

# Consumer, Family Information At Ag Progress Days

ROCKSPRING (Centre Co.)—Education and fun are available for those who visit the Family Room Building at Penn State's 1999 Ag Progress Days, Aug. 17-19.

Exhibits and demonstrations will focus on issues of importance to Pennsylvania's families, such as health, cooking, nutrition, character, safety, finances and tobacco prevention. Some exhibits will feature puppet shows, games and other interactive ways to learn. In the Kids Corner, children and parents can take a break together and take part in art and reading activities.

Visitors can explore a variety of exhibits and demonstrations:

- Aging well will introduce extension programs aimed at older adults and their families with practical information on how exercise, nutrition, and civic involvement can help people be productive and happy as they age. Included is a grandparenting program called "Simple Pleasures" and help for family members caring for a disabled or elderly person at home.

- AgrAbility for Pennsylvanians will showcase farm safety information and equipment modifications for farm families affected by a disability.

- Better Kid Care will provide information on safety issues for children with a focus on water safety. Child care tips for parents will be available.

- Century of Rural Health - the Pennsylvania Office of Rural Health will display information on rural health in Pennsylvania from 1900 to 2000.

- Character Counts will focus on helping youth exercise the six pillars of character: trustworthiness, responsibility, respect, caring, fairness, and citizenship.

- Five-A-Day For Better Health will demonstrate the importance of "Five-a-Day," the National Cancer Institute's suggestion of eating at least two servings of fruit and three of

vegetables each day for better health. Visitors can play the "Serving Size Game."

- Healthy Families, Healthy Meals will feature daily demonstrations and focus on "100 Years of Progress With Foods." The demonstrations will look back at nutrition and equipment of the past, what we have today and what's in store for the future. Demonstrations will include "Nutrition for Today's Busy Families," "Food Preparation -- Then and Now," "Food Preservation--Then and Now" and "Kids in the Kitchen."

- Pennsylvania Nutrition Education Network will provide a forum for sharing nutrition education resources across the State. The network helped establish the Pennsylvania Nutrition Education Plan, which provides optional funding for nutrition and food education for Pennsylvanians eligible for food stamps.

- Preparing For The Future -- Emergencies: Consumers in the Year 2000 will highlight programs that teach consumers how to prepare their homes for emergencies that disrupt daily routines. The focus is on taking care of basics, such as food, water, shelter, and medical and safety needs. Suggestions for handling financial matters also will be available.

- Preparing For The Future -- Financial Needs offers suggestions from financial management programs. These extension programs -- such as Money 2000 -- focus on such financial skills as saving, investing and planning.

- Preparing For The Future -- Work will offer suggestions for youth and parents about the critical skills needed for work today and how to prepare for success in the world of work. 4-H work preparation project information will be available.

- End Childhood Lead Poisoning will teach visitors more about this leading environ-

mental threat to children in the United States. Information will be provided on causes, short and long-term impacts on human health and simple prevention techniques.

- The Northern Appalachia Leadership Initiative on Cancer will offer early detection strategies for breast, cervical, prostate and skin cancer. On Aug. 18, members of the Elk County Cancer Coalition will present a

puppet show, "Don't Put Your Skin In Jeopardy," on how to be safe in the sun.

- Youth Tobacco Prevention will feature the dangers of chewing and dipping tobacco and other tobacco use information.



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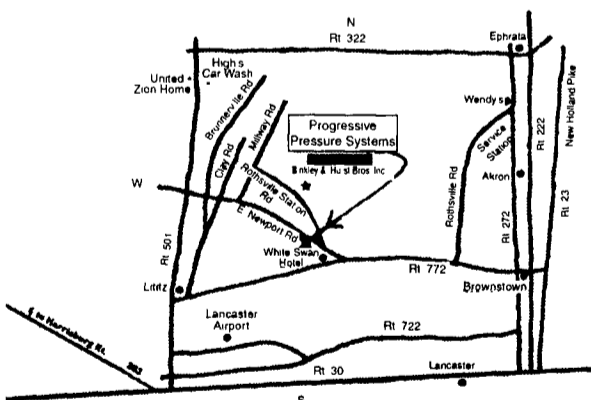


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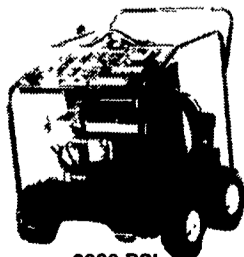
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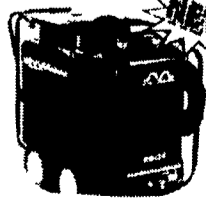
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