



LEARNING STORE PUBLICATIONS

HOME & FAMILY PUBLICATIONS

2015-2016

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UNIVERSITY OF WISCONSIN-EXTENSION



niversity of Wisconsin-Extension educators, located in each Wisconsin county, work with community partners to provide practical education programs—based on university knowledge and research—that respond to people’s needs at home, at work, and in the community. County faculty develop publications and multimedia resources on a wide variety of topics.

This catalog represents only a small portion of the resources produced by UW-Extension. For more information, contact your county UW-Extension office listed at the end of this brochure, or go to yourcountyextensionoffice.org.

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AGING

What Every Employer Needs to Know, Helping

Employees Balance Work and Eldercare (B3999) . 15.00

How stresses of caregiving can affect workplace performance, and how employers can provide support for employees who are caregivers. Interviews with employers, caregivers, and caregiver support experts.





EDUCATION

African American Boys' Views of Family as Support for School: A Report to the School District of Beloit (INT3903)*

Are You Ready? The College Transition (B3863) . . . 45.00

Curriculum emphasizes academics, finances, relationships, and healthy choices. Learn how to understand and manage emotions and conflicts, increase communication and problem-solving skills, and create a plan for students. 1 DVD and 2 CD-ROMs.

Family Matters for Adult Students—More Time with Family (series)

- **Caring for Your Couple Relationship (B3881-02)***
- **Changing Adult Relationships (B3881-07)***
- **Is a Degree Worth It? (B3881-05)***
- **Making the Most of Study Time (B3881-03)***
- **Managing Time as a Student (B3881-04)***
- **Quick, Easy Meals (B3881-01)***
- **Reducing Financial Stress (B3881-08)***
- **Success for Students Who Parent (B3881-06)***

Understanding Conflict (B3870) 27.00 Color curriculum with 10 lessons.

Understanding Conflict (B3870BW) (black and white) 12.50

*Available electronically only—learningstore.uwex.edu

FAMILY IMPACT SEMINARS

Prepared for policy makers and implementers, these briefing reports summarize state-of-the-art research on current issues and draw policy implications.

Affordable Strategies to Cover the Uninsured:

Policy Approaches from Other States (BF124)*

Building Policies that Put Families First:

A Wisconsin Perspective (BF101)*

Building Resiliency and Reducing Risk: What Youth

Need from Families and Communities to Succeed (BF110)*

Can Government Promote Competent Parenting? (BF103)*

Child Support: The Effect of the Current System on Families (BF106)*

Corrections Policy: Can States Cut Costs and Still Curb Crime? (BF119)*

Cost-Effective Approaches in Juvenile and Adult Corrections: What Works? What Doesn't? (BF125)*

Designing a State Prescription Drug Benefit: Strategies to Control Costs (BF116)*

Early Childhood Care and Education: What Are States Doing? (BF117)*

Enhancing Educational Performance: Three Policy Alternatives (BF111)*

Evidence-Based Budgeting: Making Decisions to Move Wisconsin Forward (BF129)*



Growing the State Economy: Evidence-Based Policy Options (BF127)*

Helping Poor Kids Succeed: Welfare, Tax, and Early Intervention Policies (BF114)*

Improving Health Care Quality While Curbing Costs (BF121)*

Long-Term Care Reform: Wisconsin's Experience Compared to Other States (BF123)*

Long-Term Care: State Policy Perspectives (BF112)*

Looking Beyond the Prison Gate: New Directions in Prisoner Reentry (BF126)*

Medicaid: Who Benefits, How Expensive Is It, and What Are States Doing to Control Costs? (BF122)*

Moving Families Out of Poverty (BF109)*

Policymaker's Guide to School Finance: Approaches to Use and Questions to Ask (BF120)*

Positioning Wisconsin for the Jobs of the Future (BF130)*

Preparing Wisconsin's Youth for Success in the Workforce (BF131)*

Programs and Policies to Prevent Youth Crime, Smoking, and Substance Use: What Works (BF108)*

Promising Approaches for Addressing Juvenile Crime (BF104)*

Raising the Next Generation: Public and Private Parenting Initiatives (BF113)*

Rising Health Care Costs: Employer Purchasing Pools and Other Policy Options (BF118)*

Rising Prescription Drug Costs: Reasons, Needs, and Policy Responses (BF115)*

Single Parenthood and Children's Well-Being (BF102)*

Teen Pregnancy Prevention: Programs That Work (BF107)*

The Science of Early Brain Development: A Foundation for the Success of Our Children and the State Economy (BF132)*

Welfare Reform: Can Government Promote Parental Self-Sufficiency While Ensuring the Well-Being of Children? (BF105)*

Workforce Development Policy: New Directions for States (BF128)*

*Available electronically only—learningstore.uwex.edu

FOOD & NUTRITION

COOKING

Consumer's Guide to Grass-Fed Beef (A3862)	2.60
Fall Vegetables (A3900-04)	1.75
Family Matters for Adult Students—More Time with Family: Quick, Easy Meals (B3881-01)*	
Healthy & Homemade Program (B3909)*	
Healthy & Homemade Program (Spanish) (B3909S)*	
How to Cut Up a Chicken (A2798)*	
Spring Vegetables (A3900-01)	1.75
Summer Vegetables (Part 1) (A3900-02)	1.75
Summer Vegetables (Part 2) (A3900-03)	1.75
Wisconsin's Wild Game: Enjoying the Harvest (B3573)*	

EASY TO READ

These easy-to-read materials were developed for the Wisconsin Nutrition Education Programs, EFNEP and FNP. Ask your county Extension family living agent for more information.

My Child, My Choices: Healthy Eating When You Are Pregnant (B3548)	5.65
Nutritional information for young prospective mothers to promote health for mother and baby. Also in Spanish: <i>Mi bebé, mis alternativas: Nutrición sana durante el embarazo.</i>	





FOOD PRESERVATION AND SAFETY

Canning Fruits Safely (B0430)	3.00
Bring a touch of summer to family meals year-round by canning your own fruits. Includes recipes and safe canning methods.	
Canning Meat, Wild Game, Poultry and Fish Safely (B3345)	6.00
Canning Salsa Safely (B3570)	2.50
Canning Vegetables Safely (B1159)	2.00
Freezing Fruits and Vegetables (B3278)	2.75
Harvesting Vegetables from the Home Garden (A2727)	.50
Homemade Pickles and Relishes (B2267)	4.10
Make Your Own Sauerkraut (B2087)*	
Making Jams, Jellies and Fruit Preserves (B2909)	5.00
Storing Fruits and Vegetables from the Home Garden (A3823)	1.00
Tomatoes Tart and Tasty (B2605)	3.00
Wisconsin Safe Food Preservation (BWSFPS-P)	10.00
Wisconsin's Wild Game: Enjoying the Harvest (B3573)*	

LOCAL FOOD

Community Gardens—Where People and Plants Come Together (A3905-01)	2.55
Creating a Successful EBT Program: A Guide for Wisconsin Farmers' Markets (A4013)	4.00
Direct Marketing: Creating a Winning Display for Your Farm Products (A3811-02)	2.50
Direct Marketing: Pick-Your-Own Operations and Farm Stand Options for Your Business (A3811-14)	2.50
Planning an Event—Consider Serving Local Food (A3873)*	

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New Directions in Marketing for Farmers' Markets (A3895)	7.45
Starting a Community Garden—How to Put Your Plot on the Path to Success (A3905-02)	3.40
To Eat or Not to Eat: Less-Than-Perfect Garden Produce (A4044)	6.50
NUTRITION	
Consumer's Guide to Grass-Fed Beef (A3862)	2.60
Getting Enough Calcium (series)	
■ Bone Up on Calcium! (B3707-01)*	
■ Preventing Osteoporosis (B3707-02)*	
■ What Is Lactose Intolerance? (B3707-03)*	
Also in Spanish: <i>Cómo consumir suficiente calcio: ¿Qué es la intolerancia a la lactosa?</i> (B3707-03S).	
Healthy & Homemade Program (B3909)*	
Also in Spanish: <i>Healthy & Homemade Program</i> (B3909S)*	
My Child, My Choices: Healthy Eating When You Are Pregnant (B3548)	
	5.65
Also in Spanish: <i>Mi bebé, mis alternativas: Nutrición sana durante el embarazo</i> (B3548S).	
Planning an Event—Consider Serving Local Food (A3873)*	
Raising Healthy Eaters (B3841)	60.00
Storing Fruits and Vegetables from the Home Garden (A3823)	1.00
To Eat or Not to Eat: Less-Than-Perfect Garden Produce (A4044)	6.50

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HEALTH & PHYSICAL FITNESS

Getting Enough Calcium: Preventing Osteoporosis (B3707-02)*

Loosen Up! With Stretches and Body Mechanics
(A3991-DVD) 7.50

My Child, My Choices: Healthy Eating When
You Are Pregnant (B3548) 5.65

Also in Spanish: *Mi bebé, mis alternativas:*
Nutrición sana durante el embarazo (B3548S).

MWhat Every Employer Needs to Know, Helping Employees
Balance Work and Eldercare (B3999-DVD) . . . 15.00

HOUSING & HOME ENVIRONMENT

HOME DESIGN

Design in Wisconsin Housing: A Guide to Styles
(A2643) 3.50

On-Site Water Reuse Systems: Using Water to
Its Full Potential (G3882) 1.00

Wood Heating Appliances for Homes and Businesses
(GWQ066)*

HOME ENVIRONMENT

Chemical hazards

Disposing of Hazardous Wastes from the Home (series)

- **Home and Garden Pesticides (G3453)** 2.50
- **Paint and Other Home Improvement Products**
(G3454) 2.50
- **Waste Oil and Other Automotive Products (G3456)**. 1.50



Indoor air quality

House Dust and Biological Contaminants (G3462).35

Pest control

Cluster Flies in the Home (A2090)*

Common Spiders In and Around Homes (A2135)*

Controlling Carpenter Ants (A3641)20

Controlling Cockroaches (A1953)*

Controlling Earwigs (A3640)25

Controlling Pantry Pests (A1984)*

Controlling Silverfish and Firebrats (A1954)*

Identifying and Controlling Wood-Destroying
Insects (A3093).50

Water quality

Maintaining Your Home Well Water System (G3399)1.00

HOUSING

Country Acres: A Guide to Buying and Managing
Rural Property (G3309)7.50

Rent Smart (B3808)35.00

Wisconsin Housing Profiles (N3963)*

Wisconsin Land Use Megatrends: Housing (G3995-05)*





MONEY

ESTATE PLANNING

Family Estate Planning in Wisconsin (B1442) . . . 6.00

Our Family Records (B2369)*

Quick reference to important personal and financial records—for yourself, and for others who may have to handle your affairs if you can't.

MANAGING BETWEEN JOBS

Managing Between Jobs—(series)

Also in Spanish: *Cómo arreglárselas cuando no tiene trabajo.*

- **Deciding Which Bills to Pay First (B3459-03) . . . 1.00**
- **Helping Children Cope (B3459-12) . . . 0.50**
- **How You Can Help When Mom or Dad Is Unemployed (B3459-11) . . . 0.75**
- **Keeping a Roof Overhead (B3459-05) . . . 1.00**
- **Looking for a Job—Watch Out for Scams (B3459-14) . . . 0.75**
- **Making the Most of What You Have (B3459-08) . . . 1.00**
- **Meeting Your Insurance Needs (B3459-06) . . . 0.75**
- **Setting Spending Priorities (B3459-01) . . . 1.50**
- **Strategies for Spending Less (B3459-02) . . . 1.00**
- **Taking Care of Yourself (B3459-10) . . . 0.75**

*Available electronically only—learningstore.uwex.edu

PERSONAL FINANCE

Family Matters for Adults Students—More Time with Family: Reducing Financial Stress (B3881-08)*

Get Checking Workbook and Check Register (B3812) 9.90

Get Checking is a national education program designed to help consumers establish a banking relationship and gain access to mainstream financial services. Also in Spanish: *Get Checking Workbook and Check Register (B3812S)*.

Look Before You Leap: A Guide to the Legal and Financial Implications of Marriage (and Remarriage) in Wisconsin (B2707) 5.00

Our Family Records (B2369)*

Rent Smart CD (B3808) 35.00

Designed for community trainers to help high-risk tenants succeed and avoid confrontations and legal hassles. Includes both English and Spanish versions of the teaching guide plus files for overhead transparencies. For PC or Mac.





PARENTING & GRANDPARENTING

GRANDPARENTING

**Supporting Children in the Shadow of Meth:
A Caregiver’s Guide to Help Children Separated
from Their Families (BSCSM)***

PARENTING INFANTS & PRESCHOOLERS

Parenting the First Year (B3790) 9.00

Child development experts describe how a baby changes during each month of the first year in 12 easy-to-read newsletters. Latest information on child guidance, language development, nutrition, health, safety, child care, and more. Also in Spanish: *El primer año del bebé* (B3790S).

Parenting the Second and Third Years (B3791) 9.00

Get the latest information on child development—from creating fun learning activities to preventing poisoning from lead paint. Set of 12 newsletters. Also in Spanish: *El segundo y tercer año del niño* (B3791S).

Preparing to Parent (B3789) 8.00

Set of four newsletters for families preparing to have and raise a child. Each issue offers practical advice about a host of topics. Also in Spanish: *Preparación para ser padres* (B3789S).

*Available electronically only—learningstore.uwex.edu



Raising Healthy Eaters (B3841) 60.00

**Supporting Children in the Shadow of Meth:
A Caregiver’s Guide to Help Children Separated
from Their Families (BSCSM)***

PARENTING SCHOOL-AGED CHILDREN

**African American Boys’ Views of Family as Support for School:
A Report to the School District of Beloit (INT3903)***

**Family Matters for Adult Students—More Time with
Family: Success for Students Who Parent (B3881-06)***

HOME DVD (B3828) 21.00

Home Alone: Preparing for Self-Care (B3885) . . . 18.00

Curriculum for exploring a child’s readiness for self-care and developing a home alone plan.



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PARENTING TEENAGERS

Are You Ready? The College Transition (B3863) . . . 45.00

Curriculum emphasizes academics, finances, relationships, and healthy choices. Learn how to understand and manage emotions and conflicts, increase communication and problem-solving skills, and create a plan for students. 1 DVD and 2 CD-ROMs.

Family Matters for Adult Students—More Time with Family: Success for Students Who Parent (B3881-06)*

Whose Kids? Our Kids! (series)

- **Teens and Credit Cards (B3706-17) 1.25**
- **Teens and Decision-Making (B3706-14) 1.25**
- **Teens and Sleep (B3706-13) 1.25**
- **Teens and Social Networking Websites (B3706-16). 1.25**
- **Teens and Study Habits (B3706-15). . . . 1.25**





EN ESPAÑOL

ALIMENTACIÓN Y NUTRICIÓN (FOOD AND NUTRITION)

Cómo consumir suficiente calcio:

¿Qué es la intolerancia a la lactosa? (B3707-03S)*

Healthy & Homemade Program (Spanish) (B3909S)*

Mi bebé, mis alternativas: Nutrición sana durante

el embarazo (B3548S) 5.65

Raising Healthy Eaters (B3841) 60.00

LA CASA (HOME)

Rent Smart (B3808) 35.00

CUIDANDO A LOS NIÑOS (PARENTING)

Preparación para ser padres (B3789S) 8.00

El primer año del bebé (B3790S) 9.00

Cuando llega el momento de ser padre se produce un cambio extraordinario en la vida. Pero al mismo tiempo puede causar tensión y ser difícil. En esta serie de 12 boletines recibirá información de expertos en desarrollo infantil sobre los cambios que se producen en los bebés cada mes durante su primer año de vida.

El segundo y tercer año del niño (B3791S) 9.00

Raising Healthy Eaters (B3841) 60.00

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DINERO (MONEY)

Cómo arreglárselas cuando no tiene trabajo

- **La búsqueda de trabajo—Tenga cuidado con las estafas (B3459-14S)** **.75**
- **Cómo asegurarse de que la familia tenga donde cobijarse (B3459-05S)** **1.00**
- **Cómo ayudar a los niños a sobrellevar las dificultades (B3459-12S)** **.25**
- **Cómo decidir cuáles son los gastos más importantes (B3459-01S)** **1.50**
- **Cómo decidir qué cuentas pagar primero (B3459-03S)** **1.00**
- **Cómo gastar menos (B3459-02S)** **1.00**
- **Cómo pagar por el seguro que necesita (B3459-06S)** **.75**
- **Cómo puedes ayudar cuando tu papá o tu mamá está sin empleo (B3459-11S)** **.75**
- **Cómo sacar el mayor provecho de lo que tiene (B3459-08S)** **1.00**
- **Cómo satisfacer las necesidades personales (B3459-10S)** **.75**

- Get Checking Workbook and Check Register (Spanish) (B3812S)** **9.90**
- Rent Smart (B3808)** **35.00**



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