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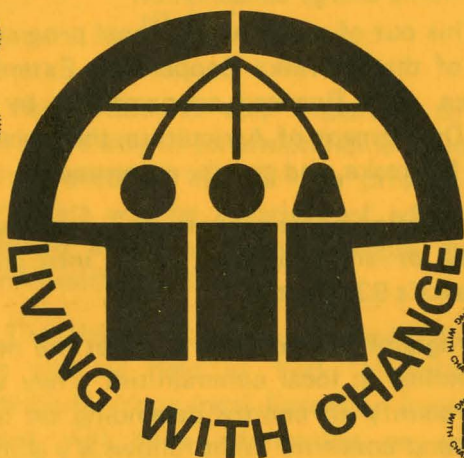
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Extension Home Economics

... *Helping*

Nebraska Families Live
and Learn With Change



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 AND LEARN WITH CHANGE

A ready source of reliable, factual information on topics of importance to Nebraska families. That's what the Extension home economics program has for you. And it's as close as your local county Extension office.

Through the Extension home economics program you can obtain information on:

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

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.

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

Programs are designed to meet 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 major Extension Home Economics programs for 1979.

ENERGY CONSERVATION . . .

In Nebraska, homes represent a large area

of energy use. This year, Extension home economists will conduct a variety of programs aimed at helping consumers save energy and money in and around their homes.

A computer program called **HOUSE** can help you rate the energy efficiency of your home.

Many Extension publications explain how to conserve water, use appliances wisely, build energy efficient homes, and select proper home insulation.

There will be workshops on solar energy in homes, how to weatherize your home, and on making energy efficient window treatments. Your local Extension home economist can be your source of energy information.

NUTRITION . . .

It's a matter of taking a chance or making a choice toward good nutrition, and Nebraska Extension home economists plan to help people make better choices when it comes to developing good eating habits.

Programs focus on nutrition throughout the life cycle.

There will be programs that help parents serve fun and nutritious foods for children.

A computer program called **DIETCHECK** can help you assess the nutritional quality of your day's diet.

Some Extension home economists work with nursing homes and senior diner sites in presenting nutrition information to older persons.

Others plan to teach "creative nutritious" food preparation through gourmet foods workshops.

Your local Extension Home Economist is also one of your best sources for facts on safe, effective methods of food preservation.

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MANAGING FAMILY RESOURCES . . .

"Biting the bullet." "Feeling the pinch." Whatever you call it, inflation continues to eat away at family financial resources.

The Extension home economics program has information to help families make wise decisions about the resources they have available.

Several computer programs can help families do such things as analyze their spending patterns and set up a budget, or determine how much it will cost to have a child, or project how a major expenditure will affect their budget.

You can even learn about budgeting right from your own home. An Extension "learn-at-home" called Dollarwise and Penny Pinching can help you determine a workable budget for your situation.

Time is another precious resource we seem to have less and less of. A program to be offered by Extension home economists across the state will help you determine the time "wasters" in your life and turn them into time "makers."

* * * * *

CULTURAL ARTS . . .

Over 28,000 Nebraska homemakers participate in the Home Extension Club program, a cooperative venture between the Cooperative Extension Service and the Nebraska Council of Home Extension Clubs.

This year, Home Extension Club members will emphasize cultural arts in many of their programs.

Club members across the state will be developing and organizing a host of activities to help people in their communities understand the three areas of cultural arts—the visual, applied and performing arts. One of their specific activities will be to research the history of various Nebraska murals.

Your local Extension home economist can tell you more about the cultural arts emphasis in your county.

* * * * *

HEALTH . . .

Your health is very important to you. And that's why in Extension home economics health education rates a high priority. This year there will be a variety of educational programs aimed at helping people develop sound health practices.

The Helen Becker Rural Health Conference will be held in York, Norfolk, and Scottsbluff. Your local Extension home economist will have information on specific dates.

In many counties, there will be health fairs to inform citizens of all health related services available to them.

Your local county Extension office should also have information about training sessions for CPR (cardiopulmonary resuscitation).

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REACHING AND TEACHING . . .

The Cooperative Extension Service reaches out with educational information to all the people in your county.

Local Extension home economists work with all types of Nebraska families. Young and old. Male and female. Married and single. They work with youth, including 4-H'ers. With homemakers, including Home Extension club members.

They're interested in helping Nebraskans live and learn with change.

Information in Extension home economics can reach you through newsletters, workshops, learn-at-home courses, and Extension publications that cover a wide array of topics. Organizations and groups can also take advantage of a variety of group learning packets.

A simple phone call to your county Extension Office can put you in touch with some of the latest, most reliable information available.

So if you're a consumer (and who isn't) interested in learning and living with changes taking place around you . . .

Contact your local Extension Home Economist . . . today.

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