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CC299 Strategies for Family Living

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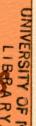
STRATEGIES

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.





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
Agnet 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.