



FAMILY CONSUMER SCIENCE EXTENSION PROGRAMS

- Downsizing: Are you a prisoner to your possessions?
- Cool Beans: Get Your Protein
- Live it, Don't Diet: Fad Diets
- Safe Food Practices During Pregnancy
- Feeding Your New Baby
- Water & Fitness Counts
- Eat More Fiber
- Food Safety for Seniors
- Men in the Kitchen
- Home Preservation: Water Bath
- Home Preservation: Pressure Canning
- Halt the Salt – The DASH Way
- History of Extension
- MSU Extension & 4-H: How Does Extension Work?
- Grandparents Raising Grandchildren
- Meals for One or Two
- Holiday Wreaths (\$8.00 fee per participant)
- Strengthening Your Marriage
- Emergency Preparation and Response
- Cooking with Herbs & Spices: Decreasing Salt in Your Diet
- Strong Women Strong Bones – Strength Training
- Pie Making 101
- Chocolate: Here today, Gone Today
- Sleep: Want it, Need it, Get it
- Powerful Tools for Caregivers
- Mix Master: Homemade Mixes
- Alzheimer's Caregiving at Home
- Holiday Delights and Decorations
- Bone Up on Calcium
- Wake up to Breakfast!
- Steps to a New You!
- Interior Design of the Greenbrier Resort – West Virginia
- A Harvest of Apples
- Nordic Walking
- Cooking Basics
- Microwave Cooking
- Fat and Cholesterol

- Healthful and Pleasurable Eating
- Depression and Suicide Prevention
- Arthritis Exercise Program
- Soap making (\$10.00 fee per person & two months notice required)
- Identity Theft: Don't Be a Victim
- Gluten Free Cooking
- Specialty Foods Needs: Allergies
- Dietary Guidelines for Americans (USDA) My Plate
- Planning Makes the Difference: Meal Planning
- Making the Most of Your Food Dollar
- Smart Snacking
- Eat Your Veggies!
- Juicing Your Way to Health
- Eat Your Fruits!
- Feeding Children
- Feeding Infant 4-12 months
- Driving Without a Will in Montana
- Parenting on Your Own
- Balancing Work & Family
- Common Sense Parenting
- Parenting Piece by Piece: For Parents Mandated to Take Parenting Classes
- Self-Esteem
- What's in the Can: Solid
- Eat Your Grains!
- The Mediterranean Diet
- Having Elegant Etiquette
- Credit Card Smarts
- Money on the Bookshelf: Family Financial Literacy
- Right on the Money: Talking Dollars and "Sense" to Parents and Kids
- Estate Planning Tools for Owners of Pets and Companion or Service Animals