

1980

CC280 Extension Home Economics Entering a New Decade...Helping Nebraska Families Live with Change

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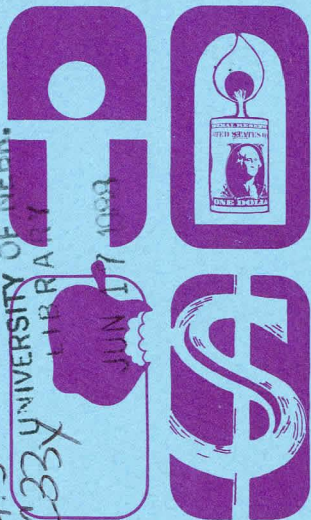
CC 280

Extension Home Economics

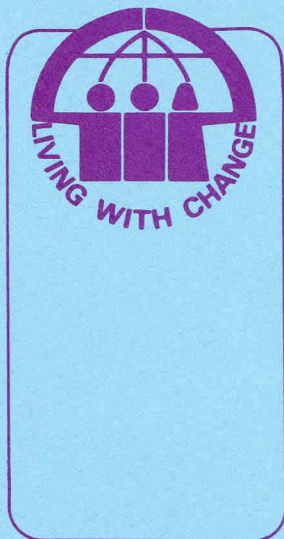
entering a new decade...

HELPING NEBRASKA FAMILIES LIVE 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



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EXTENSION HOME ECONOMICS

Enter the 1980's with a source of reliable, factual information on topics of importance to Nebraska families. And it's as close as your local County Extension office.

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

- food & nutrition
- health
- home energy conservation
- family money management
- personal and family relationships
- child development
- clothing care
- housing & home furnishing

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

Extension home economists reach into all of Nebraska's 93 counties.

Programs are designed to meet needs of families in local communities. What follows is a glimpse of some of the major Extension Home Economics programs for 1980.

ENERGY CONSERVATION

The energy "crunch" remains with us. Extension home economics continues to speak on energy conserving ideas for the home.

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

Extension programs, workshops and/or publications are available on how to conserve water, build energy efficient homes, use appliances wisely, choose appropriate window treatments, and select proper home insulation.

Let your local Extension home economist be your source of energy information.

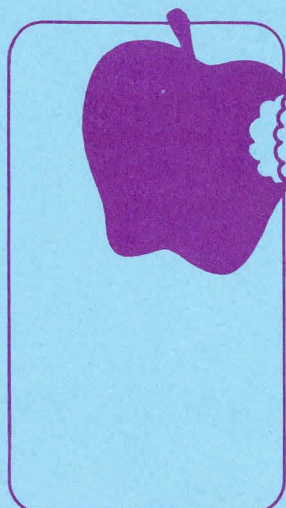


HEALTH IS WEALTH

Health care costs continue to escalate. The result is often postponement of dental and medical care. Extension home economics is promoting a year of "health awareness" to encourage individuals to become actively involved in their own health maintenance.

Five Helen Becker Conferences on Rural Health will bring together consumers, health professionals and educators to examine pertinent health issues. Your local Extension home economist will have information on specific dates and places.

Save Your Heart, a program for reviewing risk factors in heart disease and stress workshops will provide additional information for a wealth of health.



KNOWING NUTRITION

Knowledge of good nutrition is not inborn, it must be learned. Extension home economists strive to provide nutrition information for every family member.

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

Eat To Save Your Heart is a program on the relationship of food to heart disease. Topics include weight control, exercise, foods to emphasize and limit.

Information on cost cutting strategies in food buying and preparation provide a hedge against inflation.

The Expanded Food and Nutrition Program (EFNEP) serves the needs of families with limited income by taking nutrition information directly to the individual and through group meetings.

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



FACING INFLATION

With the prediction that inflation will continue through the end of this century, we can throw our arms up in despair, or buckle down to face the challenge of the century. Nebraska Extension home economics has chosen to face the challenge by offering programs and materials that will result in less money going out or at least "holding steady."

Using spending plans, coping with credit overuse, involving children in financial discussions and decisions, getting the most from your housing dollar and dressing for your lifestyle are topics that are being addressed.



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.

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

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 phone call to your County Extension Office (under County Offices in your phonebook) can put you in touch with your local Extension home economist . . . Call today.