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CC299 Revised no date "Making a Difference"

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**PERSONAL AND
FAMILY DEVELOPMENT**

HUMAN NUTRITION AND HEALTH

ECONOMIC STABILITY

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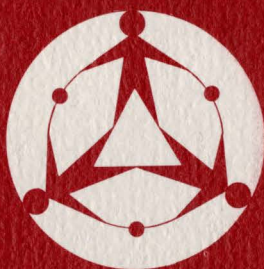
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**EXTENSION
HOME ECONOMICS**



**"MAKING A
DIFFERENCE"**



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.



MAKING A DIFFERENCE—

Yes! Extension Home Economics programs are making a difference in the lives of individuals and families. Strong families are vital to the success of homes, communities and country.

WE HELP YOU...

by providing information and programs in the areas of economic stability, nutrition and health, personal and family development.

PERSONAL AND FAMILY DEVELOPMENT

HUMAN NUTRITION AND HEALTH

ECONOMIC STABILITY

Economic hard times require wise consumer decisions and skillful resource management.

Stretching the food and clothing dollar, maintaining a home and saving energy are concerns addressed by Extension Home Economics programs.



PERSONAL AND FAMILY DEVELOPMENT

HUMAN NUTRITION AND HEALTH



Nutritious diets, weight control and health awareness are keys to overall good health. Extension Home Economics helps people understand how living patterns affect health.

The selection, preparation and consumption of a nutritious diet is essential to the health of all people.

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

DO YOU KNOW ??

- that you can receive Extension Home Economics information through
 - newsletters
 - newspapers
 - radio and T.V.
 - computers
 - publications
 - workshops
 - learn-at-homes
 - Home Extension Clubs and 4-H clubs
 - lessons and projects

**EXTENSION AGENTS-
Home Economics
— your link to information**

Extension Agents are professional Home Economists who plan and develop programs in your area. Local citizens participate in planning to gear programs to county needs.

Extension Home Economists recruit and train volunteers to give leadership and extend educational information.

As faculty of the University of Nebraska, Institute of Agriculture and Natural Resources, they draw on resources and research from the University. Subject matter specialists at the University provide agents with continuing education and up-to-date information.

PERSONAL AND FAMILY DEVELOPMENT



A positive self-concept contributes to healthy human relationships and strong families.

At the core of a strong family is a satisfying and nurturing marriage followed by effective parenting. Positive interaction between parent and child builds love and trust.

Extension Home Economics programs and information help you to develop skills to improve relationships and adjust to change and stress that life brings.



CALL US

(county stamp here)

We can help you find answers to questions on

- spending money, credit, savings
- housing and home maintenance
- leadership training
- conserving energy
- preparing and preserving food
- nutrition and health
- clothing, fabric and stains
- family relationships and child development
- consumer rights and responsibilities

LET US HELP YOU —
MAKE A DIFFERENCE!