

May 2014

## CC299 Strategies for Family Living

Follow this and additional works at: <http://digitalcommons.unl.edu/extensionhist>

---

"CC299 Strategies for Family Living" (2014). *Historical Materials from University of Nebraska-Lincoln Extension*. 3199.  
<http://digitalcommons.unl.edu/extensionhist/3199>

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Historical Materials from University of Nebraska-Lincoln Extension by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

54413  
54413  
NAE334  
AER1

CC 299



# **STRATEGIES**

**FOR FAMILY LIVING**

**EXTENSION HOME ECONOMICS**



Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Leo E. Lucas, Director of Cooperative Extension Service, University of Nebraska, Institute of Agriculture and Natural Resources.

UNIVERSITY OF NEBR.  
LIBRARY  
JUN 17 1988  
TEACH RESEARCH EXTENSION



Helping individuals and families improve the quality of living is what Extension Home Economics is all about. Through informal educational programs Extension Home Economists provide reliable information to help you become informed, make wise choices and lead better lives.

*Programs focus on these areas:*

- \* Economic Stability for Families
- \* Personal and Family Development
- \* Human Nutrition and Health

They are available to young and old, male and female, groups and individuals. Contact the Extension Service in your county for more information.

### ***Economic Stability***

- \* Making informed consumer decisions and avoiding fraud
- \* Managing family finances, time, space, energy and equipment
- \* Selecting, buying, remodeling and maintaining a home
- \* Stretching the family clothing and food dollar
- \* Dressing to look and feel your best

### ***Personal and Family Development***

- \* Understanding yourself and others
- \* Building a strong marriage and family
- \* Adjusting to changing roles
- \* Becoming a better parent
- \* Planning for retirement and aging

### ***Nutrition and Health***

- \* Selecting, preparing and consuming a nutritious diet
- \* Weight control—reducing and maintaining
- \* Preserving food safely
- \* Practicing a healthy lifestyle
- \* Reducing stress



*INFORMATION can be obtained  
in a variety of ways, such as:*

Workshops  
Bulletins  
Newsletters  
Agnel Computer  
Meetings  
Lessons  
Radio  
T.V.  
Circulars

Consumer Phone Calls  
Special Programs  
Learn-at-Home packets  
Extension Clubs  
4-H clubs/projects  
Newspaper columns  
Telephone Hotlines





*Cooperative Extension Programs are conducted by professional Home Economists who:*

- involve local citizens and advisory groups to keep programs geared to county needs
- plan and carry out educational programs on a variety of family living topics
- recruit and train volunteers to provide leadership development and extend educational information
- draw on resources and research from the University of Nebraska
- are faculty of the University of Nebraska Institute of Agriculture and Natural Resources



## ***COOPERATIVE EXTENSION SERVICE***

The Cooperative Extension Service provides information and resources in four major program areas: Home Economics/Family Living, Agriculture and Natural Resources, 4-H and Youth Development, Community Resource Development.

The Extension Service is a part of the University of Nebraska, Institute of Agriculture and Natural Resources and is cooperatively funded through county government, the state legislature and the United States Department of Agriculture. Offices are located in nearly every county in Nebraska.

## ***HELPING PEOPLE HELP THEMSELVES***

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