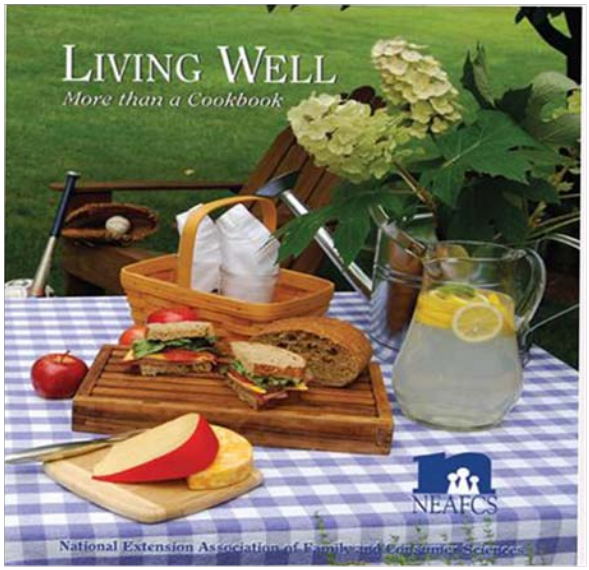
Living Well

More than a Cookbook



NEAFCS
National Extension
Association of Family and
Consumer Sciences

Purpose and Scope

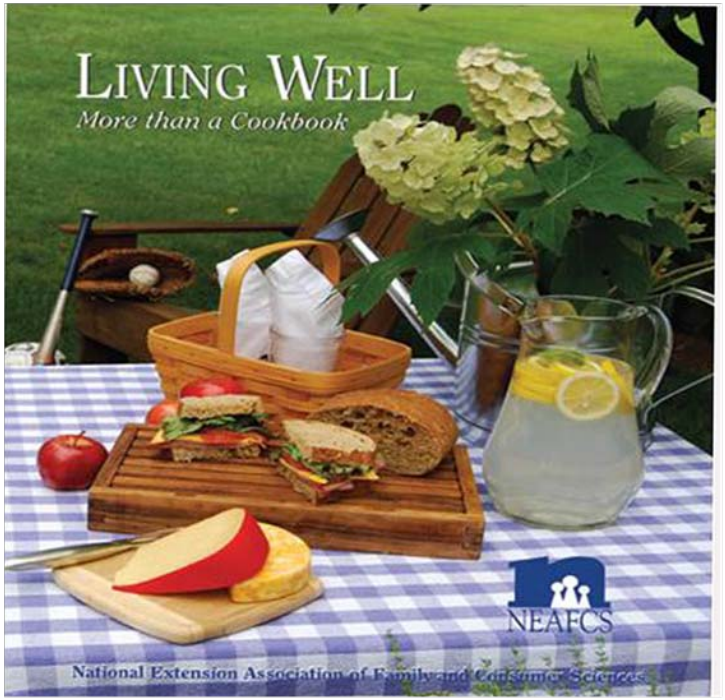
- **A project to promote the National Association of Family and Consumer Sciences to provide financial security for NEAFCS and affiliates.**

- **A product that enhances and implements the mission of NEAFCS, which is to educate and recognize Extension professionals who improve the quality of life for individuals, families and communities.**

- **A branding opportunity for NEAFCS that positions members to market the FCS professional, Cooperative Extension Service and eXtension to consumers.**

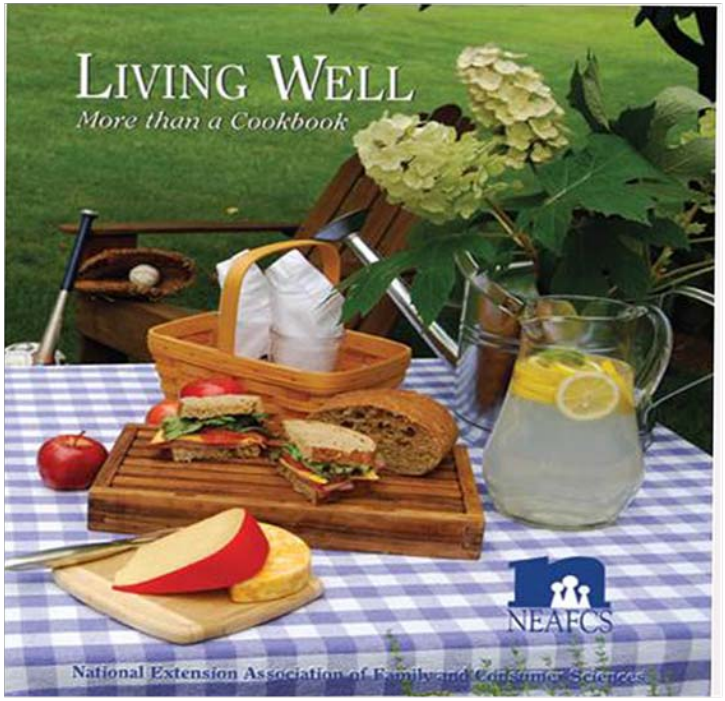
Chapter 1 Recipes for Living

Healthy Lifestyles
Living Green
Home Safety
Financial Management
Care of Textiles
Etiquette



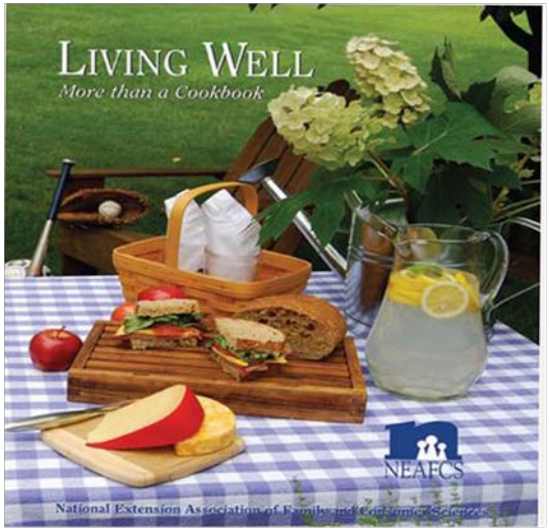
Chapters 2 Though 9

Dairy
Breads and Grains
Vegetable
Poultry and Eggs
Meats
Fish and Seafood
Fruits
Sweets



- Food safety and preparation tips.

- Nutritional analysis of all recipes includes:
  - Calories
  - Total fat
  - Calories from fat
  - Carbohydrates
  - Sugar
  - Sodium
  - Fiber



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LIVING WELL

More Than a Cookbook

Join the members of the National Extension Association of Family and Consumer Sciences (NEAFCS) as we travel to all fifty states and discover a delicious world of adventure in food.

—Open up the big sky of a Western barbecue. Serve up some of Montana's Big Sky Elk Roast or Nebraska's Cucumber Ranch Steak with Alabama's Fried Green Tomatoes and Missouri's Blackberry Cobbler.

—Enjoy a seafood feast with Maryland's Crab Cakes or Connecticut's Clam Chowder, topped off with Maine's Wild Blueberry Gingerbread or Indiana's Sugar Cream Pie.

—Summer picnics have a bit of sunshine when you serve Hawaii's Chicken Lu'au, Nevada's Pine Nut Salad, Mississippi's Grilled Sweet Potatoes, or Georgia's Peach Crumble.

Offering *more than a cookbook*, NEAFCS educators have included research-based, easy-to-use tips and problem-solving information on

Healthy Lifestyles	Living Green
Home Safety	Financial Management
Care of Textiles	Etiquette

Living Well—More Than a Cookbook offers you everything from recipes to real life practical advice on family finances, treatment for textiles, going "green," and manners that matter. Learn how easy *Living Well* can be with this research-based resource for your family.

NEAFCS

National Extension Association of Family and Consumer Sciences

$29.95
ISBN 978-0-9841423-0-7
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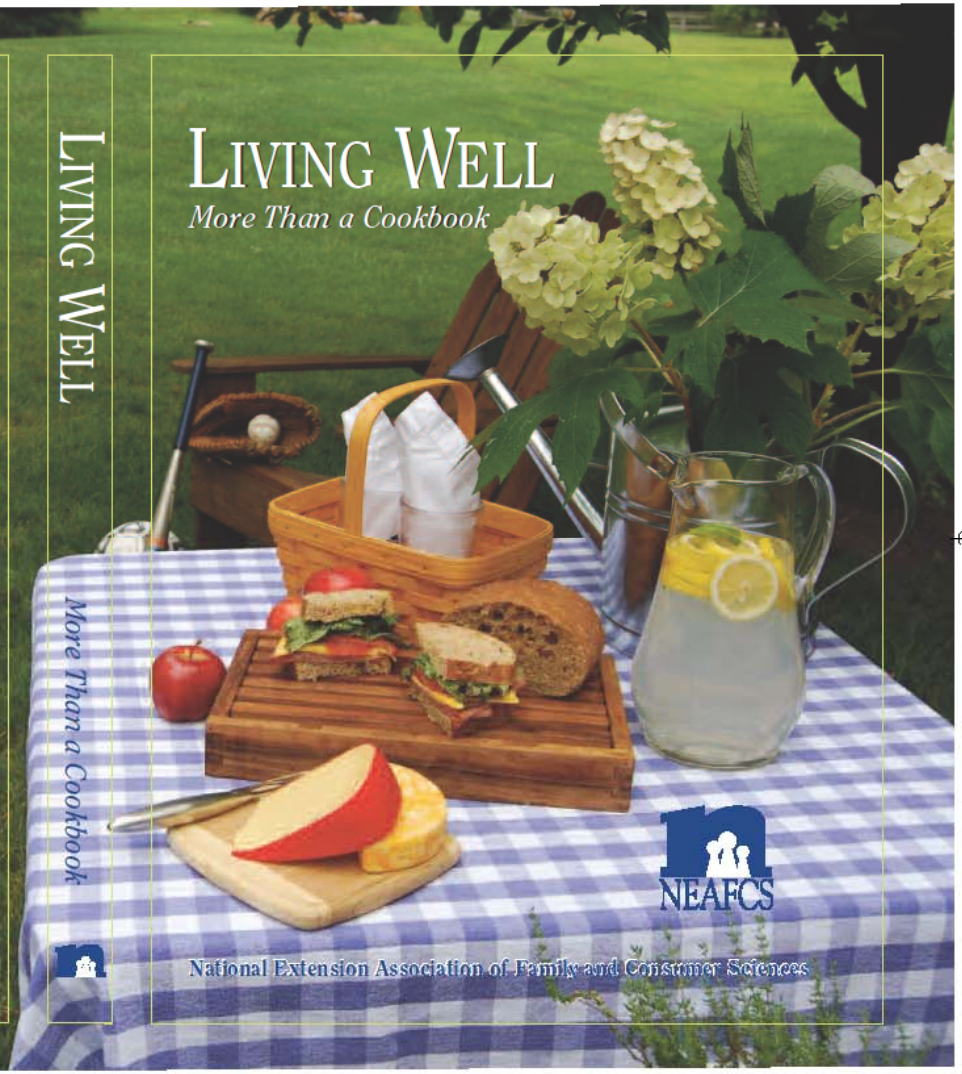
More Than a Cookbook



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More Than a Cookbook

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