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CC269 Extension Home Economics...Helping Nebraska Families

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Extension Home Economics

...HELPING
NEBRASKA
FAMILIES



Extension work in "Agriculture,
Home Economics and subjects relating
thereto," The Cooperative Extension Service,
Institute of Agriculture and Natural Resources,
University of Nebraska-Lincoln, Cooperating with
the Counties and the U.S. Department of Agriculture
Leo E. Lucas, Director

Extension Home Economics

...HELPING NEBRASKA FAMILIES
LIVE WITH CHANGE

Change—it's the name of the game today. Helping families live with it is the job of Extension Home Economics.

This out-of-school educational program is part of the Nebraska Cooperative Extension Service. It is financed cooperatively by the U.S. Department of Agriculture, the University of Nebraska and county governments.

Its major concern: the needs and wants of Nebraska families.

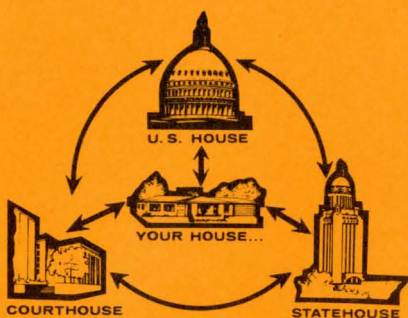
Extension Home Economics has information for Nebraska families in:

- | | |
|------------------------|-------------------|
| .food and nutrition | .family financial |
| .textiles and clothing | management |
| .consumer concerns | .health |
| .personal and family | .housing |
| relationships | .home furnishing |
| .child development | .home energy |
| | conservation |

Working on a county or area basis, Extension home economists reach into all of Nebraska's 93 counties.

Programs are based on the needs of families in local communities. They vary from county to county, depending on local issues and concerns. What follows is a glimpse of some of the programs in Extension Home Economics for 1977-78.

Impact '78 : Citizenship in Action



This is the 1977-78 program theme for the Nebraska Council of Home Extension Clubs. The emphasis will be on the legislative process, and specific bills and laws that have an impact on consumers. It will involve nearly 28,000 homemakers who are members of Home Extension Clubs.

Citizenship chairmen from more than 2,000 Extension Clubs will be encouraged to attend district workshops on "Legislation and You," where they will learn how to involve their own club members in public affairs policy making.

* * * * *

Training For Leaders

Each year county and area Extension home economists offer training sessions for leaders of Extension Clubs and other organized groups. Topics for these sessions relate to current concerns or issues. After receiving this training, leaders are able to present the information to their groups. This year, groups

can choose from the following leader training lessons:

- . Energy Choices in the Kitchen—Tips on how to conserve energy in using kitchen appliances

- . On Your Own—Advice for women on managing their family's financial resources

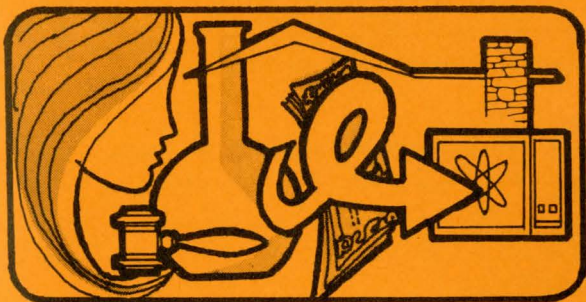
- . Teens—The Challenging Years—How Adults Can be Helpful

- . Your Medicine Chest: Friend or Foe—What to stock in your medicine chest; how to label, store, and dispose of medicine

- . Your Personal Future With Clothing and Textiles—A look at clothing and the energy crisis

- . Your Shopping Practices—Sinful or Sainly?—Tips on how to be a productive shopper

- . How a Law Becomes a Law—An overview of the legislative process



* * * * *

At Your Request

A staff of state Extension Home Economics specialists, officed on the University of Nebraska-Lincoln East Campus, assist Extension agents in presenting programs. At the

request of the agent, they come to a community to present a program. These are examples of the types of programs specialists will be doing:

- Window Treatment
- Nutrition During Pregnancy and the First Year of Life
- Children and Money
- Energy, Clothing and Textiles
- Effective Child Discipline
- Marketplace Know-How

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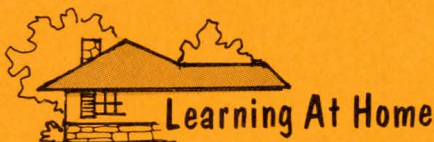
SPECIAL PROGRAMS for Special Needs

Several programs in Extension Home Economics are designed to help meet the needs of specific audiences. The aim is to zero in on special problems and situations.

The Expanded Food and Nutrition Education Program (EFNEP) takes nutrition education directly to families who are on limited incomes. The program operates in 22 Nebraska counties.

The Young Families Newsletter reaches thousands of parents of preschool-aged children with information on being a good parent, child development and activities, foods and games for small children.

* * * * *



This is a chance for busy people to learn without going to a meeting or a program. The following are learn-at-home topics.

- Freezing and Canning
- Dollarwise and Penny Pinching
- Insurance—What Kind, How Much
- Making Fashion Work for You
- A House For You

* * * * *

Programs in Extension Home Economics are planned by and for Nebraska families. They are designed to help families live with changes taking place in their homes, their families, their communities.

Remember - Living With Change is the name of the game.

Learn how to do it.

Contact your local Extension Home Economist.



The Cooperative Extension Service provides information and educational programs to all people without regard to race, color or national origin.