Your Pasco County Cooperative Extension Family and Consumer Sciences (FCS) program is funded through a four-way partnership between Pasco County Board of County Commissioners, University of Florida, US Department of Agriculture, various grants and donations from businesses and private individuals. Extension FCS agent, Betsy Crisp, MS, LD, is a trained professional educator who provides learning opportunities by phone, meetings, publications, media, and seminars on various topics. Although FCS covers many areas related to home and family, the main focus and educational programs offered in Pasco are:

### Nutrition, Health & Food Safety (FCS & FNP)
- MyPlate and Physical Activity
  - Make Half Your Grains Whole
  - Focus on Fruits and Vary Your Veggies
  - Go Lean with Protein
  - Think Your Drinks -- Get Your Calcium
- Healthy Celebrations and Snacks
- Build a Better Breakfast
- Lunch Box Nutrition and Safety
- Fight BAC: Handwashing and Food Safety
- Nutrition for Older Adults
- Stretching Food Dollars
- Certified Food Manager Training/ServSafe

### Environmental
- Disaster Preparedness
- Green Living
  - Energy Conservation
  - Indoor Water Conservation
  - Recycling
- Preventing and Treating Mold/Mildew

### Professional and Personal Development
- Creating Work and Family Balance
- Diversity and Harassment Prevention
- Stress Management
- Time Management

And many others...

---

Your Pasco County Cooperative Extension Family and Consumer Sciences (FCS) program is funded through a four-way partnership between Pasco County Board of County Commissioners, University of Florida, US Department of Agriculture, various grants and donations from businesses and private individuals. Extension FCS agent, Betsy Crisp, MS, LD, is a trained professional educator who provides learning opportunities by phone, meetings, publications, media, and seminars on various topics. Although FCS covers many areas related to home and family, the main focus and educational programs offered in Pasco are:

### Nutrition, Health & Food Safety (FCS & FNP)
- MyPlate and Physical Activity
  - Make Half Your Grains Whole
  - Focus on Fruits and Vary Your Veggies
  - Go Lean with Protein
  - Think Your Drinks -- Get Your Calcium
- Healthy Celebrations and Snacks
- Build a Better Breakfast
- Lunch Box Nutrition and Safety
- Fight BAC: Handwashing and Food Safety
- Nutrition for Older Adults
- Stretching Food Dollars
- Certified Food Manager Training/ServSafe

### Environmental
- Disaster Preparedness
- Green Living
  - Energy Conservation
  - Indoor Water Conservation
  - Recycling
- Preventing and Treating Mold/Mildew

### Professional and Personal Development
- Creating Work and Family Balance
- Diversity and Harassment Prevention
- Stress Management
- Time Management

And many others...

---

Your Pasco County Cooperative Extension Family and Consumer Sciences (FCS) program is funded through a four-way partnership between Pasco County Board of County Commissioners, University of Florida, US Department of Agriculture, various grants and donations from businesses and private individuals. Extension FCS agent, Betsy Crisp, MS, LD, is a trained professional educator who provides learning opportunities by phone, meetings, publications, media, and seminars on various topics. Although FCS covers many areas related to home and family, the main focus and educational programs offered in Pasco are:

### Nutrition, Health & Food Safety (FCS & FNP)
- MyPlate and Physical Activity
  - Make Half Your Grains Whole
  - Focus on Fruits and Vary Your Veggies
  - Go Lean with Protein
  - Think Your Drinks -- Get Your Calcium
- Healthy Celebrations and Snacks
- Build a Better Breakfast
- Lunch Box Nutrition and Safety
- Fight BAC: Handwashing and Food Safety
- Nutrition for Older Adults
- Stretching Food Dollars
- Certified Food Manager Training/ServSafe

### Environmental
- Disaster Preparedness
- Green Living
  - Energy Conservation
  - Indoor Water Conservation
  - Recycling
- Preventing and Treating Mold/Mildew

### Professional and Personal Development
- Creating Work and Family Balance
- Diversity and Harassment Prevention
- Stress Management
- Time Management

And many others...