FCS supports healthy communities through research and programs in food science and nutrition, food preparation skills, food budgeting, and meal planning.

Food education and resources support families as they make healthful food choices.

Food budgeting helps low income families eat healthier.

Healthy eating supports muscle and brain development and boosts immunity.

**IMPACT OF FCS ON COMMUNITIES:**

**TOTAL 1,869,722**
Youth and adults participated in wellness programs

**TOTAL 66,884**
Youth and adults educated on ways to improve health and reach a healthy weight

**ADDITIONAL INFORMATION PROVIDED BY:**

**SUPPORT FCS PROGRAMS IN YOUR COMMUNITY**