Resources for Families

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Resources for Farm Families

Iowans still are managing the uncertainly and anxiety produced by the COVID-19 pandemic. Drought related conditions have added another layer of stress for agriculture producers in many areas of the state. And now, many individuals and communities are facing the aftermath of an unusually powerful derecho – a widespread, straight-line windstorm – that surged through Iowa. Iowans may begin to wonder how much more stress they can take.

Here are some resources for farm families that are dealing with storm damage and farm stress.

https://crops.extension.iastate.edu/storm-damage-resources
https://www.extension.iastate.edu/humansciences/farm-ranch-wellbeing
https://www.extension.iastate.edu/humansciences/stress-farm
https://www.extension.iastate.edu/humansciences/QPR
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.