



Food & Family – OSU Extension Local Foods Signature Program



Purpose

Food serves many roles in a family. It's more than sustenance. Food is a way to connect, to show love, to celebrate or honor, to teach, and more. Ohio State University Extension's Local Foods Signature Program addresses the critical need for outreach education around the broad topic of local food systems. One of our themes, Food and Family, features education centered on nutrition, food safety, food preservation, food budgeting, wellness, and developing healthy lifestyle choices.

Impact

Over two million Ohioans are food insecure. Connecting these families with local food resources and teaching them how to grow/raise their own food can help them be more secure.

Food is at the center of many traditions. Recognizing and celebrating the role of food in familial, regional, ethnic, and religious customs can bring communities together.

Family meals are highly connected to healthier choices. Families who eat meals together tend to consume more fruits, vegetables and fiber, and less fried/fatty foods and empty calories.

Ohio State Colleges/Units Involved

College of Food, Agricultural and Environmental Sciences
OSU Extension
Department of Food Science and Technology
Ohio Agricultural Research and Development Center
College of Engineering
Department of Food, Biological and Agricultural Engineering
College of Education and Human Ecology
Department of Human Sciences
Ohio AgrAbility Program
John Glenn School of Public Affairs
Knowlton School of Architecture

Community Partners Involved

AmeriCorps VISTA
Appalachian Center for Economic Networks (ACEnet)
Godman Guild Association
Innovative Farmers of Ohio
Local Matters
Mid-Ohio Regional Planning Commission
Ohio Department of Agriculture Ohio Ecological Food and Farming Association
Ohio Farm Bureau
Ohio Farmers' Market Management Network
Ohio MarketMaker
Rural Action Council of Ohio
Sustainable Agriculture Research and Education Program
United Way of Central Ohio

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