Living with the Right Stuff
Teaching Outline

Prepared by:
Gina Peek, Ph.D., Assistant Professor
and Oklahoma Cooperative Extension Service Housing and Consumer Specialist
Department of Design, Housing and Merchandising

Barbara J. Brown, Ph.D., RD/LD, Associate Professor
and Oklahoma Cooperative Extension Service Food Specialist
Department of Nutritional Sciences

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issues such as cleaning out outdated and/or unsafe food and right-sizing/down-sizing your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

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.

• Repair or replace? Use our exclusive advice to save money in more than a dozen categories. (2014, February 1). Consumer Reports, 79 (2), 18-23.