

## **Living with the Right Stuff Teaching Outline**

### **Prepared by:**

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### **Introduction to problem:**

We all have stuff. We have stuff in our closets, basements, attics, under our beds, in our pantries and refrigerators and any available nook and cranny. Question is, how do you know which stuff should be kept and which should be thrown or given away? This lesson will cover everything from when it's time to replace a few basic consumer goods to more comprehensive issues such as cleaning out outdated and/or unsafe food and right-sizing/down-sizing your clothing, furnishings or home.

Understanding the principles presented here can help us increase our satisfaction with our home environment and reduce risk.

### **Program objectives:**

After completing this program, participants should understand:

- Connection between the home environment and health, welfare, and safety
- Simple low and no-cost actions that families can take to reduce possessions and improve health, welfare and safety in the home

### **Program materials:**

- For FCS Educators:
  - Teaching Outline
  - PowerPoint (full program)
  - Post-program Safety Team evaluation
  - Handout: Food product dating
- For OHCE members:
  - 15 minute leader lesson
  - Handout: Food product dating
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### **Suggested activities:**

- This program is meant to be collaborative. Encourage participants to share stories about their interest in “living with the right stuff.” Everyone might have a different interest!

**Preparation:**

- Review the lesson well

**Contact:**

- Contact Gina Peek with any questions (gina.peek@okstate.edu)

**Lesson Evaluation: Safety Issue Team**

- Educators: Following the lesson, please gather the completed evaluations and return them to your County OSU Extension Center no less than one week after lesson.

**Sources**

Note: All references are relevant for full-length PowerPoint; 15-minute leader lesson uses food and kitchen safety related references.

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- U.S. Department of Agriculture. (2015). Food product dating. Retrieved February, 2016, from <http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/food-product-dating/food-product-dating>
- U.S. Fire Administration. (2015). Choosing and using fire extinguishers. Retrieved March, 2016, from <http://www.usfa.fema.gov/prevention/outreach/extinguishers.html>