This list of topics was generated by the FCS staff in Northwest for the Program year 2011.

**Consumer Education & Economics**
- Appliance Selection
- Decision Making
- Fraud and ID Theft
- Local resources
- Updated technology
- Label reading
- Spend wisely
- Comparison shopping

**Economics**
- Money management, saving
- Planning for the future
- Estate planning; end of life
- SHICK
- Basic living skills
- Organizing records

**Families**
- Relationships
- Stress management
- Communication
- Developmental Stages
- Conflict management
- Parenting
- Aging
- Discipline

**Healthy Life Styles**
- Consequences
- Respect
- Inter-generational bonding
- Diabetes
- Radon
- Fruits & Vegetables
- Countdown
- Youth food preparation
- Germ Transfer
- Food safety
- Health choices
- Physical activity
- Deadly Look-Alikes
- Hydration
- Food preservation
- Cancer
- Food preparation
- ServSafe
- Nutrition with Health benefits
- Mold
- Clean air
- Portion size
- Chronic disease management
- Health screening
- Social hosting
Water
Breakfast
Food Safety
Portion Distortion
Fats
Eggs
MyPlate
Fiber
Calcium
Plan to Save
A Child’s Healthy Weight
Exercise
Healthy Snacks
More Matters
Soup for All Seasons
We Gotta Have Iron
More for Your Money
Breast Feeding
Fuel Up to Play
Feeding Our Youngest
Healthy Holiday Cooking
Professor Popcorn
Whole Grains
Loving Your Family, Feeding the Future
Choose More Health for Your Money
Eating for One

Two Bite Club
Fiber is a Great Carbohydrate
Meals Without Meat Can Be Complete
Making Food Dollars Stretch
Eating Health Saves You Money
MyPyramid
Safe Food for Outdoor Fun
Picky Eaters
Let’s Move and Play
Building a Better Sandwich
Calcium
Eat Healthy to Be Healthy
Holiday Cooking - Fall Fruits & Vegetables
Healthy Bodies Come in All Sizes
Seasoning with Herbs and Spices
Bigger Isn’t Better
Sensible Snacking