

Great Resources Available Virtually!

Find links to all on our website at <https://holmes.osu.edu/virtualextension>
or visit them directly at the links below.

Food Preservation “Office Hours”

<https://fcs.osu.edu/news/food-preservation-office-hours>

Are you interested in learning about food preservation? View these free webinars hosted by Ohio State University Extension Family and Consumer Sciences.

TOPICS: Preparing for Canning

Jams and Jellies

Canning and Freezing Vegetables

Canning and Freezing Fruit

Pickles

Salsa

Dining with Diabetes: *Beyond the Kitchen* <http://go.osu.edu/dwd-btk>

This **FREE** online course goes “beyond the kitchen” to discuss making healthy choices when eating at restaurants, grocery shopping or planning weekly meals. The program is self-paced and participants can enter and leave whenever they want.

The course includes:

- Videos
- Interactive presentations
- Fact sheets and resources
- Short surveys to test knowledge
- An open forum to share ideas, questions and tips with other course participants
- The ability to speak with Ohio State Extension professionals
- Access to websites and apps that help manage diabetes

Financial Q&A: Ask OSU Extension!

<http://go.osu.edu/AskOSUExtension>

Do you have a financial question? You’re not alone! OSU Extension Family and Consumer Sciences Healthy Finances educators are sensitive to the economic challenges many families and their communities face. Whatever your situation, we are here to help.

Our county-based Family and Consumer Sciences Extension educators are here to answer your questions and are offering FREE financial education and tools to assist families in improving both present and future economic well-being. Submit your question below, and an Extension educator will respond within 5 business days.

Tips for Teens Video Series <https://www.youtube.com/user/osuext/featured>

Educators at OSUE Family and Consumer Sciences have created a “how to” video series, *Tips for Teens*. Each video offers information about life skills from basic car maintenance, doing laundry, cleaning a bathroom, folding a fitted bed sheet to making healthy snacks, and shakes. The new weekly series, *Tips for Teens*, is designed to help teens develop some awareness, knowledge, skills, and aspirations about life readiness.

Tips for Teens is a great way to learn how to do a task, and each video takes less than five minutes. The videos get teens focused on what matters: Gaining confidence!

*These videos have been posted weekly to the Holmes Co. OSU Extension Facebook Pages!

Video topics include:

Laundry Basics

Don't Let 'Em Drive You Crazy

Good Impressions & Interview Skills

Checking Car Oil

Basic First Aid

How to Change a Tire

Get out there and Fail!

How to Make a Smoothie

Basic Banking

How to Write a Check

Basic Budgeting

Making Guacamole

Cultivating Cultural Intelligence

How to Measure Ingredients

How to Sew a Button

Using Mindfulness to Settle your Body

Live Healthy, Live Well Blog <https://livehealthyosu.com/>

Live Healthy Live Well is a team of Ohio State University Extension Educators and Specialist in Family and Consumer Sciences concerned with health and wellness. Our goal is to help individuals improve their health through science-based information. These educational messages are designed to encourage individuals to make informed choices about healthy eating, active living, overall improved wellness.

Live Smart Ohio Blog <https://livesmartohio.osu.edu/>

The Ohio State University team of Family and Consumer Sciences professionals focus on building Healthy People, Healthy Finances and Healthy Relationships. Together, they help people keep healthy through good nutrition and food safety, use money wisely and balance the demands of life and work. They provide accessible and reliable research-based information to help people help themselves. FCS values diversity and strives to build on the assets of the individuals, families and the communities they serve.

Fitness for Farm Life <https://agmr.osu.edu/events/fitness-farm-life>

Welcome to Fitness for Farm life. This educational program is aimed at improving the quality of work and life for agricultural workers of all ages and abilities. The goal is to show you that by taking some small steps to care for our bodies and physical health, we can in turn improve and preserve our physical abilities to continue doing what we all love-farming and gardening.