

Solutions for Better Living in These Tough Economic Times

Tough times are upon us and most of us are trying to live more within our incomes. Of course many of our neighbors may be without jobs so they are living on much less while seeking employment.

Extension has a new resource to help you get the most out of your money and help you live on less. A magazine-type publication titled *Solutions for Better Living in These Tough Economic Times* is an example of one of our resources. Articles feature topics on reducing your food budget, reducing health care costs, tax credits, conserving energy and communication skills to discuss finances.

This resource is available free from the Extension Center in the basement of the courthouse in Clinton or you may find it online at

<http://missourifamilies.org/toughtimes/index.htm>.

A great website with research-based information is missourifamilies.org. Visit it to find information related to adults and children, aging, coping with disaster, development disabilities, food and fitness, food safety, health, housing, money matters and relationships. This web site has a collection of articles written by Extension Specialists for use by the public. Topics related to keeping fit, bankruptcy, domestic violence, canning, memory loss and child care are included.

As always, if you have questions about these resources give me a call at 660-885-5556 or email me at wallacel@missouri.edu. Thanks for reading.