  - School enrichment programs
  - Newsletters & Fact sheets

FCHS

**Something for everyone!** FCHS (Family & Community Health Sciences) combines research and practical advice to help consumers stay healthy, be active and eat better.

FCHS has programs and resources for everyone...adults, youth, schools, community groups, even worksites. Rely on FCHS as your total wellness resource to help you feel and look better.

Whether it’s nutrition, general wellness advice, food safety or how to maintain a physically active lifestyle, FCHS offers affordable, top-quality programming that’s customized to meet your needs.

Rutgers Cooperative Extension
New Jersey Agricultural Experiment Station

FCHS Educators:

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Cooperating Agencies: Rutgers the State University of New Jersey, U.S. Department of Agriculture, and County Board of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.
We Do Wellness!

**Nutrition, Physical Activity, Healthy Lifestyles...we do it all!** FCHS educators work with schools, families and communities to help them get healthy and stay healthy.

Our customized programs are perfect for groups of all sizes. Contact us to learn more about:

- School wellness programs
- Classes & workshops
- **Visions** newsletter
- Professional seminars

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**Grow Healthy, a NJ Team Nutrition Project:** This NJ Department of Agriculture and FCHS project seeks to improve student nutrition through garden-enhanced nutrition education for students, training for school food service, and connecting schools to local farms so they can serve more local food.

**Nutrition Education:** We work with childcare facilities and schools to teach children the skills they need to live healthier, longer lives. Children taste, learn and experience food and nutrition with interactive lessons. We also support school-wide health initiatives, staff training, school gardens, and wellness policies.

**Family Fitness Events:** We have fun options for assemblies, health fairs, field days and family fun nights. Activities, games and competitions make learning fun.

**Fitness:** Get students and staff moving with a *Walk NJ Point To Point* school walking club or classroom *Activity Bursts*. Both are designed to be fun, low-cost, easy-to-implement projects to increase physical activity at school.

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**Workshops:** Need a speaker? We offer many great topics: family meals, fruits and vegetables, portion sizes, taming the “tube,” snacking, moving more, or our “taste and learn” *Functional Foods for Life* program.

**Health Fairs:** We participate in school, community and worksite health fairs with exhibits, presentations and educational materials.

**Social Media:** Check out *Walk NJ Point To Point*, *Small Steps to Health & Wealth*, our online wellness tools, e-newsletters and downloadable fact sheets.

Visit us on FaceBook and Twitter, too!