



United States
Department of
Agriculture



Cooperative State
Research,
Education, and
Extension Service

Washington, D.C.
20250-2200

The home economics movement of the early 20th century had a major role in advancing healthy food and nutrition practices in the United States. A main goal of the movement was to use modern principles of science and efficiency to meet this need. Early pioneers in home economics cooking schools provided instruction in preparing healthful, low-cost meals, and over the years, these cooking schools began to educate the general public in food preparation and safety. It was during this period that some of the first cookbooks - directed at a large popular audience - were published.

From its inception as the National Association of Extension Home Economists, to becoming the leading Extension Family and Consumer Sciences professional organization, the National Extension Association of Family and Consumer Sciences (NEAFCS) has honored the rich tradition of advancing healthy food and nutrition practices begun during the home economics movement.

Today, the critical emphasis on safe, affordable food and a healthy, nutritious diet is evident in every aspect of American life. NEAFCS members have had an extraordinary impact on advancing not only sound nutritional practices, but on sound practices in all aspects of healthful living.

The **NEAFCS *Living Well Reference and Recipe Book***, developed by NEAFCS members from across the nation, captures these practices, providing time-tested, healthful recipes and educational information to enhance the quality of life of individuals, families and communities.

I do hope you enjoy the NEAFCS *Living Well* experience.

A handwritten signature in cursive script that reads "Colien Hefferan".

Colien Hefferan
Administrator
Cooperative State Research, Education, and Extension Service