

Introduction

The National Extension Association of Family and Consumer Sciences (NEAFCS) educates and recognizes Extension professionals who impact the quality of life for individuals, families and communities. Over 2000 members strong, NEAFCS is the professional association serving the unique needs of family and consumer science educators working in the Extension system. NEAFCS state affiliates:

- Serve as a nation-wide resource for education, information, networking and partnerships with communities, families and individuals
- Promote Extension Family and Consumer Sciences and the mission and goals of the Land Grant University Extension System
- Build leaders of the future, within the path of Family and Consumer Sciences and related fields of study
- Provide innovative development opportunities for professional growth
- Develop sustainable human, financial and technological resources for the delivery of informational programs
- Recognize and promote excellence in Extension Family and Consumer Sciences through awards and scholarship

NEAFCS Extension Educators accept the opportunity to empower individuals, families and communities to meet their needs and goals through the emerging issues of the changing and challenging times. The land grant system established “Extension” through a state college or university as an institution that receives federal support for the delivery of research based information in agriculture, family consumer sciences, 4-H youth development and resource development. The Cooperative Extension System is the agency within the United States Department of Agriculture that reaches out to present research based information in a non formal setting.

Living Well – More than a Cookbook was developed to provide recipes and research based information from across our nation, encouraging everyone to improve their health and well-being by taking advantage of the educational opportunities offered by the local Extension Family and Consumer Sciences professionals through the state and national Cooperative Extension System.

Raising kids. Eating right. Spending smart

