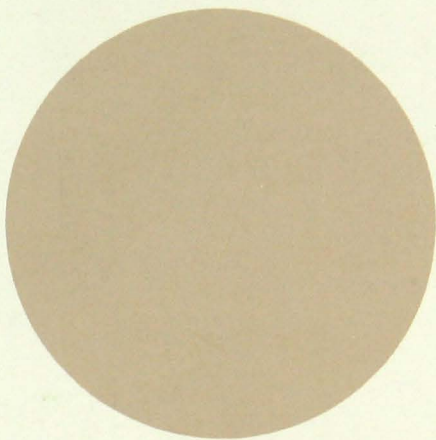
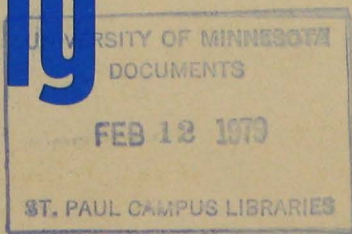


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# home economics family living

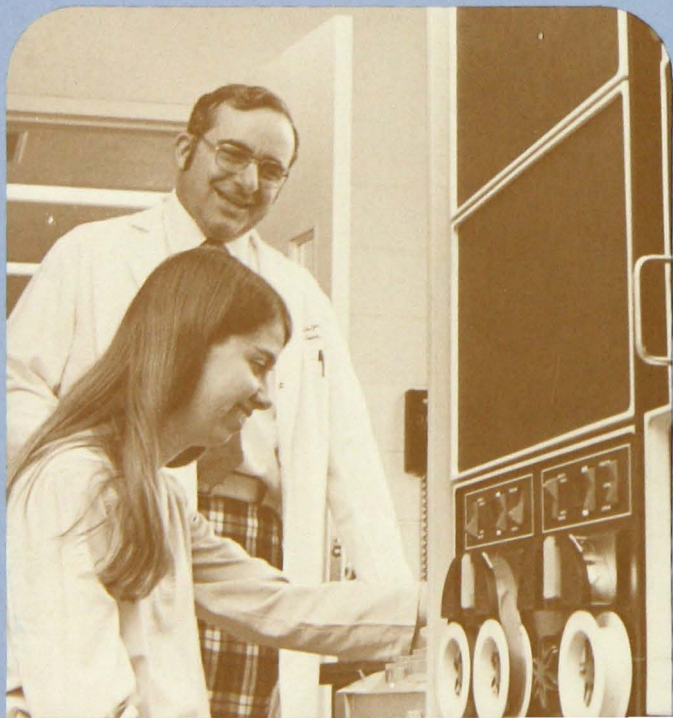


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Current information available from University of Minnesota Extension: <http://www.extension.umn.edu>.

AGRICULTURAL EXTENSION SERVICE  
UNIVERSITY OF MINNESOTA

Today's family lives in an ever-changing world. Social, economic, political, and technological changes affect everyone in the family, home, and community. Family size, structure, and functions change. New family forms emerge. With financing provided by the state, federal, and county governments, Extension Home Economics—Family Living provides educational programs to help families cope with these constant changes.

The Extension Home Economics—Family Living program is part of the University of Minnesota's Agricultural Extension Service, whose programs include 4-H youth development, agriculture, forestry,



horticulture, and community resource development. In each area, Extension strives to bring the resources of the University to state residents.

Extension staff members at the University and in 92 county offices work closely with other organizations to provide information and educational programs tailored to family and community needs. Programs vary from county to county depending on local issues and concerns.

*What do Home Economics—Family Living Extension programs offer?*

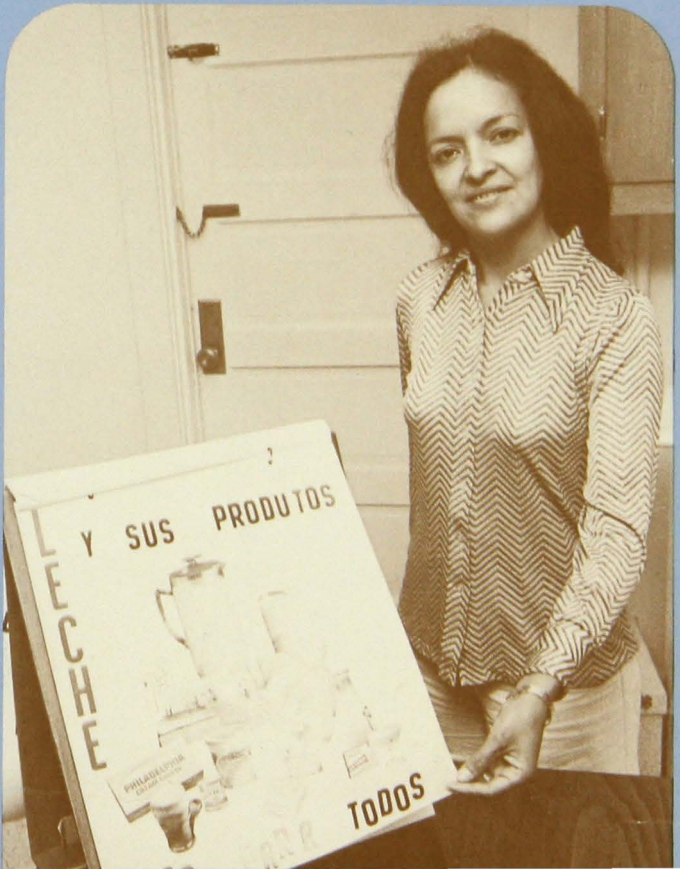
The educational programs help family members to

- Develop as individuals and family members
- Make decisions about the use of human and material resources
- Clarify goals, values, and roles
- Gain homemaking knowledge, skills, and techniques
- Understand and influence their environment



### *Who may participate?*

Home Economics—Family Living programs are for anyone regardless of education, income, race, sex, handicap, or national origin. This includes adults, youth, low and high income families, ethnic minorities, elderly, young families, single heads of households, volunteer leaders, the unemployed, and many others.



## *How does Extension reach out with its Home Economics—Family Living programs?*

Extension teaching involves the public in many ways. Home economists in county offices and specialists based on the University's campus offer and participate in workshops, short courses, discussion groups, and meetings geared to the needs of many groups. They also prepare newspaper articles and columns, write newsletters, and appear on television and radio, bringing information directly to people. By phone, letter, and personal contact, home economists answer consumer questions. They also prepare informative exhibits and displays for use at county fairs, public meetings, and business places.

## *What kinds of programs is Home Economics—Family Living Extension involved in?*

Educational programs are in basically seven areas. Most programs do not carry college credit, but occasionally a credit course or workshop is offered. Here are examples of some of the programs now being offered.



## **Human Food and Nutrition**

- Nutritional needs during pregnancy, infancy, the middle years, the later years
- Food preparation and preservation, freezing, canning
- Decision making in buying food
- World food issues
- Foods for a healthy heart and controlled weight
- Nutrition education for families with limited resources

## **Hospitality and Food Service Management**

(for managers and owners of motels, hotels, restaurants and resorts)

- Management of personnel, costs, sanitation, menus, and facilities
- Food service in day care centers
- Quality assurance in quantity food service
- Energy saving considerations in food service

## **Family Resource Management**

- Time and money management
- Preparation for death in the family
- Legal affairs, estate planning, consumer rights and protection
- Consumer credit and resource management
- Consumer answering service (direct response to consumer questions)
- Characteristics of fibers, fabrics, and clothing construction

## **Individual and Family Development**

- Social issues and change as they affect the family
- Child development and parenthood
- Improving communication skills
- The middle years and aging
- Coping with pressures and tension

## **Home Environment**

- Buying, remodeling or building a home
- Household energy use and low cost housing improvements for conservation
- Design and care of outdoor living space (garden and lawn)
- The selection and care of home interior

## **Community Resource Development**

(use and improvement of community resources)

- Child abuse and its cause and effects on family and community
- Child care services
- Congregate meals for senior citizens
- Community beautification
- Water supply and quality

## Visual Arts

- Ouroboros South Energy House — tours and lectures
- Environmental Design—Native Wit statewide competition on energy consideration ideas
- Traveling art exhibits
- Understanding and appreciating visual arts
- Crafts

For information about Home Economics—Family Living programs in your community, contact the County Agricultural Extension Service office nearest you.

Statewide leadership for Home Economics—Family Living programs is provided by Evelyn P. Quesenberry, program director, Home Economics—Family Living, Coffey Hall, University of Minnesota, St. Paul, MN 55108.

### CONSULT THE COUNTY AGRICULTURAL EXTENSION SERVICE OFFICE NEAREST YOU

- |   |  |
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| <b>AITKIN</b> (218) 927-2102, Ext. 21, 22, or 26<br>Courthouse<br>Aitkin 56431              | <b>DODGE</b> (507) 374-6435<br>Main Street<br>Dodge Center 55927                               |
| <b>ANOKA</b> (612) 755-1280, 1281, 1283, 1422<br>550 Bunker Lake Blvd.<br>Anoka 55303       | <b>DOUGLAS</b> (612) 763-6077<br>Courthouse<br>Alexandria 56308                                |
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| <b>BELTRAMI</b> (218) 751-7300<br>Courthouse<br>Bemidji 56601                               | <b>FILLMORE</b> (507) 765-3896<br>Masonic Building<br>Preston 55965                            |
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| <b>BIG STONE</b> (612) 839-6151<br>342 N.W. Second Street<br>Ortonville 56278               | <b>GOODHUE</b> (612) 388-8261<br>Courthouse<br>Red Wing 55066                                  |
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| <b>CARLTON</b> (218) 384-4281<br>115 Courthouse<br>Carlton 55718                            | <b>HENNEPIN</b> (612) 823-5241<br>610 West 28th Street<br>Minneapolis 55408                    |
| <b>CARVER</b> (612) 442-4496<br>233 South Olive<br>Waconia 55387                            | <b>HOUSTON</b> (507) 724-3929<br>310 West Main Street<br>Caledonia 55921                       |
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| <b>COOK</b> (218) 387-2015<br>Courthouse<br>Grand Marais 55604                              | <b>KANDIYOHI</b> (612) 235-1485<br>Box 977<br>Willmar 56201                                    |
| <b>COTTONWOOD</b> (507) 831-4022<br>R.R. 2, Box 123<br>Windom 56101                         | <b>KITSON</b> (218) 843-5361<br>Courthouse<br>Hallock 56728                                    |
| <b>CROW WING</b> (218) 829-1497<br>Courthouse<br>Brainerd 56401                             | <b>KOOCHICHING</b> (218) 283-2534<br>Courthouse<br>International Falls 56649                   |
| <b>DAKOTA</b> (612) 463-3302<br>Fairgrounds, 4100-220 Street W.<br>Farmington 55024         | <b>LAC QUI PARLE</b> (612) 598-3325<br>Courthouse<br>Madison 56256                             |

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 Baudette 56623

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 Courthouse  
 LoCenter 56057

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 Courthouse  
 Ivanhoe 56142

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 Box 587, Courthouse  
 Marshall 56258

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 Fairmont 56031

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 Glencoe 55336

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 Milaca 56353

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 Old Courthouse  
 Little Falls 56345

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 Austin 55912

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 Perham 56573

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 Fergus Falls 56537

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 Courthouse  
 Thief River Falls 56701

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 Cassidy Building  
 Hinckley 56037

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 Pipestone 56164

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 McIntosh 56556

**WEST POLK (218) 281-1751**  
 Courthouse  
 Crookston 56716

**POPE (612) 634-5115**  
 Courthouse  
 Glenwood 56334

**RAMSEY (612) 777-1327**  
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 St. Paul 55109

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 Red Lake Falls 56750

**RED LAKE (218) 679-3366**  
**INDIAN RESERVATION**  
 Redlake 56671

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 Courthouse  
 Redwood Falls 56283

**RENVILLE (612) 523-2522**  
 Courthouse  
 Olivia 56277

**RICE (507) 334-2281**  
 Courthouse  
 Faribault 55021

**ROCK (507) 283-2648**  
 110 N. Oakley  
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 208 Courthouse  
 Roseau 56761

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 Courthouse, Rm. 2 (218) 262-4841  
 Hibbing 55746

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 Virginia 56792

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 Duluth 55812

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 Jordan 55352

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 Agr. Serv. Center, Hwys. 59 & 28 N.  
 Morris 56267

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 Benson 56215

**TODD (612) 732-6181**  
 Courthouse Annex  
 Long Prairie 56347

**TRAVERSE (612) 563-4515**  
 Courthouse  
 Wheaton 56296

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 Courthouse  
 Wabasha 56981

**WADENA (218) 631-2332**  
 Courthouse  
 Wadena 56482

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 Waseca 56093

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 6081 Oxboro Avenue North  
 Stillwater 55082

**WATONWAN (507) 375-3341**  
 Courthouse  
 St. James 56081

**WILKIN (218) 643-5481**  
 Courthouse  
 Breckenridge 56520

**WINONA (507) 454-5101**  
 First Level, Courthouse  
 Winona 56987

**WRIGHT (612) 682-3900**  
 Courthouse  
 Buffalo 56313

**YELLOW MEDICINE (612) 669-4825**  
 1104-10th Avenue  
 Clarkfield 56223