1980

CC281 Families Learning in the 80's with Extension Home Economics

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Families Learning in the '80's

With Extension Home Economics

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
Cooperative Extension Service
HOME ECONOMICS EDUCATES FOR FAMILY LIVING

Improve the quality of family living. Participate in Extension Home Economics programs on:

Personal and Family Development

— develop a positive self-image
— strengthen marriages
— build strong families
— become better parents
— plan for retirement
— prepare for aging

HOW IS WATER USED IN YOUR HOME?

34% TOILET FLUSH
26 BATHING
15 LAWN SPRINKLING
13 LAUNDRY
4 DISHES
4 DRINKING, COOKING
4 PERSONAL

Winning Ways with Water
Extension Agents - Home Economics

Cooperative Extension programs in Home Economics are conducted by professional Home Economists who:

—are faculty of the University of Nebraska Institute of Agriculture and Natural Resources

—receive continuing education from University specialists

—plan and carry out educational programs on a variety of family living topics

—involves local citizens and advisory groups to keep programs geared to county needs

—recruit and train volunteers to provide leadership development and extend educational information

—draw on resources and research from the University of Nebraska
Human Nutrition and Health

- motivate for wellness
- improve your lifestyle
- live for lifelong health
- improve nutrition
- adopt nutritional goals
- alter recipes for nutrition
- avoid food quackery
- prepare nutritious meals
- preserve food safely

Economic Stability for Families

- avoid fraud
- budget wisely
- develop buying skills
- organize your time
- look your best on less
- energize your wardrobe
- sew for savings and special needs
- conserve energy
- remodel your home
- heat safely and efficiently
- plan home furnishings
Become informed, make wise decisions and help your family lead better lives.

Receive Extension Home Economics information through:

- newsletters
- radio
- T.V.
- bulletins
- circulars
- lessons
- meetings
- computer (AGNET)
- workshops
- newspapers
- Learn-at-Home packets
- Extension Clubs
- 4-H Clubs/projects
- phone calls
- special programs

To find out more, contact your local Cooperative Extension Office. Look under “County offices” in the phone directory.
The Cooperative Extension Service is:

—an informal education program

—part of the University of Nebraska Institute of Agriculture and Natural Resources

—cooperatively funded by county government, the state legislature, and the United States Department of Agriculture

—providing services to all counties in Nebraska

—concerned with
  • family living
  • agriculture and natural resources
  • youth development
  • community resource development