

# Human Sciences Extension and Outreach NEWSLETTER REGIONS 19, 26, AND 27 JANUARY 2021

## Happy New Year!!

To kick off the new year, and to help bridge that gap until we can visit in -person, please view these [introduction videos](#) from Dawn, Mary, and Sara. We'd love to hear from you too!

May you have a year filled with health and happiness!

## Upcoming Events

### ServSafe® - Certified Food Protection Manager Course

- February 9 in Iowa City, *deadline to register is January 19<sup>th</sup>*
- February 16 in Keosauqua, *deadline to register is January 26<sup>th</sup>*
- February 23 in Donnellson, *deadline to register is February 2<sup>nd</sup>*

For more dates and to register, go to: <https://www.extension.iastate.edu/humansciences/servsafe>

**Intended audience:** Food service managers and employees

**Format:** 8-hour training and exam

**Description:** A food safety training for foodservice managers and workers. Participants learn current best practices related to safe food handling and cleaning and sanitizing as well as tips on how to implement essential food safety practices and create a culture of food safety. The training includes a resource workbook and concludes with a certification exam.

**Delivered by:** Sara Sprouse, Human Sciences Nutrition and Wellness Specialist

**Cost:** \$160

In order to enrich our Human Sciences program outreach, many educational opportunities are now available online.

To learn about upcoming events and programs please visit our Human Sciences webpage.

### Human Sciences events [online](#)

To make promotion easy use the ready-made promotional pieces in the new **Human Sciences Marketing Materials folder**. The Cybox folder houses materials for many statewide offerings, including flyers, news releases, and social media images. We will add materials as they are available. Check back regularly as this is a work in progress. <https://iastate.app.box.com/v/hs-marketing>

[More event details: www.extension.iastate.edu/calendar/](https://www.extension.iastate.edu/calendar/)

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# Human Sciences Extension and Outreach

## Empowering People. Growing Lives.



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As a Family Life Specialist, **Dawn Dunnegan** works with programs that **strengthen families**. Some of the topics of interest to families include: quality childcare, parenting, relationship education, communication skills, wellness, and adult caregiving.

Families, schools, foodservices, and worksites all benefit from **nutrition education**. As Nutrition and Wellness Specialist, **Sara Sprouse**, provide leadership, delivery, and support for integrated content areas which includes: family nutrition and health, food safety, food preservation, wellness, and obesity.

**Financial education** empowers individuals and families to manage resources effectively, make informed decisions, and increase assets. As a Human Sciences Specialist, Family Finance, **Mary M. Weinand** provides learning opportunities to help individuals acquire knowledge and skills to build financial security.

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