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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.
<table>
<thead>
<tr>
<th>Economic Stability</th>
<th>Personal and Family Development</th>
<th>Nutrition and Health</th>
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</thead>
<tbody>
<tr>
<td>* Making informed consumer decisions</td>
<td>* Understanding yourself and others</td>
<td>* Selecting, preparing and consuming a</td>
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<td>and avoiding fraud</td>
<td>* Building a strong marriage and family</td>
<td>nutritious diet</td>
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<tr>
<td>* Managing family finances, time,</td>
<td>* Adjusting to changing roles</td>
<td>* Weight control—reducing and maintaining</td>
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<td>space, energy and equipment</td>
<td>* Becoming a better parent</td>
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<td>* Selecting, buying, remodeling</td>
<td>* Planning for retirement and aging</td>
<td>* Preserving food safely</td>
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<td>and maintaining a home</td>
<td></td>
<td>* Practicing a healthy lifestyle</td>
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<td>* Stretching the family clothing</td>
<td></td>
<td>* Reducing stress</td>
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<td>and food dollar</td>
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<td>* Dressing to look and feel your</td>
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<td>best</td>
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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
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.