Since 1914, MU Extension has been providing practical knowledge, creating solutions and helping the state’s economy grow.

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**Grow smarter. Eat better.**
- MU Extension teaches how to grow safe and profitable food and how to safely store, preserve and prepare food.
- Programs teach children and adults about proper nutrition and healthy cooking.

**Strengthen communities. Bolster business.**
- MU Extension provides workforce training and small business consultation in your community.
- Community programs develop leaders, build local prosperity and empower local citizens.

**Get healthy. Stay active.**
- MU Extension specialists offer nutrition, fitness and personal finance classes to help reduce illness, improve well-being, manage stress and improve relationships.

**Never stop learning.**
- Continuing education programs in medicine, fire and rescue, law enforcement, and nursing help people enrich their careers with up-to-date knowledge and best practices.

**Increase agricultural production. Protect the environment.**
- Research-based programs offer information on managing a farm, new farming systems and building partnerships.
- MU Extension offers courses on how to manage and sustain Missouri’s natural resources.

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**Live. Learn. Grow.**
You don’t have to be a college student to benefit from the university. MU Extension brings knowledge from the University of Missouri to you — through learning opportunities where you live, when it’s convenient for you.

Find out how to:
- Grow safe and healthy food
- Build and grow profitable businesses
- Improve your health and relationships
- Update professional training in business, health and safety
- Increase agricultural production

**4-H Center for Youth Development**
4-H is about young people making new friends and memories while learning life skills. 4-H’ers learn and practice how to be good citizens and future leaders.

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**4-H GROWS HERE**