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

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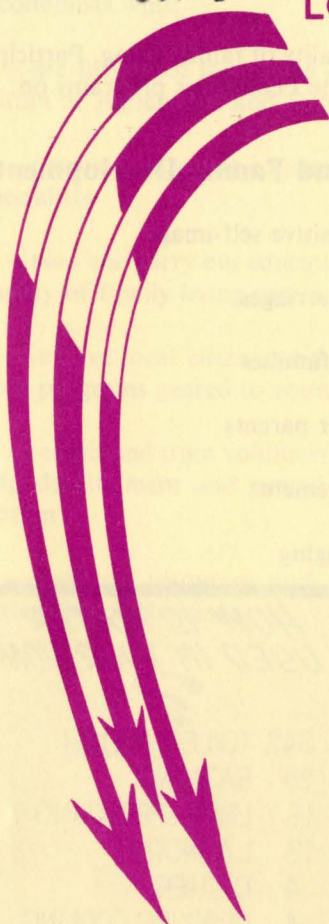
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# Families Learning in the '80's



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**

Home Economics  
**WebGuide**  
Winning Ways With Water

The poster features a woman on the left and a cartoon water drop character on the right. The water drop character is holding a sign that says "Winning Ways With Water". The poster also includes a small graphic of a water drop and a small logo for the Cooperative Extension Service.

## **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

- involve 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



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