

Healthy and Safe Home Environments

- Green Cleaning Workshop
- Declutter Your Life
- Hazardous Household Products
- Good Health Starts at Home: Home Safety & Accessibility

Financial Programming

- Take Charge of Your Money
- Estate Planning
- Retirement Planning
- Saving and Investing
- When Your Income Drops

Food Safety and Preservation

- ServSafe Manager Certification Training
- ServSafe Employee Certification Training
- Preventing Foodborne Illness
- Food Allergies
- Food Preservation: Canning, Freezing and Drying
- Food Preservation for Youth

Health and Nutrition

- Right Bite Diabetes Cooking School
- Cancer Prevention Cooking School
- 7 Ways to Control High Blood Pressure
- Calcium, Bone Health, and Osteoporosis
- Aging with a Healthy Brain
- Heart Health
- Shopping for Food on a Budget
- EFNEP (Expanded Food and Nutrition Education Program) Food Talk
- Food History of the South

We are here to
serve Cobb
County
residents!

To request any of the FACS programming offered or if you have any questions about programming, please contact the Cobb County FACS Agent, Zoe Soltanmammedova
770-528-4084

The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. Cooperative Extension, the University of Georgia Colleges of Agricultural and Environmental Sciences and Family and Consumer Sciences, offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, gender or disability.



UNIVERSITY OF GEORGIA
EXTENSION
Cobb County

Family and Consumer Science Programming

FACS



Cobb County...Expect the Best!



Parenting and Child Care Provider Trainings

Basic Core Skills for Child Care Lessons –

These lessons are part of the Basic Core Skills for Child Care series that meets first year training requirements for Georgia child care providers.

1. **Injury Prevention and Control:** This lesson teaches about preventing unintentional injuries in a child care setting and managing injuries when they do occur
2. **There's No Excuse for Child Abuse:** This lesson is on recognizing, reporting, and preventing child abuse and neglect
3. **Infectious Diseases:** This lesson plan focuses on identifying, handling, and reducing the risk of infectious diseases through handwashing, cleaning, and other strategies

1-2-3-4: Counting and So Much More: This presentation teaches early childhood professionals about the kinds of pre-math skills they can promote in children between birth and age 5

Ready for Reading: Lesson plan on pre-reading skills and strategies for choosing good books in early childhood programs. The class covers pre-reading and good books for infants, toddlers, and preschoolers

Eat Healthy, Be Active: It includes a series of 2-hour lesson plans for early childhood programs. The class provides an overview of healthy eating and physical activity in children ages 3-5, reviews the research on childhood obesity prevention, and familiarizes participants with hands-on activities to teach nutrition and physical activity to preschoolers

Emergency Preparation for Child Care: This lesson is on preparing early childhood programs for fires, tornadoes, hurricanes, and other emergencies.

Senior Lessons

Becoming a Healthier You: Ensure a great quality of life in your “golden years” by learning how to love a healthy and productive life through eating right and staying active



Bone Up on Health: Discuss the importance of healthy bones, learn how to support your bones and prevent slips and falls at home

Feeding the Healthy Grandchild: Discuss how to make healthy food, teach important eating habits, and allow the occasional treat for our grandchild without creating a battle over food.

Making a DASH to Good Health: Learn about the DASH diet, a meal plan rich in fruits, vegetables, whole grains, beans and nuts that promotes good health, reduces high blood pressure and risk for chronic diseases

Shopping for Food on a Budget: Learn how to stretch your food dollars, successfully shop for food on a budget and make the most out of your shopping experience

Understanding the Food Label: Learn how to read and understand food labels with ease and confidence so that you can know what is in the products you buy and make healthy food choices

How to Defend Yourself from Foodborne Illness: Discuss food safety tips and how to reduce your risk for food borne illness

Contact Us

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